

The MIAC Track and Field Book

**Augsburg
Bethel
Carleton
Concordia
Gustavus Adolphus
Hamline
Macalester
Saint Benedict
St. Catherine
Saint John's
Saint Mary's
St. Olaf
St. Scholastica**

2024-2025 Edition

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THE MIAC TRACK AND FIELD BOOK

This MIAC Track and Field Book is prepared and approved by the track and field coaches of the Minnesota Intercollegiate Athletic Conference (MIAC). Changes in the MIAC Track and Field Book may be made by a majority vote of the head track and field coaches at the annual coaches’ meeting, and their recommendations shall be approved by the Athletic Directors and Faculty Representatives, if required.

Rules and/or procedures not explicitly covered by this MIAC Track and Field Book will default to the rules and procedures of the NCAA Track and Field Rule Book. This MIAC Track and Field Book shall be the final word whenever information contained within it is at odds with information released from any other source, **unless impacting NCAA qualifying requirements [editorial, 12/2024]**. That is, information within the MIAC Track and Field Book supersedes all others.

Changes to the MIAC Policy and Procedures Manual or MIAC Track and Field Book

Motions approved at the annual MIAC Track and Field coaches’ meeting may be subject to further approval by the MIAC Athletic Directors and MIAC Faculty Athletic Representatives. The MIAC Office will work with the MIAC Track and Field chairperson to determine which items need to be forwarded. Items approved by the MIAC Athletic Directors and MIAC Faculty Athletic Representatives shall appear in the MIAC Policy and Procedures Manual.

Items Athletic Directors and Faculty Athletic Representatives wish to be consulted on:

1. Items which require significant additional expense to programs or championships.
2. Items requiring a significant increase in the amount of academic time that must be missed.
3. Items that affect conference awards.
4. Other changes affecting the MIAC Policy and Procedures Manual.

The MIAC Track and Field Book originated in December of 1995 as a product compiled by Tim Miles, Saint John’s University.

TRACK & FIELD COACHES’ COMMITTEE ADMINISTRATION

MIAC Track & Field Coaches Meeting

The MIAC Track & Field coaches shall hold an annual meeting the first Tuesday of December either in person, virtually, or in combination. In matters of voting, a person coaching one gender shall have one vote, while a person coaching both a men’s and a women’s teams shall have two votes.

When coaches submit agenda items for the annual MIAC coaches’ meeting, the applicable section of the MIAC Policy and Procedures Manual and/or MIAC Track and Field Book should be noted, if applicable. At the annual coaches’ meeting, a motion which is not initially included on the initial agenda may be added as an agenda item if passed by a supermajority of 60% or greater of the head track and field coaches. At the regular annual coaches’ meeting, a simple 50% majority of all possible votes is required to pass a motion. [12/2016] At any time other than the annual coaches’ meeting, changes may be made in procedures if passed by a supermajority of 60% or greater of the head track and field coaches. [12/2016]

The Chairperson

The **chairpeople** of the coaches' meeting shall be **the current track & field head coaches (both genders) [12/2024]** and rotated annually, working alphabetically by institutional name through all schools. The chair shall solicit the head coaches for agenda items for the meeting. The agenda shall be set and distributed to all head track & field coaches before noon, the Monday prior to the meeting. The chairperson shall vote. [12/2023, 12/2016]

The Secretary

The secretary of the meeting shall be a current track & field head coach and rotated annually, working alphabetically by institutional name through all schools. In the year after serving as secretary, the secretary shall become the chairperson and the next institution alphabetically shall assign a secretary.

Games Committee

After the annual MIAC Track & Field Coaches Meeting, but prior to the dates of the MIAC Championship, the Games Committee shall consist of all head track and field coaches. The chairperson of the Games Committee shall be the current Chair of the MIAC Track & Field Coaches. A super-majority of 60% or greater of head coaches is required to resolve conflicts or matters that are ambiguous or otherwise not covered by the MIAC Track & Field Book or the NCAA Track & Field Rules Book. A person who coaches both men's and women's teams shall have two votes. The chairperson of the Games Committee shall not vote unless there is a tie. [12/2016]

The primary function of the Games Committee is to give specialized assistance and guidance to the MIAC Meet Director when questions arise during the meet where authority for resolution of such problems is not covered by this MIAC Track and Field Book, the NCAA Track and Field Rulebook, or the regulations of the conference.

The track and field coaches may designate an Honorary Referee.

MIAC Sub-Committees

Jumps Committee (Standing Committee)

This primary function of the jumps committee is to 1) determine vertical jump starting heights and progressions for the MIAC Championship based on the NCAA performance lists and current MIAC competitors' marks, 2) **establish progressions that lessen the likelihood of ties, 3) provide as attainable an opening height as possible for all competitors within the MIAC Track & Field Book guidelines. The tentative jumps' progressions shall be shared with all coaches on the Wednesday of the MIAC Championship to provide an opportunity for input before progressions become final.** [12/2024] The committee will consist of three coaches who will be selected at the annual coaches' meeting. There is no time limit the service of jumps committee members. Members: Joe Vardas-Saint John's, Vaughn Tackmann-Hamline, Antone Truss-St. Olaf [12/2022].

Host Institution

Administration of the MIAC championship is the responsibility of the host institution. The host institution shall select the Meet Director. The Meet Director is responsible for securing all meet officials and examining entries for improper entry performances. Current MIAC track and field coaches (head, assistant, and volunteer coaches) may not serve as event officials at the MIAC Championships. This restriction does not apply to implement certification. [12/2022] The Meet Director shall have the power to eliminate a performance if the performance in question cannot be verified with meet results.

The MIAC head track and field coaches shall be utilized for counsel in planning the championships. Review of the schedule and planning for the championships shall be a standing agenda item at the annual MIAC Track and Field Coaches Meeting.

The host school is responsible for coordination of an athletic training staff. It is strongly recommended a physician or ambulance be present at the meet and/or on call at all times during the MIAC championships.

Event Time and Location Changes

If the conditions during the MIAC Championship change, as to compromise the fairness or safety of an event, the field event referee, meet director, and host school coach(es) have the authority to change the time and location of the event. Input from the head coaches may be solicited and considered. [12/2018]

For the MIAC Championships, prior to the first event of the day, the time and location of a field event cannot be changed without the consent of the Games Committee (Head Coaches). [12/2018] If the change of time and/or

location of a field event impacts an athlete's ability to complete their attempts, the athlete will be allowed to complete their attempts out of order as needed. [12/2018]

For the MIAC Championships, prior to the first event of the day, the start time of a field event must not be delayed without the consent of the Games Committee. If an event official delays the start of an event, intentionally or otherwise, which impacts an athlete's ability to complete their attempts, the athlete will be allowed to complete their attempts out of order as needed. [12/2018]

In the High Jump and Pole Vault, the absence of a competitor may not delay the progression from one height to the next. The absent **High Jump and Pole Vault [editorial, 12/2024]** athlete's maximum time per attempt will be allowed before passing the competitor's attempt. In other field event **preliminaries [editorial, 12/2024]**, the athlete should compete within their assigned flight, however, switching flights may be allowed where an uncontrollable conflict does not allow the competitor to compete within their assigned flight. **In field event finals, athletes must make attempts in order, or shall be passed after the athlete's maximum time per attempt. [editorial, 12/2024]** Note: In normal circumstances, field event flight requests must be made at the time of entry if an athlete has a legitimate conflict.

MIAC Championship Website

The MIAC office will maintain an official MIAC Championship website as a source for current and historical championship meet information and results. This website will be used to communicate to coaches, media and the general public the following information: a) accepted/not accepted entries, b) start lists, and c) daily and final meet results. The timing/results service will electronically send these documents directly to the conference office for posting at the times stated in this document. This MIAC website will be considered the primary online location with all other sites (timer sites, school pages, etc.) as secondary sources. [12/2017]

M.I.A.C TRACK & FIELD CHAMPIONSHIPS DATES AND SITES

MIAC Indoor Track & Field Championship Dates

The date of the M.I.A.C Indoor Heptathlon and Pentathlon Championship shall be Thursday-Friday the week of the MIAC Indoor Track and Field Championship. The Saturday immediately following the scheduled Men's Heptathlon Championship is designated as a makeup day in case of any meet delay.

The date of the M.I.A.C Indoor Championship shall be held on Friday-Saturday two weeks prior to the NCAA Division III Indoor Track and Field Championship. The NCAA championship is traditionally on the second weekend (second Saturday) of March, so the MIAC championship is on the last weekend (fourth Saturday) of February. The Sunday immediately following the scheduled Championship is designated as a makeup day in case of any meet delay.

MIAC Outdoor Track & Field Championship Dates

The date of the M.I.A.C Outdoor Decathlon and Heptathlon Championship shall be Thursday-Friday one week prior to the MIAC Outdoor Track and Field Championship. The Saturday immediately following the scheduled Decathlon and Heptathlon Championship is designated as a makeup day in case of any meet delay.

The date of the M.I.A.C Outdoor Championship shall be Friday-Saturday two weeks prior to the NCAA Division III Outdoor Track and Field Championship but no earlier than May 7-8. The Sunday immediately following the scheduled Championship is designated as a makeup day in case of any meet delay.

MIAC Track & Field Championship Weather or Disaster Delay

For the indoor and outdoor championships, if inclement weather prevents the arrival of six or more teams, then the championships shall be delayed. Typically, Sunday the day typically following the Friday-Saturday MIAC Championship, shall be designated as the makeup day in case of weather or disaster delay. [12/2023, 12/2012]

For the MIAC Indoor Track and Field Championship (including the combined event), if ~~inclement~~ weather prevents team travel on Wednesday/Thursday for the combined event, then the championship will be moved to Friday, Saturday and Sunday. [12/2023] The MIAC Indoor Heptathlon and Pentathlon Championship will move proportionally to the remainder of the Championship.

For the MIAC Outdoor Decathlon and Heptathlon Championship, if ~~inclement~~ weather prevents travel on Wednesday/Thursday, then the combined events will be moved from to Friday-Saturday. [12/2023] If inclement weather prevents the arrival of six or more teams on Thursday, then the combined event championship will be moved

to Friday-Saturday. Additionally, the same would apply to the possibility of moving the combined events an additional day to Saturday-Sunday. [12/2013]

If extreme weather, a ~~national~~ disaster, or some other situation occurs for which the M.I.A.C does not have a contingency plan, then the current chair of the MIAC coaches' group, in conjunction with the MIAC office, shall contact all head coaches for possible solutions and contingency plans – then move forward on a plan that has the support of a simple majority of all head coaches.

MIAC Championship Rotation

Championship rotations should be set with respect to the viability of an institution's facilities and in consideration of the previous hosts/sites in the rotation. Institutions without a viable facility may opt to host the championship at a site of their selection. If an institution does not have a viable facility and does not wish to host the championship at an alternative site, the next team on the list has the option to host. Institutions that pass on their host year may be added into the rotation with at least one full school year advance notice if a viable facility is constructed or becomes available. Note: an institution shall not host both indoor and outdoor championships in the same year, and trading assignments will make it so.

Year	Cross Country	Indoor	Outdoor
2015		Concordia	Macalester
2015-2016	St. Olaf	Carleton	Saint John's/Saint Benedict
2016-2017	Macalester	St. Thomas	Hamline
2017-2018	Gustavus	Macalester	Carleton
2018-2019	St. Thomas	St. Olaf	St. Thomas
2019-2020	Saint John's/Saint Benedict	Saint John's/Saint Benedict	Gustavus Cancelled ¹
2020-2021	Bethel (Nat'l Sport Ctr) Canc'l ¹	Concordia Cancelled ¹	Hamline
2021-2022	St. Olaf	Carleton	Saint Mary's
2022-2023	Hamline (Highland Park) ²	Macalester ²	Bethel ²
2023-2024	Carleton ¹	St. Olaf ³	Hamline ³
2024-2025	St. Olaf ⁴	St. John's ³	Macalester ³
2025-2026	Hamline/Augsburg/St. Catherine (Highland Park) ⁴	Carleton ³	St. Olaf ³
2026-2027	St. Olaf ⁶	St. Olaf ⁵	Concordia ⁵
2027-2028	Carleton ⁶	Concordia ⁵	Saint John's/Saint Benedict ⁵
2028-2029			Gustavus ⁵

¹ [passed 12/2020]; ² [passed 12/2021]; ³ [passed MIAC TF 12/2022]; ⁴ [passed MIAC XC 12/2022]; ⁵ [passed MIAC TF 12/2023]; ⁶ [passed MIAC XC 2024].

CHAMPIONSHIP MEET MANAGEMENT

MIAC Championship Personnel, Fee Guidelines, and Financials

MIAC Championship personnel shall be secured by the host institution and/or meet director. Additional guidance for officials staffing, other than what might normally occur at a regular season meet, is included in sections below.

Jury of Appeals

On the dates of the MIAC Championship, the referee's decision will be final except in a case where his/her decision may be reversed by a majority of the three-member Jury of Appeals which shall be assigned by the host school. [12/2016]

Honest Effort Jury

The honest effort jury for a running event shall be composed of the running referee, head finish judge, and head/assistant starter. The running referee shall act as the chair of this jury. [12/2023]

The honest effort jury for a field event shall be composed of the field referee, the head field judge, and the landing/mark judge. The field referee shall act as the chair of this jury. [12/2023]

Professional Timing and Results

1. The timing/results service provider(s) will agree to the following: [12/2017]
 - a. The service provider(s) works for the MIAC and the Games Committee/Meet Director.
 - b. The interests of the Championships and coaches supersede the providers personal preferences and business strategies.

- c. The provider hired must disclose if sub-contracting the work, or if they will not personally be performing the duties.
 - d. Utilize an on-site visit prior to the championships to help ensure successful scoreboard integration, proper connections, acceptable power source(s) or portable generator locations, etc.
 - e. That at least one (1) designated timer and one (1) designated results person be utilized during the MIAC Championship, excluding the MIAC Combined Events.
 - f. Utilize an entry process that will auto-populate athlete seasonal best performances.
 - g. Communicate and implement an acceptable and efficient combined-event entry, scoring, and results process, including exporting/importing combined-event results (total scores) into the full MIAC Championship results.
 - h. Adhere to the selection and dissemination processes for a) accepted entries, b) start lists, and c) results as outlined in the MIAC Track and Field Book.
 - i. Cooperate between otherwise competing companies to share data/information as needed.
 - j. Live results for track events, including lap splits, and field events, including attempt by attempt, will be provided throughout the MIAC Championship competition. [12/2023]
 - k. Final results are submitted to the host institution, the MIAC Office, and uploaded to the NCAA results reporting website(s) (currently TFRRS and Athletic.net) prior to leaving the venue. [1/2023 SIDs]
 - l. Remain on-site at least 45 minutes after the conclusion of the last event or until the conclusion of any protest and appeal process.
 - m. Make all corrections (large or small) prior to, during, and after the meet and re-disseminate, re-upload, and transfer data in a timely manner.
 - n. The MIAC Championship meet management data belongs to the MIAC and will be electronically transferred to and archived at the MIAC office.
 - o. Timing companies will store MIAC Championship photofinish images/video for a minimum of 2 years. [12/2022]
2. Results/Data Document Format (accepted/not accepted entry list, start lists, and results) [12/2017]

GENDER SPECIFIC	Separate all documents by men and women.
PUBLICATION ORDER	Events listed in the following order: flat track events, hurdle events, relays, vertical jumps, horizontal jumps, throws, and combined events. (for example, 100, 200, 400, 800, 1500, 5000, 10000, HH, 400H, SC, 4x1, 4x4, 4x8, HJ, PV, LJ, TJ, SP, DS, HM, JV, Dec/Hept)
ACCEPTED/NOT ACCEPTED LIST	The accepted/not accepted entry list shown in rank order with ALL submitted entries included.
CONVERSIONS	Field events to be listed in metric with English conversions.
ATTEMPTS & FIELD SERIES	Field events will include all attempts and field event series. [12/2022]
SPLITS	Splits will be recorded by lap for events 400+ meters indoors and 800+ meters outdoors. [12/2022]
SCORES	Team scores, including combined events, will be included in all related documents.
LIVE RESULTS	Results for track events, including lap splits, and field events, including attempt by attempt, will be provided throughout the competition.

CHAMPIONSHIP MEET PROCEDURES

Rosters

For championship meets, team rosters and year of eligibility will be pulled from the NCAA national list reporting site(s) (currently Direct Athletics/TFRRS and Athletic.net). At the beginning and throughout the season, coaches should take care to keep their team roster up-to-date. [12/2022]

MIAC Honor Roll

The MIAC shall have separate indoor and outdoor MIAC Honor Rolls to include all eligible performances by MIAC competitors. The indoor and outdoor honor rolls shall include all NCAA events, any additional MIAC events, plus the following indoor events – 300 Meter, 500 Meter, 4x800 Meter Relay – and the following outdoor events – 3000 Meter, 4x200 Meter Relay, Sprint Medley Relay, and Distance Medley. The MIAC Honor Rolls are paid for by the MIAC Office. [12/2024]

Preparing Seed Performances

For the Indoor and Outdoor MIAC Championship only entries based on fully automatic timing (FAT) will be accepted for running events 3000 meters and shorter. [12/2024] Note: Only FAT performances will be accepted for NCAA Track & Field Qualifying. ~~Only fully automatic times (FAT) are allowed in the following events: indoor 60 meters and 60 meter hurdles, and outdoor 100 meters, 100/110 meter hurdles and 200 meters.~~

Hand times are rounded UP to the one-tenth second. Then, convert hand times to fully automatic timing (FAT) by adding 0.24 seconds.

No performance will be accepted if the integrity of the performance was compromised during competition. Examples: a missing flight of hurdles or a hurdle set too low, race started on the wrong stagger line, etc.

Preparing Indoor Seed Performances

Field event seed performances must be made in meters. [12/2022]

Performances in combined events (pentathlon, heptathlon, decathlon) may be submitted as seed performances for open events, even if the combined event was not completed.

The MIAC Championships will use the NCAA conversions for oversized, undersized, banked and flat indoor tracks. [12/2017]. For conversions for non-traditional distances, the MIAC Championships will use the following conversions.

Where necessary, use a factor listed below to convert a time to the MIAC race distance. If applicable, round up to the next .01 seconds, i.e., any fraction of a second beyond 1/100th is rounded up to the next full 1/100th (9.87134 sec = 9.88 sec).

NCAA Conversions [12/2023]

60 meters x 0.9284 = 55 meters (women)
60 meters x 0.9303 = 55 meters (men)
60 meter hurdles x 0.9298 = 55 meter hurdles (Women)
60 meter hurdles x 0.9289 = 55 meter hurdles (Men)
one mile relay x 0.9942 = 1600 meter relay
distance medley (yards) x 0.9942 = distance medley (metric)

MIAC Conversions

220 yards x 0.9942 = 200 meters [12/2023¹]
300 yards x 0.714 = 200 meters
300 meters x 0.642 = 200 meters
440 yards x 0.9942 = 400 meters [12/2023¹]
500 meters x 1.259 = 600 meters
600 yards x 1.121 = 600 meters
880 yards x 0.9942 = 800 meters [12/2023¹]
1000 yards x 1.108 = 1000 meters
1500 meters x 1.080 = One mile [12/2023¹]
two miles x 0.928 = 3000 meters
3000 meters x 1.752 = 5000 meters (WOMEN)
3000 meters x 1.767 = 5000 meters (MEN)
two miles x 1.626 = 5000 meters (WOMEN)
two miles x 1.639 = 5000 meters (MEN)

¹Match NCAA equivalent.

Example – 300M to 200M Conversion

Chris Doe ran 36.32 seconds for 300 meters on a 200 meter track. Chris wants to use this performance as a seed time for the 200 meter event at the indoor championship.

- a. Convert to 200 meters using the above table: $36.64 \times 0.642 = 23.52288$ seconds*
- b. Round up to 23.53 seconds*

During the MIAC Championships entry process, athletes that attain a regular season mark in the 5000 Meter, will be given priority entry into the meet over athletes that are using the 3000 meter to 5000 meter conversion. That is, all athletes with a 5000 Meter time will be accepted, up to the field size. Then, any remaining spots may be fill by athletes who utilize 3000 meter to 5000 meter conversion. [12/2024]

A 3000 meter or two-mile performance may be used to qualify an individual for the indoor 5000 meter event, if positions remain after accepting all 5000 meter performers. However, a seed performance may be used to qualify for only one event. A coach may use the same 3k time, one for the open 3k and one for a 5k conversion, as long as a preference is made for only one of the two events. i.e. a coach may not use the same 3k time and qualify in both the 3k and 5k. If an athlete intends to race both distances, then the athlete [12/2024] must have two separate qualifying performances. Use a factor listed above to convert a time to the MIAC race distance.

Example – 3000M to 5000M Conversion:

Susan Smith ran 10:49.60 seconds for 3000 meters. Susan wants to use this performance as a seed time for the 5000 meter event at the indoor championship.

- Convert the 3000 meter time into seconds: $(10 \times 60) + 49.60 = 649.60$ seconds*
- Convert to 5000 meters using the above table: $649.60 \times 1.752 = 1138.0992$ seconds. Round up to 1138.10*
- Convert the time in seconds to a time in minutes and seconds: 1138.10 seconds = 18:28.10*

Preparing Outdoor Seed Performances

Field event seed performances must be made in meters. [12/2022]

Performances in combined events (pentathlon, heptathlon, decathlon) may be submitted as seed performances for open events, even if the combined event was not completed.

An athlete must qualify for the outdoor championship with an outdoor performance to be achieved after March 1, with the exception of the combined events. Performances in meets which are scheduled to compete outdoors but are moved indoors due to weather shall count as outdoor performances for the MIAC Championship.

Qualifying performances for the MIAC Outdoor Championship **will** be allowed from any track/lane that exceeds the 50-meter radius. However, potential NCAA qualifiers should not be assigned to a lane that exceeds the allowable 50-meter radius. (For example, Macalester's lane 9)

Where necessary, use a factor listed below to convert a time to the MIAC race distance. Round up to the next .01 seconds, i.e., any fraction of a second beyond 1/100th is rounded up to the next full 1/100th (4:51.7842 = 4:51.79).

NCAA Conversions [12/2023]

one mile x 0.9259 = 1500 meters
4x110 yard relay x 0.9942 = 4x100 meter relay
one mile relay x 0.9942 = 1600 meter relay

MIAC Conversions

110 yard hurdles x 0.994 = 100 meter hurdles
120 yard hurdles x 1.0025 = 110 meter hurdles
220 yards x 0.9942 = 200 meters [12/2023¹]
440 yards x 0.9942 = 400 meters [12/2023¹]
440 yard hurdles x 0.9942 = 400 meter hurdles [12/2023¹]
880 yards x 0.9942 = 800 meters [12/2023¹]
three miles x 1.038 = 5000 meters
three miles x 2.216 = 10,000 meters (Men)
three miles x 2.259 = 10,000 meters (Women)
5000 meters x 2.135 = 10,000 meters (Men)
5000 meters x 2.176 = 10,000 meters (Women)
six miles x 1.038 = 10,000 meters
440 yard relay x 0.9942 = 400 meter relay [12/2023¹]

¹Match NCAA equivalent.

Example:

Kerry Johnson, a woman, ran 19:25.69 for 5000 meters. Kerry wants to use this performance as a seed time for the 10,000 meter event at the outdoor championship.

- a. Convert the 5,000 meter time into seconds: $(19 \times 60) + 25.69 = 1165.69$ seconds
- b. Convert to 10,000 meters using the above table: $1165.69 \times 2.176 = 2536.54144$. Round up to 2536.55 seconds.
- c. Convert the time in seconds to a time in minutes and seconds: $2536.55 = 42$ minutes, 16.55 seconds.

A 5000 meter or three-mile performance may be used to qualify an individual for the 10,000 meter event. ~~However, a seed performance may be used to qualify for only one event.~~ A coach may use the same 5k time, one for the open 5k and one for a 10k conversion, as long as a preference is made for only one of the two events. i.e. a coach may not use the same 5k time and qualify in both the 5k and 10k. If an athlete intends to race both distances, then the athlete [12/2024] That is, a person entered in the 5000 meter and 10,000 meter events must have two separate qualifying performances. Use a factor listed below to convert a time to the MIAC race distance. Round up to the next .01 seconds.

Declaration of Entries

Entry performances for the MIAC Indoor and Outdoor Championships (including combined-event performances) must come from an approved meet (NCAA Criteria) during the season. Performances from intra-squad and/or alumni meets, where there is only one college competing, may not be used as entries. [12/2015]

Event preferences are allowed when making entries for both indoor and outdoor championships. If a preference is not made, the athlete will be entered in all events declared.

Entry issues impacting participation that arise prior to the start of the Championships, if not explicitly covered by this Track and Field Book, will be handled by the Games Committee.

MIAC Combined-Event Championships

Entry Deadline

Combined-event entries are due by 12:00 p.m. on Monday the week of the event.

Late Entries

Late entries will be accepted up until 6:00 p.m. on Monday. There shall be a \$50 late entry fee assessed for any change in meet entries after Monday's entry deadline. A maximum fee of \$50 per gender shall be charged, and these fees shall be deposited with the host institution. No late entries will be allowed after heats/sections and flights or last qualifying performances have been communicated to coaches or posted on the internet.

Errant Entries

Mistakes due to meet management will be corrected. Mistakes due to coach's omissions will not be corrected. Entries which are not on the performance list will be allowed, if verifiable and submitted by the entry deadline, but will be subject to a \$100 fine. Entries that do not fit the event, for example a 5'6" entry in the long jump, will also be subjected to the \$50 late entry fee. The seeder/scorer will be responsible for calling the errant coach and will be compensated \$10 per error, the remainder of the \$50 late entry fee will be deposited with the host institution.

Publishing Accepted Entries

Entries will be posted after 6:00 p.m. on Monday.

Challenges and Corrections

Challenges and corrections will be due back to the Meet Director by 1:00 p.m. on Tuesday.

Heat/Section and Flight Sheets

Heat/Flight sheets will be accessible to the coaches by 3:00 p.m. on Tuesday.

Scratches and Replacements

A coach has until Wednesday at noon to remove a combined-event athlete from the field without penalty if an athlete is unfit for competition. An institution's Head Athletic Trainer must sign off on (electronic or written communication) an athlete who is withdrawn from the combined-event competition if they still intend to compete in another event.

The meet director and entries coordinator should be notified promptly. The meet director shall contact the coach of the next athlete on the entry list to inquire if the athlete accepts or declines the invitation to be added to the meet. If an athlete declines an opportunity to be added to the field at this late notice, they will not be penalized. **All head coaches will be notified of scratches/withdraws and replacements, which shall also include the accumulated list of all scratches and replacements up to that point. [12/2024]** Seeded track events and all field events will be redrawn. [12/2023].

MIAC Championships

Entry Deadline

Championship entries are due by 12:00 noon on Tuesday the week of the event.

Late Entries

Late entries will be accepted up until 6:00 p.m. on Tuesday. There shall be a \$50 late entry fee assessed for any change in meet entries after Tuesday's entry deadline. A maximum fee of \$50 per gender shall be charged, and these fees shall be deposited with the host institution. No late entries will be allowed after heats/sections and flights or last qualifying performances have been communicated to coaches or posted on the internet.

Errant Entries

Mistakes due to meet management will be corrected. Mistakes due to coach's omissions will not be corrected. Entries which are not on the performance list will be allowed, if verifiable and submitted by the entry deadline, but will be subject to a \$100 fine. Entries that do not fit the event, for example a 5'6" entry in the long jump, will also be subjected to the \$50 late entry fee. The seeder/scorer will be responsible for calling the errant coach and will be compensated \$10 per error, the remainder of the \$50 late entry fee will be deposited with the host institution.

Publishing Accepted Entries

Entries will be posted after 6:00 p.m. on Tuesday.

Challenges and Corrections

Challenges and corrections will be due back to the Meet Director by 1:00 p.m. on Wednesday.

Heat/Section and Flight Sheets

Heat/Flight sheets will be accessible to the coaches by 3:00 p.m. on Wednesday.

Withdraws and Replacements

A coach has until Thursday at noon to withdraw/scratch an athlete from the meet (other than the combined-event, which is due by noon on Wednesday) without penalty if an athlete is unfit for competition. An institution's Head Athletic Trainer must sign off on **(electronic or written communication)** athletes who are withdrawn from the combined-event competition but still intend to compete in another event. The meet director and entries coordinator should be notified promptly. The meet director shall contact the coach of the next athlete on the entry list to inquire if the athlete accepts or declines the invitation to be added to the meet. If an athlete declines an opportunity to be added to the field at this late notice, they will not be penalized. **All head coaches will be notified of scratches/withdraws and replacements, which shall also include the accumulated list of all scratches and replacements up to that point. [12/2024]** Track and field events will be redrawn. [12/2020, LJ, TJ added 12/2023]

The next athlete on the descending order list will be eligible to join the field if they so desire. If an athlete declines an opportunity to be added to the field at this late notice, they will not be penalized.

Relays Entries

For both indoor and outdoor championships, the entry and results coordinator shall automatically enter every institution in all relay events, even if the team does not have a seed performance, [2/2019] Coaches may then scratch any relay(s) without penalty if they do not wish to compete. Prior to the championship, the entry/results coordinator shall remove relay personnel from all published lists to protect the strategic integrity of each team. [12/2023]

Scratches

From one hour prior to the championships forward, scratches for individual and relay events shall be filed by the head coach or another team representative to the meet director and the timing/results operator(s). [12/2022] When a running event has a scratch in a preliminary that impacts one or more of the projected automatic qualifiers for

advancement, then the heats shall be redrawn. All scratches and redraws should be immediately communicated to all head coaches. [12/2023]

Establishing Fields

Upon receipt by the Meet Director, all entries are listed in order of performance prior to drawing of heats/sections and flights. Those athletes with identical seed performances shall be randomized in the list order.

Each event shall have a designated field size. The field shall be filled using current season's performances. The number of competitors from any one school shall be limited to eight [12/2021] for the indoor championship and eight for the outdoor championship. If openings remain after all other competitors have been entered, additional competitors from a single school (beyond eight indoors [12/2021] and eight outdoors) will be added to the field.

If there is a tie for a final qualifying spot in the outdoor 100, 200, 110 meter hurdles, or 100 meter hurdles; the wind reading shall determine who will compete. If a tie still remains for the final qualifying spot, then the next best performance shall be the tie-breaker, and so on.

If there is a tie in an indoor event under 800 meters or in an outdoor one lap race, a coin is tossed by the entry/results coordinator. If there is a tie in a race which is not run in lanes or in a field event, both/all athletes will compete.

Designated Field Sizes

Indoor Championship

Event	Women	Men
60 Meters	24	24
200 Meters	24	24
400 Meters	20 ³	20 ³
600 Meters	18	18
800 Meters	21+	21+
1000 Meters	24+	24+
One Mile	27+	27+
3000 Meters	30+	30+
5000 Meters	18+	18+
60 Meter Hurdles	24	24
800 Meter Relay	12	11
1600 Meter Relay	12	11
Distance Medley	12	11
Shot Put	20+ ^{1,2}	20+ ^{1,2}
Weight	20+ ^{1,2}	20+ ^{1,2}
Long Jump	20+	20+
Triple Jump	20+	20+
High Jump	18+	18+
Pole Vault	18+	18+
Combined Event	18+	18+

¹ [12/2017 throw field size=24, from 20]

² [12/2018 throw field size=20, from 24]

³ [12/2023 400M field size=20, from 18]

+ = plus ties

Outdoor Championship (8 lane track)

Event	Women	Men
100 Meters	24	24
200 Meters	24	24
400 Meters	24	24
800 Meters	24+	24+
1500 Meters	28+	28+
Steeplechase	18+	18+
5000 Meters	32+	32+
10,000 Meters	20+	20+
100/110 Hurdles	24	24
400 M Hurdles	24	24
400 Meter Relay	12	11
1600 Meter Relay	12	11
3200 Meter Relay	12	11
Shot Put	20+ ¹	20+ ¹
Discus	20+ ¹	20+ ¹
Hammer	20+ ¹	20+ ¹
Javelin	20+ ¹	20+ ¹
Long Jump	20+	20+
Triple Jump	20+	20+
High Jump	18+	18+
Pole Vault	18+	18+
Combined Event	18+	18+

¹ [12/2018]

² [12/2017 throw event field size=24.]

+ = plus ties

Outdoor Championship (9 lane track)

Event	Women	Men
100 Meters	27	27
200 Meters	27	27
400 Meters	27	27
800 Meters	27+	27+
1500 Meters	28+	28+
Steeplechase	18+	18+
5000 Meters	32+	32+
10,000 Meters	20+	20+
100/110 Hurdles	27	27
400 M Hurdles	27	27
400 Meter Relay	12	11
1600 Meter Relay	12	11
3200 Meter Relay	12	11
Shot Put	20+ ¹	20+ ¹
Discus	20+ ¹	20+ ¹
Hammer	20+ ¹	20+ ¹
Javelin	20+ ¹	20+ ¹
Long Jump	20+	20+
Triple Jump	20+	20+
High Jump	18+	18+
Pole Vault	18+	18+
Combined Event	18+	18+

¹ [12/2018]

² [12/2017 throw event field size=24.]

+ = plus ties

Men's Combined Events

Indoor Heptathlon

Legal marks from the MIAC Indoor Honor Roll for all seven Heptathlon events will be considered for Heptathlon entries. The athlete's best performance in each of the seven events will be scored using the NCAA Combined Event Tables and the sum tallied to produce a seed performance. NH (No Height), DNC (Did Not Compete), DNF (Did Not Finish), DQ (Disqualified) do not count as legal marks in entries for the Combined Events. The athletes with the top eighteen (18) point totals will be accepted into the Heptathlon field regardless of the number of events competed in. [12/2016] If the field is not filled, an athlete may be entered without having an NCAA approved mark.

Outdoor Decathlon

Legal marks from the MIAC Indoor and Outdoor Honor Rolls for all ten Decathlon events will be considered for Decathlon entries. The athlete's best performance in each of the ten events will be scored using the NCAA Combined

Event Tables and the sum is tallied to produce a seed performance. NH (No Height), DNC (Did Not Compete), DNF (Did Not Finish), DQ (Disqualified) do not count as legal marks in entries for the Combined Events. The athletes with the top eighteen (18) point totals will be accepted into the Decathlon field regardless of the number of events competed in. [12/2016] If the field is not filled, an athlete may be entered without having an NCAA approved mark.

Women's Combined Events

Indoor Pentathlon

Legal marks from the MIAC Indoor Honor Roll for all five Pentathlon events will be considered for Pentathlon entries. The athlete's best performance in each of the five events will be scored using the NCAA Combined Event Tables and the sum tallied to produce a seed performance. NH (No Height), DNC (Did Not Compete), DNF (Did Not Finish), DQ (Disqualified) do not count as legal marks in entries for the Combined Events. The athletes with the top eighteen (18) point totals will be accepted into the Pentathlon field regardless of the number of events competed in. [12/2016] If the field is not filled, an athlete may be entered without having an NCAA approved mark.

Outdoor Heptathlon

Legal marks from the MIAC Indoor and Outdoor Honor Rolls for all seven Heptathlon events will be considered for Heptathlon entries. The athlete's best performance in each of the seven best events will be scored using the NCAA Combined Event Tables and the sum tallied to produce a seed performance. NH (No Height), DNC (Did Not Compete), DNF (Did Not Finish), DQ (Disqualified) do not count as legal marks in entries for the Combined Events. The athletes with the top eighteen (18) point totals will be accepted into the Heptathlon field regardless of the number of events competed in. [12/2016] If the field is not filled, an athlete may be entered without having an NCAA approved mark.

Meet Schedule

MIAC Championship Schedule

Time schedules for conference championships shall be proposed by the host institution and be approved by coaches at the December coaches meeting. Neither the order of events nor the intervals between events shall be changed after the December coaches meeting except by a **2/3rds majority decision [12/2024]** and only with at least one month notice prior to the championship – unless an unavoidable circumstance has occurred.

The indoor and outdoor championships shall not start before 1 PM on Friday to allow teams to travel the day of competition. Wherever facilities allow, the outdoor meet shall begin at 2 PM or later on Friday to allow a later running of the 10,000 meter events.

At both indoor and outdoor meets, men's running events shall precede women's in odd years. Women's running events shall precede men's in even years.

The playing of the national anthem shall be prior to the first event of the meet whether it be on the track or in the field.

A meeting of the head coaches (Games Committee) shall be conducted at least one hour prior to the start of the first event on Friday. Additional meetings shall be held as required, preferably immediately following the final event on Friday or at least one hour before the first event on Saturday.

MIAC Championship Field Events Schedule

NOTE: Facilities allowing, the men's and women's long jump, triple jump, high jump, pole vault shall flip-flop with a schedule as follows:

Friday	Odd Years	Even Years	Saturday	Odd Years	Even Years
early	LJ Men	LJ Women	early	TJ Men	TJ Women
late	LJ Women	LJ Men	early	HJ Women	HJ Men
late	HJ Men	HJ Women	late	TJ Women	TJ Men
	PV Women	PV Men		PV Men	PV Women

NOTE: Facilities allowing, the men's and women's indoor throwing events shall flip-flop with a schedule as follows:

Friday	Odd Years	Even Years	Saturday	Odd Years	Even Years
early	WT Women	WT Men	early	SP Women	SP Men
late	WT Men	WT Women	late	SP Men	SP Women

NOTE: Facilities allowing, the men's and women's outdoor throwing events shall flip-flop with a schedule as follows:

<u>Friday</u>	<u>Odd Years</u>	<u>Even Years</u>	<u>Saturday</u>	<u>Odd Years</u>	<u>Even Years</u>
early	JV Men	JV Women	early	HM Men	HM Women
early	DS Women	DS Men	early	SP Women	SP Men
late	DS Men	DS Women	late	SP Men	SP Women
late	JV Women	JV Men	late	HM Women	HM Men

MIAC Championship Combined Events Schedule

The conference indoor women's pentathlon championship shall be a one-day event run according to NCAA rules and held one day prior to the Conference Indoor Track and Field Championship. The conference indoor men's heptathlon championship shall be a two-day event run according to NCAA rules and begin one day prior to and end the first day of the Conference Indoor Track and Field Championship. The indoor combined event order of gender and estimated time schedule may be adjusted based on the number of competitors in the fields in order to avoid overlap at any common event. The Thursday tentative start times shall be 2:00 pm for the women's pentathlon and 2:20 pm for the men's heptathlon, and the Friday tentative start times shall be 10:00 am for the men's heptathlon with successive events allowing at least a 30 minute preparation period prior to each event.

The men's decathlon and women's heptathlon events will be contested the Thursday and Friday one week prior to the rest of the outdoor championship. The outdoor combined event order of gender and estimated time schedule may be adjusted based on the number of competitors in the fields in order to avoid overlap at any common event. The Thursday tentative start times shall be 12:00 pm for the men's decathlon and 12:45 PM for the women's heptathlon, and the Friday tentative start times shall be 10:30 am for the men's decathlon and 12:30 pm for the women's heptathlon with successive events allowing at least a 30 minute preparation period prior to each event.

MIAC Indoor Championship Combined Events Schedule

The MIAC Indoor combined event will start no earlier than 2:00 pm Thursday. Gender start order may flip flop to develop the schedule. Combined event start time and estimated sequential schedule will be announced by 9:00 am on Tuesday. Challenges to entries are due by Tuesday, 9:00 am. [12/2023]

Use the following time estimates to assist with scheduling: [12/2023]

1. *Women Indoor Pentathlon: HH-3:00/section, HJ-6:15/jumper, SP-0:40/throw, LJ-0:45/jump* [12/2023]
2. *Men's Indoor Heptathlon: 60M-2:00/section, LJ-0:45/jump, SP-0:45/throw, HJ-6:15/jumper, HH-3:00/section, PV 10:45/vaulter* [12/2023]

Date: One Day Prior to the MIAC Indoor Championship

2:00pm Pentathlon Women

(Estimated Start Times-18 Competitors: 2:00 55H; 2:40 HJ; 5:00 SP; 6:15 LJ; 7:30 800M) [12/2016]

2:20pm Heptathlon Men Day One

(Estimated Start Times-18 Competitors: 2:20 60M; 3:00 LJ, 4:15 SP, 5:30 HJ) [12/2016]

Date: First Day of the MIAC Indoor Championship

10:00am Heptathlon Men Day Two

(Estimated Start Times-18 Competitors: 10:00 HH, 11:30 PV, 3:00 1000M) [12/2016]

MIAC Outdoor Championship Combined Events Schedule

The MIAC Outdoor combined event will start no earlier than noon Thursday and 10:30 am Friday. Gender start order may flip flop to develop the schedule. Combined event start time and estimated sequential schedule will be announced by 9:00 am on Tuesday. Challenges to entries are due by Tuesday, 9:00 am. [12/2023]

Use the following time estimates to assist with scheduling: [12/2023]

1. *Women's Outdoor Heptathlon: HH-3:30/section, HJ-6:15/jumper, SP-0:40/throw, 200-3:00/section, LJ-0:45/jump, JV-0:45/throw (laser), JV-1:00/throw (manual)* [12/2023]
2. *Men's Outdoor Decathlon: 100M-3:00/section, LJ-0:45/jump, SP-0:45/throw, HJ-6:15/jumper, 400M-3:00/section, HH-3:30/section, DS-0:45/throw (laser), JV-1:00/throw (manual), PV 10:45/vaulter, JV-0:45/throw (laser), JV-1:00/throw (manual)* [12/2023]

Date: Two Thursdays Prior to the MIAC Outdoor Championship

12:00pm Decathlon Men Day One

(Estimated Start Times-18 Competitors: 12:00 100M; 12:40 LJ, 2:10 SP, 3:40 HJ, 6:30 400M) [12/2016]
12:45pm Heptathlon Women Day One
(Estimated Start Times-18 Competitors: 12:45 100H; 1:30 HJ; 4:15 SP; 5:45 LJ; 7:15 800M) [12/2016]

Date: The Friday Before the MIAC Outdoor Championship

10:30am Decathlon Men Day Two

(Estimated Start Times-18 Competitors: 10:30 HH, 11:20 DS, 12:50 PV, 4:50 JV, 6:20 1500M) [12/2016]

12:30pm Heptathlon Women Day Two

(Estimated Start Times-18 Competitors: 12:30 LJ, 2:00 JV, 3:30 800M) [12/2016]

MIAC Indoor Championship Schedule

2025 MIAC Indoor Track & Field Championship February 27-March 1 at Saint John's University

Thursday, February 27, 2025 (Estimated schedule assumes full fields)

12:00	Implement Inspection		
~2:00	Pentathlon	Women	~2:00 60HH, ~2:40 HJ, ~5:00 SP, ~6:15 LJ, ~7:30 800M
~2:20	Heptathlon	Men	~2:20 60M, ~3:00 LJ, ~4:15 SP, ~5:30 HJ

Friday, February 28, 2025 (Estimated schedule assumes full fields)

10:00	Heptathlon	Men	10:00 60HH, ~11:30 PV, ~3:00 1000M
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Friday, February 28, 2025

3:15	Coaches Meeting
3:50	National Anthem

Field Events

4:00	Long Jump	Men	Final
4:00	35 # Weight	Women	Final
5:00	Pole Vault	Women	Final
6:30	Long Jump	Women	Final
6:30	High Jump	Men	Final
6:30	20 # Weight	Men	Final

Track Events

4:30	60 M Hurdles	Men	Prelims
4:45	60 M Hurdles	Women	Prelims
5:00	5000 Meters	Men	Final
5:20	5000 Meters	Women	Final
5:45	60 Meters	Men	Prelims
5:55	60 Meters	Women	Prelims
6:05	Mile	Men	Final
6:25	Mile	Women	Final
6:50	60 M Hurdles	Women	Final
7:00	60 M Hurdles	Men	Final
7:05	400 Meters	Men	Final
7:20	400 Meters	Women	Final
7:35	800 Meters	Men	Final
7:50	800 Meters	Women	Final
8:05	60 Meters	Men	Final
8:10	60 Meters	Women	Final
8:15	Distance Medley	Men	Final
8:30	Distance Medley	Women	Final

Implement Inspection

2:15-3:15	Women's & Men's Weight
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Saturday, March 1, 2025

11:15	Coaches Meeting, if Needed
11:50	National Anthem

Field Events

12:00	Triple Jump	Men	Final – 28' & 32'
12:00	Shot Put	Women	Final
12:00	High Jump	Women	Final
1:00	Pole Vault	Men	Final
2:30	Triple Jump	Women	Final – 38' & 41'
2:30	Shot Put	Men	Final

Track Events

1:00	4 x 200 Relay	Men	Final
1:15	4 x 200 Relay	Women	Final
1:30	3000 Meters	Men	Final – Section 1
1:45	3000 Meters	Women	Final – Section 1
2:00	600 Meters	Men	Final
2:10	600 Meters	Women	Final
2:25	1000 Meters	Men	Final
2:40	1000 Meters	Women	Final
2:55	200 Meters	Men	Final
3:10	200 Meters	Women	Final
3:25	3000 Meters	Men	Final – Section 2
3:40	3000 Meters	Women	Final – Section 2
3:55	4 x 400 Relay	Men	Final
4:10	4 x 400 Relay	Women	Final

Implement Inspection

10:15-11:15	Women's & Men's Shot Put
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MIAC One-Day (Foul Weather) Indoor Championship Schedule

ODD YEARS

0:00	Long Jump	Men	Final
0:00	High Jump	Women	Final
0:00	35# Weight	Men	Final
0:30	Pole Vault	Men	Final
2:00	High Jump	Men	Final
2:00	Long Jump	Women	Final
2:00	20# Weight	Women	Final
3:30	Pole Vault	Women	Final
4:00	Triple Jump	Women	Final
4:00	Shot Put	Men	Final
6:00	Triple Jump	Men	Final
6:00	Shot Put	Women	Final

0:00	5000m	Women	Final
0:20	5000m	Men	Final
0:45	Mile	Women	Final
1:05	Mile	Men	Final
1:25	60m Hurdles	Women	Final
1:35	60m Hurdles	Men	Final
1:50	400m	Women	Final
2:00	400m	Men	Final
2:10	800m	Women	Final
2:25	800m	Men	Final
2:40	60m	Women	Final
2:50	60m	Men	Final
3:05	Distance Medley	Women	Final
3:20	Distance Medley	Men	Final
3:35	3000m	Women	Final – Sect 1
3:50	3000m	Men	Final – Sect 1
4:05	600m	Women	Final
4:15	600m	Men	Final
4:30	1000m	Women	Final
4:45	1000m	Men	Final
5:00	800m Relay	Women	Final
5:10	800m Relay	Men	Final
5:25	200m	Women	Final
5:35	200m	Men	Final
5:50	3000m	Women	Final – Sect 2
6:05	3000m	Men	Final – Sect 2
6:20	1600m Relay	Women	Final
6:35	1600m Relay	Men	Final

EVEN YEARS

0:00	Long Jump	Women	Final
0:00	High Jump	Men	Final
0:00	20# Weight	Women	Final
0:30	Pole Vault	Women	Final
2:00	High Jump	Women	Final
2:00	Long Jump	Women	Final
2:00	35# Weight	Men	Final
3:30	Pole Vault	Men	Final
4:00	Triple Jump	Women	Final
4:00	Shot Put	Women	Final
6:00	Triple Jump	Men	Final
6:00	Shot Put	Men	Final

0:00	5000m	Men	Final
0:20	5000m	Women	Final
0:45	One Mile	Men	Final
1:05	One Mile	Women	Final
1:25	60m Hurdles	Men	Final
1:35	60m Hurdles	Women	Final
1:50	400m	Men	Final
2:00	400m	Women	Final
2:10	800m	Men	Final
2:25	800m	Women	Final
2:40	60m	Men	Final
2:50	60m	Women	Final
3:05	Distance Medley	Men	Final
3:20	Distance Medley	Women	Final
3:35	3000m	Men	Final – Sect 1
3:50	3000m	Women	Final – Sect 1
4:05	600m	Men	Final
4:15	600m	Women	Final
4:30	1000m	Men	Final
4:45	1000m	Women	Final
5:00	800m Relay	Men	Final
5:10	800m Relay	Women	Final
5:25	200m	Men	Final
5:35	200m	Women	Final
5:50	3000m	Men	Final – Sect 2
6:05	3000m	Women	Final – Sect 2
6:20	1600m Relay	Men	Final
6:35	1600m Relay	Women	Final

Horizontal jumps: four attempts with no finals in seeded flights.

Flight requests would be honored in all field events.

No preliminaries in the 60 meter and 60 meter hurdles. Sections would be seeded.

Scratches allowed in any event at any time.

If weather and the NCAA dictate a one day meet on Friday or Saturday, the multi-events would be completed in one day of competition either before or after the rest of the meet, i.e. on either Thursday or Sunday.

2025 MIAC Outdoor Track & Field Championship
May 1-2, 2025 at Carleton College
May 9-10, 2025 at Macalester College

Thursday, May 1, 2025 at Carleton (Estimated schedule assumes full fields)

12:00 Decathlon Men 12:00 100m, ~ 12:40 LJ, 2:10 SP, 3:40 HJ, 6:30 400m
 12:45 Heptathlon Women 12:45 100H, ~ 1:30 HJ, 4:15 SP, 5:45 200m

Friday, May 2, 2025 at Carleton

10:30 Decathlon Men 10:30 HH, ~ 11:20 DT, 12:50 PV, 4:50 JT, 6:20 1500m
 12:30 Heptathlon Women 12:30 LJ, ~ 2:00 JT, 3:30 800m

Friday, May 9, 2025 at Macalester

1:00 Coaches Meeting
 1:45 National Anthem

Field Events

2:00	Javelin	Women	Final
2:00	Hammer	Men	Final
2:00	Long Jump	Men	Final
3:00	Pole Vault	Women	Final
5:00	Shot Put	Women	Final
5:00	Discus	Men	Final
5:00	Long Jump	Women	Final
5:00	High Jump	Men	Final

Track Events

2:30	1500 Meters	Men	Final
2:45	1500 Meters	Women	Final
3:05	100 Hurdles	Men	Prelim
3:20	110 Hurdles	Women	Prelim
3:35	400 Meters	Men	Prelim
3:45	400 Meters	Women	Prelim
4:00	100 Meters	Men	Prelim
4:10	100 Meters	Women	Prelim
4:25	800 Meters	Men	Prelim
4:40	800 Meters	Women	Prelim
5:05	400 M Hurdles	Men	Prelim
5:20	400 M Hurdles	Women	Prelim
5:35	200 Meters	Men	Prelim
5:45	200 Meters	Women	Prelim
6:05	3200 M Relay	Men	Final
6:20	3200 M Relay	Women	Final
6:35	10,000 Meters	Men	Final
7:20	10,000 Meters	Women	Final

Implement Inspections

11:30-12:30 Women's Javelin, Men's Hammer
 12:00-1:30 Women's Shot Put, Men's Discus

Saturday, May 10, 2025 at Macalester

11:45 National Anthem

Field Events

12:00	Javelin	Men	Final
12:00	Hammer	Women	Final
12:00	Triple Jump	Men	Final – 37' & 41'
12:00	High Jump	Women	Final
1:00	Pole Vault	Men	Final
3:00	Shot Put	Men	Final
3:00	Discus	Women	Final
3:00	Triple Jump	Women	Final – 28' & 32'

Track Events

1:30	400 M Relay	Men	Final
1:40	400 M Relay	Women	Final
1:55	Steeplechase	Men	Final
2:20	Steeplechase	Women	Final
2:45	100 Hurdles	Men	Final
2:55	110 Hurdles	Women	Final
3:05	400 Meters	Men	Final
3:10	400 Meters	Women	Final
3:20	100 Meters	Men	Final
3:25	100 Meters	Women	Final
3:35	800 Meters	Men	Final
3:40	800 Meters	Women	Final
3:50	400 M Hurdles	Men	Final
4:00	400 M Hurdles	Women	Final
4:10	200 Meters	Men	Final
4:15	200 Meters	Women	Final
4:20	5000 Meters	Men	Final
4:50	5000 Meters	Women	Final
5:10	1600 M Relay	Men	Final
5:25	1600 M Relay	Women	Final

Implement Inspections

10:00-11:00 Women's Javelin, Men's Hammer
 10:00-11:30 Women's Shot Put, Men's Discus

Running Events

Timing

Fully automatic timing (FAT) accurate to the 1/100th second or faster must be used as both the primary and secondary timing systems. Only the following approved NCAA (FAT) methods are acceptable: 1) photoelectric timing and 2) videotape that complies with NCAA provisions.

Wind Readings

Wind readings are to be recorded in meters per second accurate to the tenth in the 100 Meters, 200 Meters, 100- and 110-Meter Hurdles, Long Jump, and Triple Jump with a gauge dedicated to that event. [editorial to match NCAA Qualifying Criteria, 12/2023]

MIAC Records

For the 100 Meters, 200 Meters, 100- and 110-Meter Hurdles, Long Jump, and Triple Jump a wind reading of ≤ 2.0 m/s is required for a conference record. Performances that are superior to the wind-legal records will be noted as an all-conditions record in the MIAC Records.

Fully Automatic Timing Failure

The timing crew shall fire a recall gun if, immediately after a race has started, they recognize the automatic timing system is not operating.

The primary timing system shall capture at least 100 pictures per second. A video camera or secondary timing system must be on the finish line as a back-up in case of an automatic timing system failure.

Note that ties to the 1/100 second can be broken if the timing system allows a definitive decision.

Open Lanes

When a track event which starts in lanes does not have a full field, the following lanes shall be used:

Indoor Track (6 lanes)	Indoor Track (8 lanes)	Outdoor Track (8 lanes)	Outdoor Track (9 lanes)
2 competitors: lanes 5-6	2 competitors: lanes 7-8	2 competitors: lanes 4-5	2 competitors: lanes 5-6
3 competitors: lanes 4-6	3 competitors: lanes 6-8	3 competitors: lanes 4-6	3 competitors: lanes 4-6
4 competitors: lanes 3-6	4 competitors: lanes 5-8	4 competitors: lanes 3-6	4 competitors: lanes 4-7
5 competitors: lanes 2-6	5 competitors: lanes 4-8	5 competitors: lanes 3-7	5 competitors: lanes 3-7
6 competitors: lanes 1-6	6 competitors: lanes 3-8	6 competitors: lanes 2-7	6 competitors: lanes 3-8
	7 competitors: lanes 2-8	7 competitors: lanes 2-8	7 competitors: lanes 2-8
	8 competitors: lanes 1-8	8 competitors: lanes 1-8	8 competitors: lanes 2-9
			9 competitors: lanes 1-9

If an athlete does not compete, his/her lane shall remain open.

Direction of Sprints

Starting lines shall be established to allow running the 100 meter and 100/110 meter hurdle events in either direction. The Meet Director must organize the event(s) to reverse direction if a consistent +1.0 m/sec wind is detected. A Meet Director who does not intend to run with the wind must notify the Games Committee at least thirty minutes in advance to justify their decision.

Fast Sections Run Last

Where events are contested as timed finals in sections, the fastest section shall run last.

Ties and Advancement

Ties for a final qualifying position in finals in the running events shall be resolved as follows:

Indoor Events

60, 60H

- (1) run in 7th / 9th lane if available,
- (2) compare times to the .001 second, if available,
- (3) higher finish in heats,
- (4) run a two-section timed final with only the tying athletes in the first section.

Outdoor Events

100, 200, 400, 110H, 400H

(1) compare times to the .001 second, if available,

(2) higher finish in heats,

(3) run a two-section timed final with only the tying athletes in the first section.

800

Both advance and share a lane/alley. Random draw to determine who gets the inside position in the lane.

1500

Both advance.

Lapped Runners

Lapped runners shall stay in the inside lane.

Aid to Runners

Drinking water, sponges, hoses and spray, and any other aid to racers shall be kept outside lanes one and two. Such aid shall be given only in the 10,000 meters.

Relay Events – Preliminaries and Finals

All indoor and outdoor relays will be a **timed section** final only, no preliminaries will be contested. [12/2017] The indoor 4x200 Meter Relay and 4x400 Meter Relay and the outdoor 4x100 Meter Relay [12/2016] and 4x400 Meter Relay will be seeded using preferred lanes when run as a final only. [12/2017]

All First Round Races - Lane Assignments

Lane assignments for preliminary round races, indoor and outdoor, shall be made with a random draw. When a race is contested as a final only, preferred lanes shall be assigned based on seed performances.

Scratches and Redraws

From one hour prior to the championships forward, scratches for individual and relay events shall be filed by the head coach or another team representative to the meet director and the timing/results operator(s). [12/2022] **When a preliminary running event has a scratch that impacts one or more of the projected automatic qualifiers for advancement (i.e. heat winner, top 2, etc.), then the heats shall be redrawn to maintain the integrity of the event. [12/2019]** All scratches and redraws should be immediately communicated to all head coaches. [12/2023]

Relay Scratches

If known in advance, teams should communicate their intent to scratch the 4x100 or 4x200 to the running clerk by 45 minutes before race time. Changes to section or lane assignments will be communicated by 30 minutes before race time. [12/2019]

If known in advance, teams should communicate their intent to scratch the 4x400 to the running clerk by 30 minutes before race time. Changes to section or lane assignments will be communicated by 15 minutes before race time. [12/2019]

Relay Personnel

Relay personnel shall be submitted to the entry/results coordinator for both preliminaries and finals. The head coach or other team representative may message their team's relay personnel to the results operator(s), ideally any time pre-race up until 10 minutes post-race (including late changes). [12/2021] The purpose of establishing relay members is to ensure that honest effort is upheld as well as for historical purposes.

Indoor Running Events

55 or 60 Meter Events With Only Six Sprint Lanes

When the indoor meet is contested on a track with a six-lane straightaway, the 55/60 meter and 55/60 meter hurdle finals shall be composed of **two sections of four** with the four heat winners ~~and the two fastest non-winners~~ in one section and the **four** fastest non-winners in another section.

200 Meter Indoor Race - Lane Assignments

The 200 meter race shall be a six section final with four athletes per section using preferred lanes 5-6-4-3. Sections will be run slow to fast with the top seeds in the final section.

400 Meter Indoor Race – Lane Assignments

The 400 meter race shall be a five section final with four athletes per section using preferred lanes 5-6-4-3. Sections will be run slow to fast with the top seeds in the final section.

Running Event Division of Heats or Sections (Excludes Combined Events)

# of Competitors	600 Meter Fast/Middle/Slow	800 Meter Fast/Middle/Slow	1000 Meter Fast/Middle/Slow	Mile Fast/Middle/Slow
13	6/5/2	7/6	8/5*	8/5*
14	6/6/2	7/7	8/6	9/5
15	6/6/3	7/8	8/7	9/6
16	6/6/4	7/9	8/8	9/7
17	6/6/5	7/5/5	8/9	9/8
18	6/6/6	7/6/5	8/10	9/9
19		7/7/5	8/6/5	9/10
20		7/7/6	8/7/5	9/11
21		7/7/7	8/8/5	9/12
22		7/7/8	8/8/6	9/7/6
23		7/7/9	8/8/7	9/8/6
24			8/8/8	9/9/6
25			8/8/9	9/9/7
26			8/8/10	9/9/8
27				9/9/9
28				9/9/10
29				9/9/11

* Or Natural Break

Seeding, Advancement, Stagers

Indoor Running Events – Seeding, Advancement, Stagers

Event	Field	Heats/ Sections	Advancement	Start/Stagger/ Exchange	Seed, Heat & Lane Assignments (6-Lane)	Seed, Heat & Lane Assignments (8-Lane)
60M 60HH 60M 60HH	24	4	Winners + next 4 best times.	Lanes all the way.	Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 2-5, remaining seeds randomly assigned remaining lanes. Final = Two sections of 4, slow to fast, seeded by heat winners, then by next fastest times. q5-q6-q7-q8, Q1-Q2-Q3-Q4. [2/2025] Preferred Lanes 3-4-2-5 [12/2023]	
	24	3	Top 2 + next 2 best times.	Lanes all the way.		Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 3-6, remaining seeds randomly assigned remaining lanes. Finals = Seed by time for heat winners, then by time for runner ups, then by time. Preferred Lanes 4-5-3-6-2-7-1-8

Event	Field	Heats/ Sections	Advancement	Start/Stagger/ Exchange	Seed, Heat & Lane Assignments (6-Lane)	Seed, Heat & Lane Assignments (8-Lane)
200M	24	6	Timed Final	2-Turn, Lanes all the way.	Beginning with the fastest section, the top seeds will be assigned lanes 5-6. The remaining seeds assigned left to right (fast to slow) with next highest seeds placed in lane 4, and lowest seeds placed in lane 3. [2/2025] Heats slow to fast. Lanes seeded. 5-6-4-3 [12/2023]	
	24	4	Timed Final	2-Turn, Lanes all the way.		Beginning with the fastest section, the top seeds will be assigned lane 6-7. The remaining seeds assigned left to right (fast to slow) with next highest seeds placed in lane 8, next seeds in lane 5, next seeds in lane 4, and lowest seeds placed in lane 3. [2/2025] Heats slow to fast. Lanes seeded. 6-7-8-5-4-3 [2025]
400M	20 [12/2023]	5 [12/2023]	Timed Final	2-Turns	Beginning with the fastest section, the top seeds will be assigned lane 5-6. The remaining seeds assigned left to right (fast to slow) with next highest seeds placed in lane 4, and lowest seeds placed in lane 3. [2/2025] Heats slow to fast. Lanes seeded. 5-6-4-3 [12/2023]	Beginning with the fastest section, the top seeds will be assigned lane 6-7. The remaining seeds assigned left to right (fast to slow) with next highest seeds placed in lane 8, and lowest seeds placed in lane 5. [2/2025] Heats slow to fast. Lanes seeded. 6-7-8-5 [12/2023]
600M	18	3	Timed Final	2-Turns	Top 6 seeds assigned in rank order by 2's per section. Then, remaining seeds assigned left to right (fast to slow). Top 2 seeds in each heat randomly assigned to the 2 most preferred lanes. Then, seeds 7-9 assigned lane 5. Then seeds 10-12 assigned lane 2. Then seeds 13-15 assigned lane 6. Then seeds 16-18 assigned lane 1. [2/2025] Heats slow to fast. Lanes seeded. 3-4-5-2-6-1 [12/2023]	Top 6 seeds assigned in rank order by 2's per section. Then, remaining seeds assigned left to right (fast to slow). Top 2 seeds in each heat randomly assigned to the 2 most preferred lanes. Then, seeds 7-9 assigned lane 5. Then seeds 10-12 assigned lane 2. Then seeds 13-15 assigned lane 6. Then seeds 16-18 assigned lane 1. [2/2025] Heats slow to fast. Lanes seeded. 5-6-7-4-8-3 [12/2023]

Event	Field	Heats/ Sections	Advancement	Start/Stagger/ Exchange	Seed, Heat & Lane Assignments (6-Lane)	Seed, Heat & Lane Assignments (8-Lane)
800M	21 (6-lane) 24 (8-lane)	3	Timed Final	2-Turns Alleys	Heats slow to fast. Alley/lane assignments random. 3 Alleys (preferred) 3-2-2 2 Alleys 5-2 or approximately 2/3rds inside alley. [12/2022]	Heats slow to fast. Alley/lane assignments random. 3 Alleys (preferred) 3-2-2 2 Alleys 5-2 or approximately 2/3rds inside alley.
1000M	24 (6-lane) 24 (8-lane)	3	Timed Final	2-Turns Alleys	Heats slow to fast. Alley/position assignments random. 3 Alleys (preferred) 3-3-2 2 Alleys 5-3 or approximately 2/3rds inside alley. [12/2022]	Heats slow to fast. Alley/position assignments random. 3 Alleys (preferred) 3-3-2 2 Alleys 5-3 or approximately 2/3rds inside alley.
Mile	27	3	Timed Final	Single Waterfall OR 1-Turn, 2-Alley Waterfall	Heats slow to fast. Position assignments random.	Heats slow to fast. Position assignments random.
3000M	30	2	Timed Final	Single Waterfall	Heats slow to fast. Top 12 seeds front row. All others 2 nd row.	Heats slow to fast. Top 12 seeds front row. All others 2 nd row.
5000M	18	1	Timed Final	Single Waterfall	Top 12 seeds front row. All others 2 nd row.	Top 12 seeds front row. All others 2 nd row.
4x200M Relay	5-8 teams (6-lane)	2	Timed Final ^s Seed time shall be the fastest time previously run during the season by any foursome on that team.	Men: Lanes all the way. 30M Exchange Zones. Women: 3- Turn. 30M 1 st Exchange, 20M 2 nd -3 rd Exchange	Beginning with the fastest section, the top seeds will be assigned lane 5-6. The remaining seeds assigned left to right with next highest seeds placed in lane 4, and lowest seeds placed in lane 3. [2/2025] Heats slow to fast. Lanes seeded. 5-6-4-3 [12/2023]	
	9-12 teams (6-lane)	3				
	1-6 (8-lane)	1				Beginning with the fastest section, the top seeds will be assigned lane 6-7. The remaining seeds assigned left to right with next highest seeds placed in lane 8, and lowest seeds placed in lane 5. [2/2025] Heats slow to fast. Lanes seeded. 6-7-8-5 [12/2023]
	7-12 (8-lane)	2				

4x400M Relay	1-5	1	Timed Final Seed time shall be the fastest time previously run during the season by any foursome on that team.	2-Turns	Even sized heats or +1 in faster section(s). Heats slow to fast. Lanes seeded. 5-6-4-3-2	Even sized heats or +1 in faster section(s). Heats slow to fast. Lanes seeded. 5-6-7-4-8 (8-lane)
	6-10	2				
	11+	3				
Distance Medley	1-12	1	Timed Final	Single Waterfall OR 1-Turn, 2-Alley Waterfall	Position assignments random.	Position assignments random.

Indoor Running Events – Seeding, Advancement, Staggers – Combined events (Pentathlon & Heptathlon)

Event	Field	Heats/Sections	Advancement	Start/Stagger/Exchange	Seed, Heat & Lane Assignments (6-Lane)	Seed, Heat & Lane Assignments (8-Lane)
55M 60M	<7	1	NA	Lanes all the way.	Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Random lane assignments within heats.	
	7-12	2				
	13-18	3				
	<9	1	NA	Lanes all the way.		Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Random lane assignments within heats.
	9-16	2				
	17-18	3				

55M HH 60M HH	<4	1	NA	Lanes all the way.	Facility must have ability to add lane 0 or lane 7 hurdles. Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Alternating lanes. Random lane assignments within heats. Lanes 2-4-6	
	4-6	2				
	7-9	3				
	10-12	4				
	13-15	5				
	16-18	6				
	<4	1	NA	Lanes all the way.		Facility does not have ability to add lane 0 or lane 9 hurdles. Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Alternating lanes. Random lane assignments within heats. Lanes 2-4-6
	4-6	2				
	7-9	3				
	10-12	4				
	13-15	5				
	16-18	6				
	<5	1	NA	Lanes all the way.		Facility must have ability to add lane 0 or lane 9 hurdles. Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Alternating lanes. Random lane assignments within heats. Lanes 2-4-6-8
	5-8	2				
	9-12	3				
	13-16	4				
	17-20	5				
800M Pentathlon & 1000M Heptathlon	18	1	Timed Final	2-Turns Alleys	3 Alleys (preferred) 12-3-3 or approximately 2/3 rd inside alley, 1/6 th each outside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 2-3-6 Alley 3: 1-4-5 2 Alleys 12-6 or approximately 2/3rds inside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 1-2-3-4-5-6	3 Alleys (preferred) 12-3-3 or approximately 2/3 rd inside alley, 1/6 th each outside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 2-3-6 Alley 3: 1-4-5 2 Alleys 12-6 or approximately 2/3rds inside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 1-2-3-4-5-6

Outdoor Running Events – Seeding, Advancement, Stagers

Event	Field	Heats/ Sections	Advancement	Start/Stagger/ Exchange	Seed, Heat & Lane Assignments (8-Lane)	Seed, Heat & Lane Assignments (9-Lane)
100M 100M HH 110M HH	9-16	2	Winners, +6 by time	Lanes all the way.	Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 3-6, remaining seeds randomly assigned remaining lanes. [3/2025] Finals = Seed by time for heat winners, then by time for runner ups, then by time. Preferred Lanes [3/2025] 4-5-3-6-2-7-1-8	
	17-24	3	Winners, +5 by time	Lanes all the way.		
	10-18	2	Winners, +7 by time	Lanes all the way.		Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 4-7, remaining seeds randomly assigned remaining lanes. [3/2025] Finals = Seed by time for heat winners, then by time for runner ups, then by time. Preferred Lanes [3/2025] 5-6-4-7-3-8-2-9-1 [12/2019]
	19-27	3	Winners, +6 by time	Lanes all the way.		
200M 400M	9-16	2	Winners, +6 by time	Lanes all the way.	Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 3-6, remaining seeds randomly assigned remaining lanes. [3/2025] Finals = Seed by time for heat winners, then by time for runner ups, then by time. Preferred Lanes [3/2025] 4-5-6-3-7-2-8-1 [12/2019]	
	17-24	3	Winners, +5 by time	Lanes all the way.		
	10-18	2	Winners, +7 by time	Lanes all the way.		Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 4-7, remaining seeds randomly assigned remaining lanes. [3/2025] Finals = Seed by time for heat winners, then by time for runner ups, then by time. Preferred Lanes [3/2025] 5-6-7-4-8-3-9-2-1 [400M 12/2019; 200M 12/2020]
	19-27	3	Winners, +6 by time	Lanes all the way.		

800M	9-16	2	Top 2, +4 by time	One Turn	Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 3-6, remaining seeds randomly assigned remaining lanes. [3/2025] Finals = Seed by time for heat winners, then by time for runner ups, then by time. Preferred Lanes 4-5-6-3-7-2-8-1 [12/2019]	
	17-24	3	Top 2, +2 by time	One Turn		
	10-18	2	Top 2, +5 by time	One Turn		Prelim = Serpentine. Top 4 seeds in each heat randomly assigned lanes 4-7, remaining seeds randomly assigned remaining lanes. [3/2025] Finals = Seed by time for heat winners, then by time for runner ups, then by time. Preferred Lanes [3/2025] 5-6-7-4-8-3-9-2-1 [12/2022]
	19-27	3	Top 2, +3 by time	One Turn		
1500M	28	2	Timed Final, Day 1 [12/2022]	Single Waterfall	Sections slow to fast. Random draw within section.	Sections slow to fast. Random draw within section.
3000M SC 5000M 10000M	SC 18 5k 32 10K 20	1	Timed Final SC Day 2 between 4x1 & HH 5k Day 2 10K Day 1 last event [12/2022]	Single Waterfall	Heats slow to fast. Top 16 seeds front row. All others 2 nd row.	Heats slow to fast. Top 18 seeds front row. All others 2 nd row.
				Double Waterfall One Turn	2 Alleys approximately 2/3rds inside alley. SC 12-6 5k 22-10 10K 14-6	2 Alleys approximately 2/3rds inside alley. SC 12-6 5k 22-10 10K 14-6
4x100M Relay	≤8 (8-lane)	1	Timed Final Day 2	Lanes all the way. 30M Exchange Zones.	4-5-6-3-7-2-8-1	
	≤9 (9-lane)	1				5-6-7-4-8-3-9-2-1
	>8 (8-lane)	2			Heats slow to fast. Fast section = 6 teams. 5-6-7-4-8-3 [12/2019]	
	>9 (9-lane)	2				Heats slow to fast. Fast section = 6 teams. 5-6-7-4-8-3 [12/2019]
4x400M Relay	≤8	1	Timed Final Day 2	3-Turn, 20M Exchange Zones.	4-5-6-3-7-2-8-1	
	≤9	1				5-6-7-4-8-3-9-2-1

	>8	2			Heats slow to fast. Slow section at least 2 teams. 4-5-6-3-7-2-8-1 [12/2019]	
	>9	2				Heats slow to fast. Slow section at least 2 teams. 5-6-7-4-8-3-9-2-1 [12/2019]
4x800M Relay	1-8 (8-Lane) 1-9 (9-Lane)	1	Timed Final	1-Turn	Lane assignments random.	Lane assignments random.
	>8 (8-Lane) >9 (9-Lane)			1-Turn, Double Waterfall	Lane assignments random. 2 Alleys approximately 2/3rds inside alley.	Lane assignments random. 2 Alleys approximately 2/3rds inside alley.

Outdoor Running Events – Seeding, Advancement, Stagers – Combined events (Heptathlon & Decathlon)

Event	Field	Heats/ Sections	Advancement	Start/Stagger/ Exchange	Seed, Heat & Lane Assignments (8-Lane)	Seed, Heat & Lane Assignments (9-Lane)
100M 200M 400M	<9	1	NA	Lanes all the way.	Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Random lane assignments within heats.	
	9-16	2				
	17-24	3				
	<10	1				Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Random lane assignments within heats.
	10-18	2				
	19-27	3				
100M HH 110M HH	<4	1	NA	Lanes all the way.	Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Random lane assignments within heats.	
	4-6	2				
	7-9	3				
	10-12	4				
	13-15	5				
	16-18	6				
	<5	1				Athletes seeded to even sized heats by time. If imbalanced heat size, the faster/fastest heat shall have more athletes. Random lane assignments within heats.
	5-8	2				
	9-12	3				
	13-16	4				
	17-20	5				
800M Heptathlon	18	1	Timed Final	Double Waterfall One Turn	2 Alleys 12-6 or approximately 2/3rds inside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 1-2-3-4-5-6	2 Alleys 12-6 or approximately 2/3rds inside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 1-2-3-4-5-6
				OR if Double Waterfall Impossible or impractical, then Single Waterfall	Positions 1-18 from highest to lowest score after 6 events. Lowest scores in 2 nd row, if needed.	Positions 1-18 from highest to lowest score after 6 events. Lowest scores in 2 nd row, if needed.
1500M Decathlon	18	1	Timed Final	Double Waterfall One Turn	2 Alleys 12-6 or approximately 2/3rds inside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 1-2-3-4-5-6	2 Alleys 12-6 or approximately 2/3rds inside alley. Alley 1: 7-8-9-10-11-12-13-14-15-16-17-18 Alley 2: 1-2-3-4-5-6
				OR if Double Waterfall Impossible or impractical, then Single Waterfall	Positions 1-18 from highest to lowest score after 9 events. Lowest scores in 2 nd row, if needed.	Positions 1-18 from highest to lowest score after 9 events. Lowest scores in 2 nd row, if needed.

Field Events

Reporting

A field event competitor must report to the head official before the first attempt is made in his/her flight. All competitors are responsible for information the head event judge may give prior to competition.

Measurements

Field event measurements shall be made in meters **rounding down** to the lesser centimeter and recorded by two independent officials, one of which may be electronic. [12/2022, 12/2019]

Flights

Flights for the horizontal jumps shall be seeded into even, or nearly even, flights with the highest-ranking marks competing in the last flight [12/2022] with a random drawn. Flights for the vertical jumps shall be seeded in ascending order. [12/2020]. An athlete who is competing in two conflicting events, whether two field events or a field event and a running event, may be placed in flights in a manner which will minimize his/her conflict. [future consideration up to a maximum of 12?] Field event flight requests must be made at the time of entry if an athlete has a legitimate conflict.

Flights for the throws will be seeded with the top ten qualifying marks [into a top half and bottom half based on ranking, add for clarity 12/2023 in case field sizes change] plus ties placed in the second [last] flight. [12/2018] Flights for the throws shall be seeded in ascending order. [12/2020] If there is a legitimate event conflict, more than 10 competitors would be allowed in the second flight. [12/2018] [future consideration up to a maximum of 12?] An athlete seeded in the better flight may opt for the first flight if there is an event conflict. [12/2018]

The number of flights for the throws and horizontal jumping events shall be:

1-12 competitors:	1 flight
13-24 competitors	2 flights

The high jump and pole vault shall be contested as per the NCAA Rule Book. Each competitor is allowed an attempt in the ascending order which has been determined by the MIAC Honor Roll. [NCAA rescinded 5-alive effective in the 2023-2024 Track & Field Rule Book.]

When a scratch and a replacement occur in the LJ, TJ, [12/2023] HJ, PV, SP, DS, HM/WT, JV, flights shall be redrawn to accommodate the division of flights assigned by the ascending order of performance. [12/2020]

Vertical Jumps - Opening Heights and Increments

The opening height for the high jump shall be 5 to 9 cm lower than the 14th best qualifying mark.

The opening height for the pole vault shall be 15 to 29 cm lower than the 14th best qualifying mark.

High jump and pole vault opening heights and increments shall follow the recommendation of the Jump Committee.

The High Jump shall initially be raised by 5cm, then in increments between 3-5cm. The Pole Vault shall initially be raised by 15cm, then in increments between 5-15cm. Increment restrictions do not apply to a single competitor who has won the competition and decides to continue jumping. [NCAA TF Rule Book, Part 1, Rule 8 & Part 2, Rule 16, Field Events: Section 2. High Jump, Article 2; and Section 3. Pole Vault, Article 2.] [editorial, 12/2024]

Triple Jump Boards

Placement of triple jump boards shall be determined by the Games Committee at the same time as the approval of the indoor and outdoor schedules at the December coaches meeting. Board distances should be added to the meet information and schedule.

Warm-Ups

Throws and Horizontal Jumps

Warm-up periods for field events shall be a maximum of 15 minutes for flight-specific warm-up with general warm-up beforehand. [12/2016] [NCAA TF Rule Book, Rule 8, Sect. 1, Art. 6]

High Jump and Pole Vault

In the high jump and pole vault, an athlete who has not taken an attempt in at least one hour may use the runway and landing area without the crossbar with the permission of the event official. A high jumper has a maximum of ninety

seconds, and a pole vaulter has a maximum of two minutes. Such warm-ups must occur at height changes. [12/2016]
[NCAA TF Rule Book, Rule 8, Sect. 1, Art. 6]

Implement Weigh-In and Inspection

Times for implement weigh-in and inspection shall be determined by the Games Committee at the same time as the approval of the indoor and outdoor schedules at the December coaches meeting. Implement weigh-in and inspection times should be added to the meet information and schedule.

Time Indicators

A time indicator, or a timer who communicates with the athletes, shall be provided if appropriate time limits are enforced. (See Rule 6, NCAA Men's and Women's Rules)

Advancing To Finals

The top nine performers in throwing and horizontal jump preliminaries advance to the finals and compete in reverse order of performances in the trials. If there is a tie for a final qualifying spot, both competitors shall advance. The second best throw or jump shall NOT be a consideration.

Throws Officials

There shall be a minimum of three officials in the landing sector for all throwing events. One official will mark the landing of the implement and the other two officials shall watch each sector line to call fair and foul throws and assist in spotting the landing. [12/2017]

Measuring Equipment – Shot Put, Discus, Weight, Hammer, Javelin

Measurements in the hammer, discus and javelin shall be measured using electronic measuring equipment that meets the specifications of NCAA Rule 2, Section 13. [12/2017, Effective 2019]. The length of the throwing sectors should exceed the top seeded qualifying marks. For the indoor championships, the shot put/weight throw sector lines must be at least 2 meters longer than the top seeded qualifying distance of either gender in either event. For the outdoor championships, the shot put sector lines must be at least 2 meters longer than the top seeded qualifying distance of either gender, and the long throws sector lines must be at least 5 meters longer the top seeded qualifying distance of either gender in each event. [12/2022]

Javelin Throwing Direction

When facilities permit, suggested wind preferences for women are 1. a light tail wind; 2. any head wind; 3. a strong tailwind. Suggested wind preference for men is 1. any tailwind. Wind speeds were suggested as: Light: ≤ 4 m/s (~9 mph). Suggested to use a wind gauge placed at foul line or 8-meter dot one hour prior to the event. [12/2018]

Judging Javelin Landings

The legality of the javelin landing shall be made by a judge outside the sector, perpendicular with the landing, and low enough to the ground to determine which part of the implement made first contact with the ground. The same judge may not mark the implement landing and also determine a fair or foul landing. When a javelin lands, unless irrefutably tail first, the benefit of the doubt shall favor the thrower and be called a fair throw. [12/2018]

Combined Events

Applicable Rules

1. The warm-up time for each combined events shall be **at least** 30 minutes for all events, except the pole vault which shall be **at least** 45 minutes. Transit time, when distance is a factor between subsequent events, shall not be considered a part of the warm-up time between events. [12/2016]
2. Starting heights in the High Jump and Pole Vault will be based upon the field with consideration for any potential NCAA open High Jump or Pole Vault qualifying athlete. The cross bar is raised in 3 cm increments in the High Jump and 10 cm increments in the Pole Vault.
3. The high jump and pole vault within a combined-event shall be seeded in ascending order by the competitors' best indoor or outdoor performances on the MIAC Honor Roll. [12/2016]
4. It is recommended that all competitors run in the same section, if possible.
5. Combined-event sections in all running events, except the final event, shall be seeded by the competitors' best indoor or outdoor performances on the MIAC Honor Roll. Lanes will be assigned by random draw within each section, with fastest sections running last. [12/2016] No fewer than two competitors shall start any section. **Lane assignments in the hurdles must allow a barrier to be placed on both sides of a competitor's lane.** [12/2025]

6. All combined event competitors in the Women's Pentathlon and Heptathlon 800 meter, the Men's Heptathlon 1000 meter, and the Men's Decathlon 1500 meter shall run in one section. [12/2016]
7. An athlete failing to start in any event will be considered to have abandoned the entire competition.
8. Disqualification in any single event does not constitute disqualification from the entire competition unless it is of an unsportsmanlike nature.

Postponement Due to Weather

If the weather prevents the arrival of six or more teams on Wednesday/Thursday, then combined events will be moved to Friday-Saturday. If six or more teams are still unable to arrive on Friday, the combined events will be moved to Saturday-Sunday.

Results

All results will be posted after each event during the competition in a place where all athletes and coaches have equal access to them. Complete results (including all heat and flight results) will be provided to each head coach in a timely fashion at the conclusion of each day of competition. Results for all events will include all competitors with a name, school, and current year of eligibility. Appropriate abbreviations shall be used if performance is not included: DNS=did not show, WD=withdrew, NH=no height, ND=no distance, FS=false start, DQ=disqualified. Complete results plus field event sheets shall be kept by the host institution until July 1 of the following year.

Scoring

Indoors: 10-8-6-5-4-3-2-1

Outdoors: 10-8-6-5-4-3-2-1

Honest Effort

Athletes must participate honestly in all trials and finals of all track and field events in which they are declared, or they will be barred from all remaining events in the meet. Withdrawal from a combined event (pentathlon, heptathlon, or decathlon) is an exception to this rule and will not affect subsequent participation, but the athlete must have at least started the combined event. Athletes must compete with maximum effort and/or qualify from trials into finals.

Protests and Appeals

The host school is responsible for providing a designated and attended protest table or location that can assist with protests, disqualifications, and issues that arise from rule infractions, questionable results, etc. This area should be noted in the meet information and/or the coaches meeting.

The head coach should be notified in person by the appropriate referee immediately after a disqualification or protest has been filed against a member of their team. The head coach has 30 minutes from the time of notification to file a protest or counter protest. Head referees and juries should stay at least 30 minutes after the conclusion of the last event or at least 30 minutes after a protest to allow for an appeal or counter protest [editorial change 12/2022].

Protests relating to matters that develop during the meet should be made at once and not later than 30 minutes after a final result has been officially announced or posted and not later than 15 minutes after a preliminary result has been officially announced. Any such protest must be submitted in writing to the protest table by a coach. The protest will be submitted to the appropriate referee (track or field event) who will render a decision. The referee's decision may be appealed to the jury of appeals.

Meet directors will keep all protests and verdicts from the indoor and outdoor championship and publish them for the next annual meeting.

M.I.A.C Awards

Championship Awards

Individual Recognition

There shall be an award stand on the infield where at least the top three finishers from each open event and top team from each relay event will be recognized in a timely manner after the completion of their event for the outdoor championship. [12/2018]

Team Recognition

An MIAC championship plaque will be awarded to both the men's and women's team champions. The plaque is provided by the MIAC Office.

Outstanding Athlete Awards

For both the indoor and outdoor championships, coaches will vote for an Outstanding Track Athlete, Outstanding Field Athlete. [5/2022 ADs]. The MIAC Office is responsible for electronic distribution and collection of voting forms and tabulating results. A certificate will be awarded by the MIAC Office to the awardees. Release of results will be coordinated by the MIAC office and shared with sports information directors and coaches.

Voting Guidelines:

1. Head coaches may only vote for the gender of their team.
2. Head coaches may vote for their own athletes.
3. Head coaches shall vote for three athletes, ranked first, second, and third and earning 5, 3, and 1 points, respectively.
4. A ballot for a category which does not include three athletes shall not be counted.
5. A coach may list an athlete or performance only once when ranking their votes.
6. Votes are due by Tuesday noon following the conference meet.
7. Co-awards will be given if there is a tie.

Rookie of the Year

For both the indoor and outdoor championships, coaches will vote for a Rookie of the Year [5/2022 ADs]. The MIAC Office is responsible for electronic distribution and collection of voting forms and tabulating results. A certificate will be awarded by the MIAC Office to the awardees. Release of results will be coordinated by the MIAC office and shared with sports information directors and coaches.

Voting Guidelines:

1. Head coaches may only vote for the gender of their team.
2. Head coaches may vote for their own athletes.
3. Head coaches shall vote for one athlete.
4. Votes are due by Tuesday noon following the conference meet.
5. Co-awards will be given if there is a tie.

Coach of The Year

A Women's and Men's Track and Field Coach of the Year will be determined following each season. The MIAC Office is responsible for electronic distribution and collection of voting forms and tabulating results. The MIAC office will provide Coach of the Year plaques. Release of results will be coordinated by the MIAC office and shared with sports information directors and coaches.

Voting Guidelines:

1. Head coaches may only vote for the gender of their team.
2. Head coaches may not vote for themselves.
3. Head coaches shall vote for three head coaches, ranked first, second, and third and earning 3, 2, and 1 points respectively.
4. A ballot which does not list three different names will not be counted.
5. Votes are due by Tuesday noon following the conference meet.
6. Co-awards will be given if there is a tie.

All-Conference and All-Conference Honorable Mention Certificates

The top three individuals in each event and the top three [12/2021] relay teams will be designated All-Conference and will receive an MIAC All-Conference certificate. Fourth through sixth place finishers in the open events and fourth through sixth place [12/2021] finishers in the relays will be designated All-Conference Honorable Mention. [12/2021; 5/2022 ADs]

Regular Season Awards

Track and Field Athlete of The Week

Weekly during the competitive season, “track” and “field” MIAC Athlete of the Week honorees, male and female separately, will be selected by the MIAC Office from nominations of previous week’s performances submitted by MIAC Sports Information Directors.

Academic All-Conference

A student-athlete must qualify for an individual event or compete on a relay team at the MIAC Track and Field Championships. Indoor and outdoor seasons shall be honored as “one season.” [12/2017]

MIAC CHAMPIONSHIP MEET AND ALL-TIME RECORDS

Women's Indoor Records

Women's Indoor MIAC Championship Meet Records²

55 Meters	Tonisha Bell	Augsburg	3/7/2003	7.12f		St. Olaf
60 Meters	Mallory Burnham	St. Thomas	3/4/2014	7.62p		St. John's
200 Meters	Megan Geraets	Gustavus	2/24/2024	25.16		St. Olaf
400 Meters	Alexa Feeney	Carleton	2/24/2017	56.80*		St. Thomas
600 Meters	Phoebe Aguiar	Macalester	2/23/2019	1:31.68		St. Olaf
800 Meters	Phoebe Aguiar	Macalester	2/22/2019	2:12.67		St. Olaf
1000 Meters	Emily Gapinski	St. Thomas	3/5/2016	2:51.48		Carleton
One Mile	Clara Mayfield	Carleton	2/23/2023	4:50.20		Macalester
3000 Meters	Fiona Smith	Saint Benedict	2/24/2023	9:32.07		Macalester
5000 Meters	Fiona Smith	Saint Benedict	2/23/2024	16:40.72		St. Olaf
55 Meter Hurdles	Kelsie Sealock	Bethel	2/25/2022	7.96		Carleton
60 Meter Hurdles	Kelsey Sealock	Bethel	2/23/2024	8.52		St. Olaf
4x200 Meter Relay	Shanek Telphia Ashley Carney Dawn Flowers Katie Vrieze	Augsburg	3/5/2011	1:42.50		St. Thomas
4x400 Meter Relay	Hannah Sankey Corin McKinstrey Mikayla Turek Delia Labatt	Bethel	2/29/2020	3:55.37		St. John's
Distance Medley Relay	Libby Rowland Ineke Cordova Amy Kropp Clara Mayfield	Carleton	2/25/2022	12:22.44		Carleton
High Jump	Emma Peterson	Concordia	2/25/2017	1.72	5-07.75	St. Thomas
Pole Vault	London Stelton	Saint Benedict	2/24/2017	3.83	12-06.75	St. Thomas
Long Jump	Kristal Grigsby	St. Thomas	3/4/2005	5.79	19-00.00p	Concordia
Triple Jump	Emma Peterson	Concordia	2/24/2017	11.83	38-09.75	St. Thomas
Shot Put	Cherae Reeves	Concordia	3/8/2014	14.58	47-10.00p	St. John's
20# Weight	April Felt	Hamline	3/4/2000	17.66	57-11.25	St. John's
Pentathlon	Amelia Campbell	Carleton	3/6/2014	3914		St. John's

Women's Indoor MIAC Championship Meet Records-Discontinued

300 Meters	Carolyn Ross	Augsburg	1988	40.63	
600 Yards	Sarah Lueking	St. Olaf	1989	1:26.41	
1500 Meters	Julia Kirtland	Macalester	1985	4:32.27	
Sprint Medley (100-100-200-400)	Heather Seibel	St. Thomas	1990	1:53.11	
	Jodi Curella Trish Tinucci Brenda Suttles				
4x800 Meter Relay	Michelle Auger Jennifer Huelsmann Diane Loughlin Shari Sullivan	St. Thomas	1988	9:33.55	

² c = converted, o = oversized track (>200M), b = banked track, u = undersized track (<200M)

MIAC Women's Indoor All-Time Records²

55 Meters	Tonisha Bell	Augsburg	2006	7.08	
60 Meters	Mallory Burnham	St. Thomas	2014	7.62p	
200 Meters	Megan Geraets	Gustavus	2024	24.96	
400 Meters	Delia Labatt	Bethel	2018	55.91	
600 Meters	Phoebe Aguiar	Macalester	2019	1:31.68	
800 Meters	Phoebe Aguiar	Macalester	2019	2:07.50	
1000 Meters	Emily Gapinski	St. Thomas	2016	2:51.48	
One Mile	Marie Borner	Bethel	2010	4:47.73	
3000 Meters	Fiona Smith	Saint Benedict	2024	9:28.25c	9:23.40b ⁴
5000 Meters	Fiona Smith	Saint Benedict	2023	15:50.48	
55 Meter Hurdles	Kelsie Sealock	Bethel	2022	7.96	
60 Meter Hurdles	Birgen Nelson	Gustavus	2023	8.35	
4x200 Meter Relay	Shanek Telphia Ashley Carney Dawn Flowers Katie Vrieze	Augsburg	2011	1:42.50	
4x400 Meter Relay	Hannah Sankey Corin McKinstrey Mikayla Turek Delia Labatt	Bethel	2023	3:49.76	
Distance Medley Relay		St. Thomas	2008	11:44.20	
High Jump	Emma Peterson	Concordia	2017	1.72	5-07.75
Pole Vault	London Stelton	Saint Benedict	2017	3.83	12-06.75
Long Jump	Steph Kretlow	St. Thomas	2020	5.83	19-01.50
Triple Jump	Ellie Hernes	Bethel	2023	11.87	38-11.50
Shot Put	Misty Bahr	Hamline	1998	14.72	48-03.75
20# Weight	April Felt	Hamline	2000	17.66	57-11.25
Pentathlon	Amelia Campbell	Carleton	2014	3914	

Women's Indoor MIAC Championship Meet Records-Discontinued

300 Meters	Carolyn Ross	Augsburg	1988	40.63	
600 Yards	Sarah Lueking	St. Olaf	1989	1:26.41	
1500 Meters	Julia Kirtland	Macalester	1986	4:31.34	
Sprint Medley (100-100-200-400)	Heather Seibel Jodi Curella Trish Tinucci Brenda Suttles	St. Thomas	1990	1:53.11	
4x800 Meter Relay	Michelle Auger Jennifer Huelsmann Diane Loughlin Shari Sullivan	St. Thomas	1988	9:33.55	

² c = converted, o = oversized track (>200M), b = banked track, u = undersized track (<200M)

Women's Outdoor Records

Women's Outdoor MIAC Championship Meet Records

100 Meters	Birgen Nelson	Gustavus	5/12/2023	11.80p	(+1.7)	Bethel
	Birgen Nelson	Gustavus	5/13/2023	11.71wf	(+3.6)	Bethel
200 Meters	Megan Geraets	Gustavus	5/11/2024	23.97f	(+1.8)	Hamline
400 Meters	Megan Geraets	Gustavus	5/11/2024	55.88		Hamline
800 Meters	Phoebe Aguiar	Macalester	5/11/2019	2:07.36f		St. Thomas
1500 Meters	Fiona Smith	Saint Benedict	5/10/2024	4:28.55		Hamline
3000 Meter Steeplechase	Christine Albrecht	St. Olaf	5/13/2023	10:37.35		Bethel
5000 Meters	Fiona Smith	Saint Benedict	5/13/2023	16:19.98		Bethel
10000 Meters	Fiona Smith	Saint Benedict	5/10/2024	34:15.01		Hamline
100 Meter Hurdles	Birgen Nelson	Gustavus	5/14/2022	13.71f	(+0.4)	St. Mary's
	Birgen Nelson	Gustavus	5/13/2023	13.37wf	{+2.3}	Bethel
400 Meter Hurdles	Birgen Nelson	Gustavus	5/13/2023	59.87f		Bethel
4x100 Meter Relay	Mallory Burnham Emily Van Heel Christina Rozeske Angela Tipp	St. Thomas	5/12/2012	47.05f		Concordia
4x400 Meter Relay	Hannah Stankey Kelsie Sealock Britta Nordberg Mikayla Turek	Bethel	5/15/2021	3:51.39		Hamline
4x800 Meter Relay	Betsy Hupp Kelly Russ Erin Sprangers Katie Theisen	St. Thomas	5/9/2008	9:08.67		Hamline
High Jump	Holly Broadmarkle	Gustavus	1987	1.73	5-08.00	
	Kristal Grigsby	St. Thomas	5/8/2004	1.73	5-08.00	St. Olaf
Pole Vault	London Stelton	Saint Benedict	5/12/2017	3.82	12-06.25	Hamline
Long Jump	Steph Kretlow	St. Thomas	5/10/2019	5.74	18-09.75p (+0.6)	St. Thomas
	Kristal Grigsby	St. Thomas	5/13/2005	5.92	19-05.25f NWI	Macalester
Triple Jump	Emma Peterson	Concordia	5/13/2017	12.15	39-10.50 (+0.0)	Hamline
Shot Put	Annika Poe	Gustavus	5/12/2023	14.90	48-10.75f	Bethel
Discus	Kris Kuehl	Concordia	1992	54.18	177-09p	St. Thomas
Hammer	Lily Beneke	St. Scholastica	5/10/2024	56.90	186-08f	Hamline
Javelin (≥2000 specs)	Lisa Brown	Gustavus	5/10/2008	48.29	158-05p	Hamline
Heptathlon	Amelia Campbell	Carleton	5/1-2/2014	5132		Carleton
			(14.49[+1.6], 1.60, 11.17, 25.43[+3.7], 5.35[+0.5], 31.51, 2:16.59)			

Wind speed of ≤2.0m/s are allowed for records. An average wind speed of ≤2.0m/s is allowed in a combined events.

p = preliminary round performance. All others assumed finals round performance.

MIAC Minutes reviewed 2016-Current

Women's Outdoor MIAC Championship Meet Records-Discontinued

3000 Meters	Leslie Seymour	St. Olaf	1982	9:35.43	
4x110 Yard Relay	Julie Bale Margo Holm Julie Carew Ruth Reimnitz	Concordia	1982	49.74	
4x440 Yard Relay	Erin Sobaski Peggy Diamond Cathy Angyus	St. Thomas	1982	4:00.97	
4x880 Yard Relay	Maggie Culligan Maggie Culligan Laura Inderieden Teresa Mayer Rose McIlrath	St. Thomas	1982	9:40.43	
880 Yard Medley Relay (100-100-200-400)	Julie Bale Margo Holm Julie Carew Kim Wiedl	Concordia	1982	1:53.66	
Javelin (pre-2000)	Renee Erickson	Concordia	1996	46.58	152-10

Wind speed of ≤ 2.0 m/s are allowed for records. An average wind speed of ≤ 2.0 m/s is allowed in a combined events.

p = preliminary round performance. All others assumed finals round performance.

MIAC Minutes reviewed 2016-Current

MIAC Women's Outdoor All-Time Records

100 Meters	Birgen Nelson	Gustavus	2023	11.80p	(+1.7)
	Birgen Nelson	Gustavus	2023	11.71wf	(+3.6)
200 Meters	Megan Geraets	Gustavus	2024	23.97f	(+1.8)
	Birgen Nelson	Gustavus	2023	23.85w	(+5.0)
400 Meters	Carolyn Ross	Augsburg	1989	54.84	
800 Meters	Marie Borner	Bethel	2009	2:06.39	
1500 Meters	Marie Borner	Bethel	2010	4:23.85	
3000 Meter Steeplechase	Greta Sieve	St. Catherine	2010	10:34.91	
5000 Meters	Fiona Smith	Saint Benedict	2024	15:53.27	
10000 Meters	Fiona Smith	Saint Benedict	2024	32:57.28	
100 Meter Hurdles	Birgen Nelson	Gustavus	2022	13.71f	(+0.4)
	Birgen Nelson	Gustavus	2023	13.32wf	{+3.1}
400 Meter Hurdles	Carolyn Ross	Augsburg	1989	58.99	
4x100 Meter Relay	Mallory Burnham	St. Thomas	2012	47.05	
	Emily Van Heel				
	Christina Roseske				
	Angela Tipp				
4x200 Meter Relay	Krista McCright	Bethel	2012	1:43.19	
	Ashley Magelssen				
	Ashley Quick				
	Courtney Fregeau				
4x400 Meter Relay	Hannah Stankey	Bethel	2018	3:45.75	
	Delia Labatt				
	Erin Alpers				
	AddieKay Johnson				
4x800 Meter Relay	Betsy Hupp	St. Thomas	2008	9:08.67	
	Kelly Russ				
	Erin Sprangers				
	Katie Theisen				
Sprint Medley Relay	Ashley Magelssen	Bethel	2014	4:07.07	
	Ashley Quick				
	Nicole Balzer				
	Rebecca Wesley				
Distance Medley Relay	Mollie Gillberg	Bethel	2015	12:13.75	
	Erin Alpers				
	Rebecca Wesley				
	Annika Halverson				
High Jump	Holly Broadmarkle	Gustavus	1987	1.73	5-08.00
	Kristal Grigsby	St. Thomas	2004	1.73	5-08.00
	Emma Peterson	Concordia	2017	1.73	5-08.00
Pole Vault	Allyson Voss	Gustavus	2012	3.85	12-7.50
Long Jump	Megan Geraets	Gustavus	2024	5.78	18-11.75 (+1.1)
	Steph Kretlow	St. Thomas	2019	6.00w	19-08.25w (+3.3)
Triple Jump	Emma Peterson	Concordia	2017	12.15	39-10.50 (+0.0)
Shot Put	Melanie Herrera	Augsburg	1988	15.25	50-00.50
Discus	Kris Kuehl	Concordia	1992	55.02	180-06
Hammer	Lily Beneke	St. Scholastica	2024	60.06	197-00
Javelin (≥2000 specs)	Lisa Brown	Gustavus	2008	52.25	174-05
Heptathlon	Amelia Campbell	Carleton	2014	5132	

Wind speed of ≤2.0m/s are allowed for records. An average wind speed of ≤2.0m/s is allowed in a combined events.

p = preliminary round performance. All others assumed finals round performance.

MIAC Minutes reviewed 2016-Current

MIAC Women's Outdoor All-Time Records-Discontinued

3000 Meters	Leslie Seymour	St. Olaf	1982	9:35.43	
4x110 Yard Relay	Julie Bale Margo Holm Julie Carew Ruth Reimnitz	Concordia	1982	49.74	
4x440 Yard Relay	Erin Sobaski Peggy Diamond Cathy Angyus	St. Thomas	1982	4:00.97	
4x880 Yard Relay	Maggie Culligan Maggie Culligan Laura Inderieden Teresa Mayer Rose McIlrath	St. Thomas	1982	9:40.43	
880 Yard Medley Relay (100-100-200-400)	Julie Bale Margo Holm Julie Carew Kim Wiedl	Concordia	1982	1:53.66	
Javelin (pre-2000)	Renee Erickson	Concordia	1996	46.94	154-00

Wind speed of ≤2.0m/s are allowed for records. An average wind speed of ≤2.0m/s is allowed in a combined events.

p = preliminary round performance. All others assumed finals round performance.

MIAC Minutes reviewed 2016-Current

Men's Indoor Records

Men's Indoor MIAC Championship Meet Records³⁴

55 Meters	Roman Cress	St. Thomas	3/3/2000	6.20p		St. John's
60 Meters	Landen Liu	Bethel	2/24/2023	6.76f		Macalester
200 Meters	Jacob Parent	Bethel	2/24/2024	21.80		St. Olaf
400 Meters	Jacob Parent	Bethel	2/23/2024	48.58		St. Olaf
600 Meters	Carl Klamm	Bethel	2/25/2017	1:20.19		St. Thomas
800 Meters	Max Hanson	Gustavus	3/5/2010	1:52.54		Carleton
1000 Meters	Donson-Cook Gallardo	Carleton	2/25/2017	2:26.02		St. Thomas
One Mile	Grant Wintheiser	St. Olaf	3/7/2014	4:11.94		St. John's
3000 Meters	Matthew Wilkinson	Carleton	2/29/2020	8:11.52		St. John's
5000 Meters	Nick Manciu	St. Thomas	1983	14:26.7h		
55 Meter Hurdles	Tyler Geyen	Gustavus	3/6/2009	7.59f		Concordia
60 Meter Hurdles	Jayson Ekiyor	Bethel	2/23/2024	7.96		St. Olaf
4x200 Meter Relay	Nick Stahly Justin Hall Jeremy Heckman Roman Cress	St. Thomas	2000	1:27.87		St. John's
4x400 Meter Relay	Taylor Ferda Rob LeMay Zach Schlegel Eric Rhode	Bethel	3/6/2010	3:18.99		Carleton
Distance Medley Relay	Jackson Marsh Henry Fisher Gabe Estrada Ignatius Fitzgerald	St. Olaf	2/23/2024	10:14.89		St. Olaf
High Jump	Kenneth Hoffmann	St. Olaf	1995	2.17	7-01.50	NSC-Blaine
Pole Vault	Drew Dockendorf	Saint John's	2/28/2020	5.00	16-04.75	St. John's
Long Jump	Kyle Lichttenegger	Saint Mary's	2/28/2020	7.56	24-09.75	St. John's
Triple Jump	Leonard Jones	St. Thomas	1993	15.26	50-00.75	NSC-Blaine
Shot Put	Aaron Banks	Concordia	1996	17.60	57-09.00	U of MN
35 Pound Weight	Andrew Brueggen	Saint Mary's	3/4/2011	19.68	64-06.75	St. Thomas
Heptathlon	Maguire Petersen	Saint John's	2/24-25/2022	5118		Carleton

³ (includes MIAC Day: 1979-84)

⁴ c = converted, o = oversized track (>200M), b = banked track, u = undersized track (<200M)

Men's Indoor MIAC Championship Meet Records-Discontinued ¹

60 Yards	John Pieri	Hamline	1979	6.4h	
	Dave Dyson	St. Olaf	1979	6.4h	
	Mike Gruenberg	Hamline	1980	6.4h	
	John Pieri	Hamline	1981	6.60	
	Satch Shaheed	Bethel	1982	6.4h	
176 Yards	Paul Otto	Bethel	1981	18.46	
300 Yards	Chuck Williams	Saint John's	1982	31.6h	
300 Meters	Ken Rothenberger	Hamline	1987	34.72	
440 Yards	Greg Averetta	Macalester	1979	49.9h	
500 Meters	Tom Kirchoff	St. Olaf	1983	1:08.5h	
600 Yards	Max Hanson	Gustavus	3/6/2010	1:11.48	Carleton
880 Yards	Kevin Roth	St. Thomas	1979	1:56.2h	
1000 Yards	Dave Knight	St. Olaf	1979	2:13.7h	
1500 Meters	Mike Palmquist	St. Olaf	1980	3:50.0h	
Two Mile	Charlie Mahler	Saint John's	1985	9:05.11	
Three Mile	Dave Peterson	St. Olaf	1979	14:17.3h	
60 Yard Hurdles	Rob Graham	Hamline	1981	7.66	
Sprint Medley (100-100-200-400)	Matt Hausman	Carleton	1990	1:34.38	NSC-Blaine
	Paul Blomgren				
	John Scherer				
	Rob Tichy				
Sprint Medley (440-176-176-880)	Dave Seymour	St. Olaf	1979	3:27.8h	
	Chuck Lodge				
	Dennis Fiedler				
	Dave Dornfeld				
4x440 Yard Relay	Mike Frericks	Saint John's	1981	3:22.75	
	Jeff Pribyl				
	Tom Frericks				
	Chuck Moorose				
4x800 Meter Relay	Ben Schmidt	St. Olaf	1985	7:51.41	
	Tom Wagner				
	Jeff Danish				
	Mark Defor				
4x880 Yard Relay	David Thompson	St. Olaf	1980	7:49.1h	
	Jon Stokka				
	Rob Ranum				
	Mike Palmquist				
Distance Medley Relay (440-1320-880-Mile)	Tom Kirchoff	St. Olaf	1981	10:31.72	
	Dave Seymour				
	Dave Dornfeld				
	Eric Nelson				
Pentathlon	Will Sallee	Hamline	3/4/2003	3732	St. Olaf

¹ (includes MIAC Day: 1979-84)

MIAC Men's Indoor All-Time Records¹²

55 Meters	Roman Cress	St. Thomas	2000	6.20	
60 Meters	Landen Liu	Bethel	2024	6.73	
200 Meters	Jacob Parent	Bethel	2/24/2024	21.80	
	Landen Liu	Bethel	2023	21.95c	21.56b ⁴
400 Meters	Jacob Parent	Bethel	2/23/2024	48.58	
600 Meters	Max Hanson	Gustavus	2010	1:18.18	
800 Meters	Mark Defor	St. Olaf	1985	1:52.40	
1000 Meters	Donson-Cook Gallardo	Carleton	2017	2:26.02	
One Mile	Jake Campbell	St. Olaf	2016	4:10.69c	4:07.52b ⁴
3000 Meters	Jake Campbell	St. Olaf	2015	8:10.55	
5000 Meters	Will Kelly	St. Olaf	2024	14:20.51	
55 Meter Hurdles	Tyler Geyen	Gustavus	3/6/2009	7.59f	
60 Meter Hurdles	Taylor Rooney	Gustavus	2021	7.87	
4x200 Meter Relay	Nick Stahly	St. Thomas	2000	1:27.87	
	Justin Hall				
	Jeremy Heckman				
	Roman Cress				
4x400 Meter Relay	Grant Nelson	Bethel	2024	3:15.48	
	Josh Thomsen				
	Josh Sampson				
	Jacob Parent				
4x400 Meter Relay	Joel Smith	Bethel	2010	3:15.62c	3:12.53b
	Grant Nelson				
	Josh Sampson				
	Jacob Parent				
Distance Medley Relay	Lars DeWall	St. Scholastica	2024	9:52.24	
	Noah Kubicek				
	Tucker Wallin				
	Calvin Boone				
High Jump	Kenneth Hoffmann	St. Olaf	1993	2.22	7-03.25
Pole Vault	Josh Owens	Gustavus	2012	5.00	16-04.75
	Drew Dockendorf	Saint John's	2020	5.00	16-04.75
Long Jump	Kyle Lichttenegger	Saint Mary's	2020	7.56	24-09.75
Triple Jump	Leonard Jones	St. Thomas	1993	15.26	50-00.75
Shot Put	Mike Manders	Hamline	1983	19.96	65-06.00
35 Pound Weight	Eric Holst	St. Thomas	2019	20.91	68-07.25
Pentathlon	Jared Hokenson	Gustavus	2006	4384	
Heptathlon	Maxwell Dunne	St. Thomas	2014	5146	

¹ (includes MIAC Day: 1979-84)

² c = converted, o = oversized track (>200M), b = banked track, u = undersized track (<200M)

MIAC Men's Indoor All-Time Records-Discontinued ¹

60 Yards	John Pieri	Hamline	1979	6.4h
	Dave Dyson	St. Olaf	1979	6.4h
	Mike Gruenberg	Hamline	1980	6.4h
	John Pieri	Hamline	1981	6.60
	Satch Shaheed	Bethel	1982	6.4h
176 Yards	Paul Otto	Bethel	1981	18.46
300 Yards	Chuck Williams	Saint John's	1982	31.6h
300 Meters	Ken Rothenberger	Hamline	1987	34.72
440 Yards	Greg Averetta	Macalester	1979	49.9h
500 Meters	Mike Malmgren	Hamline	1996	1:03.61
600 Yards	Max Hanson	Gustavus	2010	1:11.48
880 Yards	Kevin Roth	St. Thomas	1979	1:56.2h
1000 Yards	Tom Mork	St. Olaf	1976	2:13.2h
1500 Meters	Mike Palmquist	St. Olaf	1979	3:50.10
Two Mile	Mike Palmquist	St. Olaf	1980	8:54.7h
Three Mile	Mike Palmquist	St. Olaf	1980	14:04.0h
60 Yard Hurdles	Mike Mercer	St. Olaf	1992	7.65
4x440 Yard Relay	Mike Frericks	Saint John's	1981	3:22.75
	Jeff Pribyl			
	Tom Frericks			
	Chuck Moorse			
	Jeff Nock	St. Olaf	1983	7:44.9h
4x800 Meter Relay	Jeff Danish			
	Tim Weier			
	Mark DeFor			
	David Thompson	St. Olaf	1980	7:49.1h
	Jon Stokka			
4x880 Yard Relay	Rob Ranum			
	Mike Palmquist			
	Matt Hausman	Carleton	1990	1:34.38
	Paul Blomgren			
	John Scherer			
Sprint Medley (100-100-200-400)	Rob Tichy			
	Dave Seymour	St. Olaf	1979	3:27.8h
	Chuck Lodge			
	Dennis Fiedler			
	Dave Dornfeld			
Sprint Medley (440-176-176-880)	Tom Kirchoff	St. Olaf	1981	10:31.72
	Dave Seymour			
	Dave Dornfeld			
	Eric Nelson			
	Will Sallee	Hamline	2003	3732
Distance Medley Relay (440-1320-880-Mile)				
Pentathlon				

¹ (includes MIAC Day: 1979-84)

Men's Outdoor Records

Men's MIAC Outdoor Championship Meet Records

100 Meters	Kevin Arthur	Saint John's	5/10/2024	10.31p	(+1.7)	Hamline
200 Meters	Kevin Arthur	Saint John's	5/11/2024	20.68f	(+1.3)	Hamline
400 Meters	Jacob Parent	Bethel	5/11/2024	46.66f		Hamline
800 Meters	Donson Cook-Gallardo	Carleton	5/13/2017	1:49.88		Hamline
1500 Meters	Joe Coffey	St. Olaf	5/13/2017	3:49.39		Hamline
3000 Meter Steeple	Matt Wilkinson	Carleton	5/15/2021	8:44.01		
5000 Meters	Lucas Mueller	Carleton	5/11/2019	14:22.67		St. Thomas
10000 Meters	Lucas Mueller	Carleton	5/14/2021	29:46.75		Hamline
110 Meter Hurdles	Taylor Rooney	Gustavus	5/14/2021	13.83p	(-0.8)	Hamline
400 Meter Hurdles	Joel Smith	Bethel	5/11/2024	51.38f		Hamline
4x100 Meter Relay	Landen Liu Grant Nelson Cameron McConnell Jacob Parent	Bethel	5/11/2024	40.41		Hamline
4x400 Meter Relay	Phil Bastron James Ewer Joe DeFrance Pat Jager	St. Thomas	5/9/2009	3:13.02		Carleton
4x800 Meter Relay	Jack Henschel Jacob Eggers Sean Bjork Joe Coffey	St. Olaf	5/12/2017	7:33.39		Hamline
High Jump	Leonard Jones	St Thomas	1993	2.19	7-02.25	Carleton
Pole Vault	Connor O'Neill	St. Thomas	5/13/2017	5.09	16-08.25	Hamline
Long Jump	Erik Diley	Saint John's	5/9/2008	7.30	23-11.50f	(+1.5) Hamline
	Leonard Jones	St Thomas	1991	7.73	25-04.25	NWI Hamline
Triple Jump	Eyo Ekpo	St. Thomas	5/15/2010	14.73	48-04.00p	(+1.1) St. Mary's
	Todd Nash	St Olaf	1984	15.69	51-06.00	NWI
Shot Put	Mike Manders	Hamline	1983	19.05	62-06	
Discus	Mike Manders	Hamline	1983	60.30	197-10	
Hammer	Michael Hensch	Gustavus	5/10/2019	61.13	200-07	St. Thomas
Javelin (≥1986 specs)	Brett Hague	Saint John's	5/13/2023	64.14	210-05f	Bethel
Decathlon	Erik Rosenkranz	St Thomas	1995	7198		Carleton

Wind speed of ≤2.0m/s are allowed for records. An average wind speed of ≤2.0m/s is allowed in the combined events.

p = preliminary round performance. f = final round performance.

MIAC Minutes reviewed 2016-Current

Men's MIAC Outdoor Championship Meet Records-Discontinued

100 Yards	Dave Lamm	Saint John's	1968	9.6h	
	Lee Bellfield	St Thomas	1975	9.6h	
220 Yards	Dave Lamm	Saint John's	1968	21.5h	
440 Yards	Sam Ocel	Hamline	1979	48.30	
880 Yards	Kevin Roth	St. Thomas	1977	1:52.5h	
One Mile	Mike Palmquist	St Olaf	1979	4:10.07p	
Three Mile	Mike Palmquist	St. Olaf	1979	14:06.89	
Six Mile	Mark Malander	St. Thomas	1979	29:38.77	
120 Yard Hurdles	Don Kluk	Saint John's	1970	14.3hp	
440 Yard Hurdles	Walt Kress	Macalester	1967	53.2h	
4x110 Yard Relay	Terry Larson	Hamline	1970	41.7h	
	Brad Schmidt				
	Jed Knuttila				
	Rob Stumm				
4x440 Yard Relay	Mike Rebold	Macalester	1968	3:14.5h	
	Walter Kress				
	Ben Ahles				
	John Nelson				
Javelin (pre-1986)	Howard Berglund	Concordia	1983	218-4	(66.52)

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MIAC Men's Outdoor All-Time Records

100 Meters	Kevin Arthur	Saint John's	2024	10.31p	(+1.7)
	Ryan Miller	Saint John's	2019	10.22w	(+2.7)
200 Meters	Kevin Arthur	Saint John's	2024	20.68f	(+1.3)
400 Meters	Carl Klamm	Bethel	2019	46.58	
800 Meters	Max Hanson	Gustavus	2010	1:49.50	
1500 Meters	Jake Campbell	St. Olaf	2016	3:44.74	
3000 Meter Steeplechase	Jim Gathje	Saint John's	1985	8:39.80	
5000 Meters	Matthew Wilkinson	Carleton	2021	13:55.27	
10,000 Meters	Logan Bocovich	St. Olaf	2023	29:15.93	
110 Meter Hurdles	Taylor Rooney	Gustavus	2021	13.72f	(+1.4)
	Taylor Rooney	Gustavus	2021	13.72f	(+5.1)
400 Meter Hurdles	Joel Smith	Bethel	2023	50.88	
4x100 Meter Relay	Landen Lui	Bethel	2024	40.24f	
	Grant Nelson				
	McConnell				
	Jacob Parent				
4x200 Meter Relay	Adam Cordes	Gustavus	2002	1:26.58	
	Ryan Hoag				
	Stephen Handler				
	Jerry Washington				
4x400 Meter Relay	Grant Nelson	Bethel	2024	3:07.90	
	Josh Sampson				
	Joel Smith				
	Jacob Parent				
4x800 Meter Relay	Jack Henschel	St. Olaf	2017	7:33.39	
	Jacob Eggers				
	Sean Bjork				
	Joe Coffey				
Sprint Medley Relay	Rick Wasiluk	Hamline	1981	3:21.08	
	John Hanks				
	Sam Ocel				
	Bob Veenhuis				
Distance Medley Relay	Jon Stokka	St. Olaf	1980	9:51.70	
	David Dornfeld				
	David Peterson				
	Mike Palmquist				
High Jump	Leonard Jones	St Thomas	1993	2.19	7-02.25
Pole Vault	Connor O'Neill	St. Thomas	2017	5.09	16-08.25
Long Jump	Erik Diley	Saint John's	2008	7.30	23-11.50 (+1.5)
	Leonard Jones	St Thomas	1991	7.73	25-04.25 NWI
Triple Jump	Eyo Ekpo	St. Thomas	2010	14.73	48-04.00 (+1.1)
	Nelson Jumbe	Macalester	1992	15.80	51-10.00 NWI
Shot Put	Mike Manders	Hamline	1983	20.01	65-08
Discus	Mike Manders	Hamline	1983	61.08	200-05
Hammer	Eric Holst	St. Thomas	2019	64.02	211-04
Javelin (≥1986 specs)	Brett Hague	Saint John's	2023	68.10	223-05
Javelin (<1986 specs)	Jeff Herman	Hamline	1981	69.57	228-03
Decathlon	Erik Rosenkranz	St Thomas	1995	7198	

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MIAC Men's Outdoor All-Time Records-Discontinued

100 Yards	Dave Lamm	Saint John's	1968	9.6h	
	Lee Bellfield	St Thomas	1975	9.6h	
220 Yards	Dave Lamm	Saint John's	1968	21.5h	
440 Yards	Sam Ocel	Hamline	1979	48.30	
880 Yards	Kevin Roth	St. Thomas	1977	1:52.5h	
One Mile	Jake Campbell	St Olaf	2016	4:02.05	
Three Mile	Dave Teague	Hamline	1973	14:04.0h	
Six Mile	Mark Malander	St. Thomas	1979	29:38.77	
120 Yard Hurdles	Don Kluk	Saint John's	1970	14.3hp	
	Jeff Fordice	Hamline	1973	14.3h	
440 Yard Hurdles	Walt Kress	Macalester	1967	53.2h	
4x110 Yard Relay	Terry Larson	Hamline	1970	41.58	
	Brad Schmidt				
	Jed Knuttila				
	Rob Stumm				
4x440 Yard Relay	Mike Rebold	Macalester	1968	3:14.5h	
	Walter Kress				
	Ben Ahles				
	John Nelson				
Javelin (pre-1986)	Howard Berglund	Concordia	1983	218-4	(66.52)

Wind speed of $\leq 2.0\text{m/s}$ are allowed for records. An average wind speed of $\leq 2.0\text{m/s}$ is allowed in the combined events.

p = preliminary round performance. f = final round performance.

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2024-2025 Track and Field Coaches

Name	Title	Office Phone	Cell Phone	E-Mail
Chris Dixon	Augsburg Track and Field Coach	612-330-1383	612-432-1021	dixonc2@augsborg.edu
Andrew Rock	Bethel Track and Field Coach	651-638-6014	651-583-1765	andrew-rock@bethel.edu
Dave Ricks	Carleton Men's Track and Field Coach	507-222-5317	952-412-8831	daricks@carleton.edu
Donna Ricks	Carleton Women's Track and Field Coach	507-222-4485	507-301-1932	dricks@carleton.edu
Garrick Larson	Concordia Men's Track and Field Coach	218-299-4304	218-790-2306	gzlarsn@cord.edu
Marv Roeske	Concordia Women's Track and Field Coach	218-299-4163	701-799-7510	roeske@cord.edu
Aaron Lund	Gustavus Track and Field Coach	507-933-7658	320-288-6365	aaronlund@gustavus.edu
Josh Blaschko	Hamline Men's Track and Field Coach	651-523-2089	612-756-8991	jblaschko01@hamline.edu
Vaughn Tackmann	Hamline Women's Track and Field Coach	651-523-2719	507-995-1441	vtackmann02@hamline.edu
Dan Schofer	Macalester Director of Track & Field	651-696-6167	319-213-4840	dschofer@macalester.edu
Rachel Leonard	Macalester Track & Field Coach	651.696.6024	603-770-9669	rleonar1@macalester.edu
Robin Balder-Lanoue	Saint Benedict Track and Field Coach	320-363-5514	612-598-7292	rbalderlano@csbsju.edu
David Pieper	St. Catherine Track and Field Coach	NA	715-498-3315	dipieper886@stkate.edu
Jeremy Karger-Gatzow	Saint John's Track and Field Coach	320-363-2775	651-366-7146	jkargerga001@csbsju.edu
Darren Schneider	Saint Mary's Track and Field Coach	507-457-1623	903-366-1733	djschnei@smumn.edu
Brian Power	St. Olaf Men's Track and Field Coach	507-786-3671	217-972-0062	power3@stolaf.edu
Patti Bayer	St. Olaf Women's Track and Field Coach	507-786-3762	608-445-2618	laufen1@stolaf.edu
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