MIAC PENTATHLON/HEPTATHLON CHAMPIONSHIPS
Carleton College
MARCH 2-3, 2006

THURSDAY, MARCH 2
First event time set, others are estimates.

HEPTATHLON
2:15 PM  55 Meters
3:00 PM  Long Jump
4:45 PM  Shot Put
6:00 PM  High Jump

PENTATHLON
2:00 PM  55 Meter Hurdles
2:45 PM  High Jump
4:45 PM  Shot Put
6:00 PM  Long Jump
7:45 PM  800 Meters

FRIDAY MARCH 3
First event time set, others are estimates.

HEPTATHLON
9:30 AM  55 Meter Hurdles
11:00 AM Pole Vault
3:30 PM  1000 Meters

FIELD SIZE:
1. There is no limit to entries in the women's pentathlon.
2. The men's heptathlon is limited to sixteen (16) contestants.
   a. Each athlete's five best performances of the seven events will be scored and the sum tallied to produce a seed performance. If the field is not filled after taking all athletes with seven events, then athletes will be accepted with top scores in six events, then five, etc.

APPLICABLE RULES:
1. Each competitor shall be allowed only three (3) attempts in the Long Jump and Shot Put events.
2. In running events and hurdles, a competitor shall be disqualified in any event in which he or she has made two (2) false starts.
3. All contestants shall compete in field events in one continuous flight drawn by lot.
4. If heats are necessary in any event, lot shall determine the composition of the heats. No fewer than two competitors shall start in any heat. If more than one section is necessary in the 800/1000 Meters, then the last section will consist of the leaders after the preceding event. IT IS RECOMMENDED THAT ALL COMPETITORS RUN IN THE SAME HEAT IF POSSIBLE.
5. Starting heights in the High Jump and Pole Vault events will be based upon the field. The cross bar will be raised 3 cm at a time in the High Jump. The Pole Vault bar will be raised 10 cm at a time. The rules governing the Pole Vault and the High Jump are the rules from the NCAA Rule Book concerning these events.
6. An athlete failing to start in any event will be considered to have abandoned the entire competition.
7. Disqualification in any single event does not constitute disqualification from the entire competition, unless it is of an unsportsmanlike nature.
9. Please email your entries to Leon Lunder not later than Monday, February 27, by 10:00 a.m. Entries should include name (first and last), year, and highest 2006 indoor High Jump mark.

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