

AMERICAN MIDWEST CONFERENCE

Men's and Women's Track and Field

ACADEMIC YEAR:	Spring 2010
CONFERENCE LIAISON:	Harry Statham – Athletic Director McKendree University
CONFERENCE SPORT CHAIR:	Amanda Schick – Missouri Baptist University
CONFERENCE RATER:	None
OVERSIGHT COMMITTEE:	All AMC Track and Field Coaches
AMC CHAMPIONSHIP MEET:	Friday and Saturday, April 30-May 1, 2010
AMC CHAMPIONSHIP SITE:	McKendree University – Lebanon, Ill. (Host)
TIME:	TBA

NAIA NATIONAL CHAMPIONSHIP --
NAIA NATIONAL TOURNAMENT:

Thursday-Saturday, May 27-29, 2010
Indiana Wesleyan University – Marion, Ind.

TIME: TBA

AMC TRACK AND FIELD POLICIES --

I. AMC CHAMPIONSHIP

- A) NCAA rules shall be used for all meets hosted by AMC schools.
- B) Official equipment shall be as defined by the NAIA. Implements will be checked in and certified.
- C) A post-season conference meet shall be contested for the purpose of determining the men and women's conference champions. The conference meet shall be a one day event.
- D) The following running events will be contested at the conference meet for both men and women (unless otherwise noted) with the order of events to be determined by the Outdoor Track & Field Games Committee:
 - 10,000-Meter Run
 - 100-Meter Hurdles (Women)
 - 110-Meter Hurdles (Men)
 - 100-Meter Dash
 - 3,000-Meter Run (Women)
 - 3,000-Meter Steeplechase (Men)
 - 400-Meter Relay
 - 1,500-Meter Run
 - 400-Meter Dash
 - 800-Meter Run
 - 400-Meter Hurdles
 - 200-Meter Dash
 - 5,000-Meter Run

1,600-Meter Relay

3,200-Meter Relay

- E) The following field events will be contested at the conference meet for both men and women with the order of events to be proposed by the host school and approved by the Outdoor Track & Field Games Committee:

High Jump

Long Jump

Pole Vault

Discus

Javelin

Triple Jump

Hammer Throw

Shot Put

- F) The Conference Championship will not have event qualifying standards, and the number of entries per team for an event can be equal to the number of scoring places (currently 4).
- G) The host school will coordinate postponement of the conference meet due to inclement weather, dangerous traveling conditions, or other extenuating circumstances. A postponed conference meet shall be rescheduled.
- H) The site of the conference meet shall alternate alphabetically between member schools.
- I) The host school shall secure the services of two qualified starters for the conference meet, a meet referee, a field referee, and a running referee. These individuals shall be paid by the host school.

II. AWARDS

- A) The conference shall award plaques to the first-place men's and women's teams as conference champions. The conference shall also provide awards for the top three finishers in each individual event and for all participants in the top three finishing teams in relay events.

B) PLAQUE

1) Conference Champions (Men and Women)

2) Coach of the Year (Men and Women)

CERTIFICATES

1) Top three finishers in each event

2) Academic All-Conference

- C) Coach of the Year Award will not necessarily go to the winning coach, but will be voted on by all AMC coaches after the championship meet

III. SPORTS CHAIR

- A) The Sports Chair selection will be determined by a vote of the member coaches. The term shall be two years beginning in August 2008.

