



**ALL-ATLANTIC REGIONAL TRACK &
FIELD
CONFERENCE CHAMPIONSHIPS**

HOSTED BY ITHACA COLLEGE
Friday & Saturday, March 7th & 8th,
2025

Glazer Arena at the Athletics and Events Center
Ithaca College
953 Danby Road
Ithaca, NY 14850

ALL-ATLANTIC REGION TRACK & FIELD CONFERENCE

MEET INFORMATION

HOSTED BY ITHACA COLLEGE

Friday and Saturday, March 7th & 8th 2025

Meet Directors:

Jennifer Potter Phone: (607)274-1757 E-mail: jpotter@ithaca.edu

Mary Wallenbeck Phone: (607) 592-3075 E-mail: mawallenbeck@ithaca.edu

Submission of Entries:

- Entries for all events, with the exception of the combined events, will be submitted electronically via Direct Athletics and will be due by 12:00 p.m. on Tuesday, March 4th prior to the indoor championships. Entries for the combined events, including compiled scores, will be due by 5:00pm on the Sunday, March 2nd prior to the championship.
- Late entries are allowed during a late period on Tuesday, from 12:00pm - 7:00pm. Late entries can be made via email to the President of the conference and will be assessed at \$100 per athlete. There will be no consideration for late entries after the 7:00pm deadline.

Entry Lists & Heat/Flight Sheets:

- A list of entries will be posted online by 5pm Tuesday, February March 4th @ <http://Leonetiming.com>
- For the Indoor Championships, the meet program (Day 1 heats & flight sheets) will be published online by 12:00pm the Wednesday, February 5th prior to the Championships. Day 2 heats and flights will be emailed out at the start of Day 2 after scratches are collected via the timing company. Day 2 scratches will be due by 9:00am at the start of Day 2 either by notifying the timers table or by email.

Wild Cards:

- Each team will be provided **ONE wild card per gender** which is eligible for entry into any event except the combined event.
- Wild card entries will be submitted through the online entry system (Direct Athletics) before the entry deadline.
- Teams will not be charged an entry fee for wild cards.

Combined Events:

- The top (12) individuals who hit the standard may qualify for the heptathlon/pentathlon indoors.
 - If there is a tie for the last qualifying position in the combined events, all athletes with that tied performance will be allowed into the meet.
- Compiled scores will be allowed for the combined events. Compiled scores must be emailed to the timing company and the President by 5:00pm the Sunday prior to the Championships.
 - Compiled scores must be greater than the qualifying standard and athletes with a compiled score will not supersede athletes who have submitted a qualifying score from a complete multi-event.

User Fee: A “users” fee of \$10.00 dollars per entry/relay entered on the final entry roster must be paid on Direct Athletics at the time of final registration / declaration.

Height Progressions: Will be set officially by the Vice President with input from the Games Committee prior to the championships based upon the NCAA Performance lists and be sent out to all schools by Tuesday at 4pm the week of the meet. Member institutions are encouraged to contact the Vice President by Noon the Tuesday prior to the championships with suggested progressions or bar requests to be considered.

Packet Pick-Up: Coaches may pick up meet packets beginning at 9:30 AM on Friday, March 7th, 2025 on the track level of the Glazer Arena.

Timing and Results: Fully automatic timing (FAT) will be used in all running events. We will be using Hy-Tek meet management software to produce the results for the championship and timing and field events will be provided by Leone Timing. Live results will be available online at Leone Timing and will be completed after the last event of each day of competition.

Facilities: The Glazer Arena

- 200m Tartan polyurethane track and field event surface
- Six (41” or 1.05 m) lanes on the oval and 8 lanes on the straight
- Jumbotron scoreboard with LED display with live results
- Shot Put and Weight Throw will take place in the separate enclosed throwing cage with brushed concrete surface, one wooden circle can go on infield
- 8-UCS Olympic style blocks will be provided
- Two Long jump runways with boards at 10’
- Two runways for Triple jump take offs: Men’s Runway (closest to throwing cage) Triple Jump Boards: 41’ paint and 36’ board runway length for 41’ board is 121 feet and 36’ board runway is 126 feet
- Women’s Triple Jump Boards: 31’ paint and 36’ board 31’ board runway is 111 feet and 36’ board runway 106
- High jump apron is 19.5 feet for out marks on both sides and 81 feet to front of mat for back marks
- Pole vault runway is 135 feet to the box
- Seating for 625 in permanent bleachers and limited number of portable bleachers. Some event areas are for coaches and participants in that event only.

Shoe Limitations: The only allowable “exposed” spike length is ¼ of an inch pyramid.

All shoes must be legal according to the event as defined by the NCAA. Athletes may check to see if their shoes are allowed for their event by using the provided link.

https://certcheck.worldathletics.org/?_gl=1*wc1m41*_ga*MTA5MjQxOTE3Ny4xNzM3NTcwMzMz*_ga_7FE9YV46NW*MTczOTkwODE4Ni40LjAuMTczOTkwODE4Ni4wLjAuMA.

We will be implementing shoe checks during clerking and check in for field events. 10% of the field will be chosen at random. Please make sure your athletes know what make and model their competition shoe is.

Blocks: Ithaca will supply 8 UCS Olympics Style blocks but teams are permitted to bring their own if they desire.

Team Camps: Teams will be allowed to set up in the bleachers. Food and drinks will need to stay in the bleachers.

Implement Certification: All implement inspections will take place at the throwing area outside of the throwing cage. Implements for the multi-event championships will be on Friday from 10:00 – 11:00 AM followed by Friday, March 7th throwing events, which will take place between 1:30 - 2:30 PM. Implement certification for Saturday, March 8th throwing events will take place between 9:00 AM and 10:00 AM on Saturday. **Only meet certified implements are allowed during the championships. All certified implements will be impounded and made available during the allotted warm-up time.**

Protests:

- All protest must be submitted in writing by the Head Coach or Authorized Representative to the meet referee. Two referees (running events & field event referee) will be used in outdoor championships where venues are far apart.
- To be officially considered, all protests must be filed within 15 minutes following the posting of results of an event or ruling associated with the protest.
- All protests of the seeding procedures or petitions for acceptance of late declarations will be heard by the Governing Body of the Association.

Finally, contestants must honestly participate in all events in which they are declared or be barred from all remaining events in the current meet.

Concessions: Will be available in the concourse area of the Glazer Arena. Friday 12-6 and Saturday 10-3

Food/Drinks: Only water will be allowed inside the competition and warm-up area. Please help us keep our facility clean by cleaning up your team’s area when you leave.

Warm-Up Area: Warm-ups must take place in the warmup area inside the track or outside.

Field Event Warm-Up:

Throwing and Horizontal Jumps

- Warm-up Protocol
 - 20-minute warm-up period per flight.
 - No general warm-up period.
 - 20-minute warm-up period for finals may be decreased by consent of all competitors participating in the finals.

High Jump

- Warm-up Protocol marks must be down 30 minutes before competitions start (new rule)
- Runway and mats must be available for warm-up 60 minutes prior to the actual start of the event.

Pole Vault

- Warm-up Protocol on Runway and mats must be available for warm-up 90 minutes prior to the actual start of the event.

Meet Referee: Tom Mooney

Field Referee: Fred Lavack and Melanie Lavack

Restaurants & Lodging: <https://www.visitithaca.com/> Our sponsors are DeBella's, Italian Carry Out and Monks

Spectators: Are welcomed in the designated viewing sections and there is no entry fee. We also have a livestream for those not in attendance.

Live Streaming: <https://athletics.ithaca.edu/sports/womens-track-and-field/schedule>

Locker Rooms: Limited locker/shower facilities will be available in the Golisano Training Center and in the Stadium. Please supply your own towels. Ithaca College is not responsible for lost or stolen items so please keep your valuables safe.

Sports Information: Justin Lutes, Associate Director of Athletics Communications

jlutes@ithaca.edu

607-274-5124

Rules/Scoring: NCAA rules apply. Scoring is to eight places: 10-8-6-5-4-3-2-1 for all events. **Only athletes competing in an event and their credential coaches are allowed in the infield outside of the warmup area.**

T-Shirts: Commemorative T-Shirts will be on sale Friday and Saturday. Pre-sales are available here [AARTFC 2025 INDOOR PRE-SALE](#)

All items must be picked up at the meet. No shipping option is allowed.

We are doing printed spike bags for the event champions this year. Something different and easier with no sizes. However, if any event winner gets a shirt, we will print champion on it for them free.

Athletic Training:

The A&E Center Athletic Training Room is located on the lower level of the A&E Center (down the hall from the locker room). A Certified Athletic Trainer (ATC) will be on site and our athletic training room will generally open two hours prior to the start of the event and close 30 minutes following the completion of the last event.

Ice packs, ice cups, hydrocollator packs and standard taping and wrapping are available upon request. We ask that your team bring a well-stocked kit and any special instructions from your Staff if your student athletes need to be taped.

Modalities such as whirlpools (cold/ice and hot baths), ultrasound and electric stimulation may be utilized only by the Certified Athletic Trainer traveling with your team. The Ithaca College Athletic Training staff will not treat and visiting athletes with electric modalities.

Water, ice, plastic bags, and splint kits are standard set-up supplies. AED, crutches, knee immobilizers, slings, and spinal immobilization equipment are on hand for emergencies.

Immediate care supplies may be loaned to visiting injured athletes when necessary.

Please email ahead of time if your team will be traveling without a certified athletic trainer to go over your team's needs while they are here.

Carolina MacQuarrie, Assistant Director for Sports Medicine (cmacquarrie@ithaca.edu)

Natalie Sharpe, Athletic Trainer (nsharpe@ithaca.edu)

Emily Lahne, Athletic Trainer (elahne@ithaca.edu)

Parking Information: All schools must fill out the transportation declaration form at the link below. This will help Ithaca College in the parking of busses/vans across campus.

<https://forms.office.com/Pages/ResponsePage.aspx?id=FaOK97PZjEudZy6P79stB9kA7me4aKZM-ulxBGHVxZDJUMIFYWURCSFZBR0hES1JWSVFETUeszVkk3Wi4u>

Buses should drop off student-athletes in front of the A&E Center Buses should then park. There is NO Parking in the lots surrounding the A&E Center. Parking across the main entrance of campus across 96B (Danby Road) **lot Y** is available. Team vans may park in Lot M. Please refer to the campus parking map by [clicking here](#).

Hospitality: Available for the head and assistant coaches only in the VIP room upper level near the sand pits.

Emergency Numbers:	Ithaca College Public Safety	607-274-3333
	Cayuga Medical Center	607-274-4011
	Ithaca Police Department	911

Parking



Busses will be required to park across Rt 96B(Danby Rd) in Lot Y
Team Vans will be permitted to park near the A and E Center until lots are full



Schedule of Events

DAY 1

TRACK

10:00am Facility Opens for Warm-up,
11:00am Heptathlon 60 meters
11:15am Pentathlon 60 Hurdles
3:00pm DMR Women
3:30pm DMR Men
4:00pm 60H Trials Women
4:20pm 60H Trial Men
4:40pm 60m Trials Women
4:55pm 60m Trials Men
5:15pm 5000m Women
5:55pm 5000m Men
6:25pm 4x400 Women
6:50pm 4x400 Men

FIELD

10:00am Implement Inspection 1 Begins
10:45am Implement Inspection 1 Closes
11:50am National Anthem
12:00pm Pole Vault (W)
1:30pm Implement Inspection 2 Begins
2:30pm Implement Inspection 2 Closes
2:30pm Long Jump (M)
3:00pm Shot Put (W)
4:00pm Pole Vault (M)
5:00pm Long Jump (W)
 Shot Put (M)

DAY 2

TRACK

8:30am Facility Opens for Warm-up
9:50am National Anthem
10:00am Heptathlon 60 Hurdles
10:15am 60 Hurdles Final – Men
10:35am 60 Hurdles Final – Women
10:45am Mile – Women
11:10am Mile – Men
11:30am 60 meters Final – Men
11:35am 60 meters Final – Women
11:45am 400 meters – Women
12:10pm 400 meters – Men
12:35pm 800 meters – Women
12:55pm 800 meters – Men
1:10pm 200 meters – Women
1:30pm 200 meters – Men
1:50pm 3000 meters – Women
2:20pm 3000 meters – Men
2:45pm 4x200 Relay – Women
3:00pm 4x200 Relay – Men

FIELD

8:30am Implement Inspection 3 Begins
9:45am Implement Inspection 3 Closes
10:00am Weight Throw (W)
 Triple Jump (M)
 High Jump (W)
1:00pm Weight Throw (M)
 Triple Jump (W)
 High Jump (M)
3:30pm Team Awards

