Meet Instructions: Please review this document and the full GSAC guidelines. Entries are due by 3:00 pm on Monday April 25 on Direct Athletics. This is final confirmed entry and declaration. All entered athletes must compete in the events in which they are entered or will be disqualified from competing in the remainder of the meet.

Meet program available on Tuesday April 26 at www.westmont.edu/athletics

Each school may enter up to 8 athletes for individual events and one relay team. Five Right of Entry (ROE) per gender to be used at the discretion of each school.

Relays and the 10,000 meters do not require an entry mark.

GSAC MEN’S AND WOMEN’S TRACK & FIELD POLICIES
(Updated and Approved by GSAC Administrative Committee on February 6, 2015)
Clarifying comments and examples in italics by Russell Smelley 3/13/16

_In order to be entered into the GSAC Championship meet, an individual needs a performance mark (time, height, distance) in that event during the season. Performance marks are included from indoors and outdoors. Relay splits may not be used as an entry mark._

_Exceptions_ to the performance mark bylaw would be the relay events and the 10K. In addition, an exception could be granted for Heptathlon and Decathlon as long as the student-athlete has a qualifying mark in each of the Heptathlon or Decathlon events on the GSAC Performance list throughout the course of the season. (9-15-14)

F. As part of having qualifying marks, a school will be allowed to enter **Five (5) Right of Entries per gender** (9-15-14) The ROE may be applied in any manner chosen by the coach. (e.g. entry in five events for one athlete or five separate athletes in one event, etc.)

G. The meet shall be governed by the current year NCAA Track & Field Rules unless specific exceptions to the rules are instituted by the GSAC coaches.

H. All season marks must be listed on the _TFRRS GSAC Performance List_ for the purpose of seeding. **ROE** entries without a mark will be listed as NM _and seeded according to NCAA rules._

(Leads need to verify their official marks with Direct Athletics in case of omissions or needed corrections before the final entry date)

Q. A team for purposes of team scoring shall be defined as any institution that enters a single student athlete in the conference meet. As a result, the institution shall be counted in team scoring and count towards the number of scoring places. (9-15-14)

R. The conference meet shall alternate every year which gender runs first. (9-15-14)