



**2026 American Midwest Conference
Indoor Track & Field Championship
Coach Crafton Athletic Center Feb.
21, 2026**



[#AMCITFChamp](#)

[#AMCSports](#)

[#AMCWITF](#)

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Participating Teams

Columbia College

Cotley College (women only)

Hannibal-LaGrange University

Harris-Stowe State University

Haskell Indian Nations University

Univ. of Health Sciences & Pharmacy

General Details

Championship Manual Information contained within this document and more details on the administration of the Championship event can be found in the Championship Procedures Manual ([View Here](#)). Should there be conflicting information between this document and the Manual, the Manual will be followed

Facility
Coach Crafton Athletic Center
Principia College
1 Maybeck Place
Elsah, Ill. 62028
[Web Site](#)

The Crafton Athletic Center has a 6-lane 200 m indoor Mondo track with pole vault, long jump and high jump areas. There are 8 lanes for the 60m straight sprints. There are locker areas within the facility.

Directions
Interstate 70 East to Exit 232 (I-270 Chicago)
I-270 North to Exit 31 (MO-367)
Continue on MO-367 to US-67
Over the Clark Bridge, turn left on Landmarks Blvd.
Left on IL-100 (W. Broadway St.)
Right on Mill Street
Right on Beltrees Road
College entrance gate 0.7 miles on right

Parking After dropping athletes off at the Crafton Center, park buses and vans on the gravel lot away from the building. Leave the paved parking lot for cars.

Principia College is charging for spectator parking (**\$5 per car**). Please notify those who may attend.

<u>Team Camps</u>	Teams can set up camps around the track. Absolutely NO athletes are permitted on the track area unless they are competing. We enforce the NCAA no electronics policy anywhere, anytime on the competition floor. Failure to follow this rule will result in disqualification.
<u>Championship Webpage</u>	https://amcsportsonline.com/championships/2025-26/26-ITF
<u>Games Committee</u>	Brennan Cape, Columbia College (year 2) Rose Howell, Cottey College (year 2) Coltin Morrow, Hannibal-LaGrange University (year 1) AMC Office representative

Championship Entry

<u>Entries</u>	Entries through Direct Athletics – Online Entry Form
<u>Entry Timeline</u>	<p>Deadline to petition for non-qualifying athletes – Tue., Feb. 17 at 9 am</p> <p>Entries Due – Wed., Feb. 18 at 9 am</p> <p>Final Changes Dues – Thurs., Feb. 19 at 3 pm</p> <p>Entry List Published – Thurs. Feb. 19 at 5 pm</p> <p>Protest Period – Thurs. Feb. 19 at 5 pm until Fri. Feb. 20 at noon</p> <p>Heat/Flight Sheets Available – Fri., Feb. 20 at 2 pm (provided all protests have been resolved)</p> <p>There will be no additions or substitutions after 3:00 pm on Thursday, February 19. Scratches can be made up to the start of the meet.</p>
<u>Entry Fee</u>	<p>TBD</p> <p>Conference will invoice schools following the Meet</p> <p>Please make checks payable to: American Midwest Conference</p>

Competition Details

<u>Coaches' Meeting</u>	9:30 am at the start/finish line
<u>Championship Schedule</u>	Go To Page 6
<u>Performance List / Heat Sheets / Results</u>	Will be posted on TRXC website – Heat/Flight Sheets Results will also be posted on the wall near locker rooms
<u>Starting Heights</u>	Three (3) natural increments below the average entry marks calculated after discarding the highest and lowest mark.
<u>Field Events</u>	6 attempts (3 preliminary, 3 finals)
<u>Scoring</u>	The meet shall score the top 6 places (10-8-6-4-2-1)

Running Events: Report to the clerk at least 20 minutes prior to the start of the event.

Event Check-in

Field Events: Participants must check in with the head judge of their event no later than 30 minutes prior to the start of the event. They may be there up to 1-hour prior.

Failure to check in on time in running and field events will mean the athlete is scratched from the competition and all events after.

Spikes

1/4 inch allowed. (per Principia rules) **No needle or Christmas tree spikes.**

If an athlete is checked at the start and found to have illegal spikes, the event will not be held.

Meet Responsibilities

Meet Director – Cottey College

Athlete Declaration Table – Hannibal-LaGrange University

Hospitality Room – Harris-Stowe State University

Championship Rules

Entry Marks

Entry marks must be made during the current season. Marks must be submitted via the Track and Field Reporting System (TFRRS). If the mark is not accurate for the season, it must be corrected prior to the entry deadline. Erroneous entry marks will not be accepted. Athletes with erroneous marks will be given NT or ND. Please refer to NCAA Rule 1:44. All entries must be made available to coaches by Thursday, February 19, at 5 pm.

Misconduct

NCAA RULE 1 – Article 42 - Misconduct

Any act of dishonesty, unsporting conduct, unprofessional behavior or breach of law occurring at the meet venue that discredits the event or intercollegiate athletics.

NCAA Rule 6 Section 2 - Failure to Participate

- a. Participation is the requirement that a competitor start the athletic challenge requirements for a field event or any round of a track event, according to the rules of the event.
- b. For all team-scored competitions, a failure to participate by an athlete entered or declared in an event shall be barred from all remaining events in the current meet and performances prior to the failure to participate remain valid.
- c. For all team-scored competitions, competitors or relay teams must participate in the trials and /or finals of all events in which they are entered and/or declared, defined as a form of commitment to compete. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet. For the initial rounds of all competitions, a declaration/commitment procedure and a withdrawal procedure, with appropriate deadlines for individual and relay team members, excluding alternates, must be published. Actual participation is a default commitment. When an institution's relay team declares, but does not participate in the competition, individual competitors declared on the relay team shall be allowed to participate in subsequent events of the competition.
- d. For all team-scored competitions, the referee, upon proper protest, based upon all authorized evidence and considering circumstances beyond the competitor's control (including documented severe medical conditions) shall determine whether circumstances clearly demonstrate that a violation of this rule has occurred. The referee shall disqualify competitors for violating the failure to participate rule.
- e. An athlete failing to attempt a start or make a trial in any event of a Combined Event shall be considered to have abandoned the Combined Event and shall not be allowed to participate in any following event within the combined-event competition. At the time of abandonment, the athlete will receive a Did Not Finish (DNF) and zero points for the competition.
- f. Time schedule changes preventing competitor(s) from fulfilling their obligation is not considered failure to participate.
- g. This rule shall not preclude conferences or championship meet management from creating additional restrictions published in handbooks and manuals.

Failure to Participate

Contact Information

<u>Event</u>	<u>Official(s)</u>	<u>School Assigned (must provide 3 individuals)</u>
Running Events		N/A
Pole Vault		Health Sciences & Pharmacy
Weight Throw		Hannibal-LaGrange
High Jump		Columbia
Long Jump		Harris-Stowe
Shot Put		Haskell
Triple Jump		Cottey

Meet Director

Rose Howell
(O) 417-667-8181 ext. 2195
(C) 678-925-6644
(E) rhowell@cottey.edu

Timing / Entries

Rich Schilling, TRXC Timing
314-522-6176 rich@trxctiming.com

Athletic Trainer

Outsourced

AMC Commissioner

Will Wolper
(O) 636-231-5452
(C) 636-368-7476
(E) wwolper@amcsportsonline.com

AMC Assistant Commissioner

Bruna Niederkorn
(C) 913-481-6723
(E) bniederkorn@amcsportsonline.com

Awards

Awards:

The Conference will provide the following awards (for both men and women) to be presented at the track and field championship:

Conference Championship (Team)	Freshman of the Year
Coaching Staff of the Year	Newcomer of the Year
Athlete of the Meet	Champions of Character Team
Outstanding Track Athlete of the Year	Outstanding
Field Athlete of the Year	Medals for top-3 finishers in each event

Note:

Medals will be presented during the Championship.

Athlete of the Meet, for both men and women, shall be awarded the individual scoring the highest number of points in Championship regardless of which events scored in.

Outstanding Track Athlete of the Year, for both men and women, shall be awarded to the individual scoring the highest number of points in Championship meet running events.

Outstanding Field Athlete of the Year, for both men and women, shall be awarded to the individual scoring the highest number of points in Championship meet field events.

Freshman and Newcomers of the Year, for both men and women, shall be awarded to the individual scoring the highest number of total points in the Championship meet that qualifies under the criteria in AMC Bylaw IX Section A.

Should a tie occur in awarding the Outstanding Track, Outstanding Field Athletes of the Year, Freshman or Newcomer of the Year, points achieved as part of a relay team will be removed for the athletes' point total to determine the recipient of the aforementioned awards. If a tie remains, or in the case of Field Athlete of the Year, the individual that competed in the most events (whether points were scored or not) will be the recipient of the aforementioned awards. If a tie remains, all tied individuals will share the award.

AMC Indoor Championship Schedule - PRELIMINARY

Time Schedule may be updated after entries are finalized

Field events (Finals in all events; 3 preliminary attempts, 3 final attempts)

10:00 am	Weight Throw	Women	2 Flights
	Pole Vault	Men	1 Flight
	High Jump	Women	1 Flight
	Long Jump	Men	2 Flights
11:30 am	Weight Throw	Men	2 Flights
	Pole Vault	Women	1 Flight
	High Jump	Men	1 Flight
	Long Jump	Women	2 Flights
1:00 pm	Shot Put	Women	2 Flights
	Triple Jump	Men	1 Flight
2:30 pm	Shot Put	Men	2 Flights
	Triple Jump	Women	1 Flight

Running Events (Running events are timed finals unless otherwise noted; we will not run ahead of schedule)

11:45 am	Distance Medley Relay	Women	Final
12:05 pm	Distance Medley Relay	Men	Final
12:20 pm	4 x 800 Relay	Women	Final
12:35 pm	4 x 800 Relay	Men	Final
12:50 pm	5000 M Run	Women	Final
1:15 pm	5000 M Run	Men	Final
1:35 pm	60M Hurdles	Men	Prelims
1:45 pm	60M Hurdles	Women	Prelims
1:55 pm	60M Dash	Men	Prelims
2:05 pm	60M Dash	Women	Prelims
2:15 pm	Mile Run	Women	Final
2:25 pm	Mile Run	Men	Final
2:35 pm	60 M Hurdles	Women	Final
2:40 pm	60 M Hurdles	Men	Final
2:45 pm	400M Dash	Women	Final
2:55 pm	400M Dash	Men	Final
3:10 pm	60 M Dash	Women	Final
3:15 pm	60 M Dash	Men	Final
3:20 pm	600 M Run	Women	Final
3:30 pm	600 M Run	Men	Final
3:40 pm	800 M Run	Women	Final
3:45 pm	800 M Run	Men	Final
3:50 pm	1000 M Run	Women	Final
3:57 pm	1000 M Run	Men	Final
4:05 pm	200 M Dash	Women	Final
4:20 pm	200 M Dash	Men	Final
4:35 pm	3000 M Run	Women	Final
4:50 pm	3000 M Run	Men	Final
5:05 pm	4 x 400 Meter Relay	Women	Final
5:15 pm	4 x 400 Meter Relay	Men	Final