**Games Committee Seeding Parameters**

60 Meter Dash  Four Preliminary heats with Heat Winners and next 4 fastest advancing to Finals.

60 Meter Hurdles  Four Preliminary heats with Heat Winners and next 4 fastest advancing to Finals.

200 Meters 6 heats with Heat Winners and next 2 fastest advancing to the finals. Finals to be run as a 2 heat final with NCAA Rule 10:5.1 determining the seeding of those heats. Only lanes 3-6 will be used for the prelims and finals, preferred lanes are 5-4-6-3.

400 Meters Finals on time using all 6 lanes – 4 heats. (two turn stagger) Slow to fast.

600 Meters Finals on time using all 6 lanes – 3 heats. (two turn stagger) Slow to fast.

800 Meters Finals on time – 2 sections of nine. Ally Start, slow to fast.

1000 Meters Final – 1 heat of 11. Ally Start.

Mile Run Final on time – 2 sections or 8 and 9. Nine in the seeded section. Slow to fast.

3000 Meters Finals on time – 2 sections of 11 & 10 with 11 going in the seeded section. If the event scratches down to 18 athletes or less it will be run as a one section final. Slow to fast.

5000 Meters Finals on time – 2 sections of 11 & 11 run slow to fast. If the event scratches down to 18 athletes or less it will be run as a one section final.

4 x 400 Meters Finals on time – 3 sections of 6. Slow to fast, two turn stagger.

4 x 800 Meters Finals on time – 2 heats of 9 & 8 with 9 going in the seeded section. Ally Start, slow to fast.

*DMR – *** Special Note ***, All coaches of teams running the DMR need to submit an honest effort estimate based on the personal they are running and realistic expectations and turn it in with your relay card by Noon on Saturday. The event will be seeded into a 2 section final on time run slow to fast. The sections will be split evenly on times. You will still be able to make changes to the relays but we will use these times for seeding purposes.

Field Events Parameters: 9 to the finals in the LJ, TJ, SP, WT. Five alive for the PV and HJ. Height progressions will be posted on the meet website.

Long Jump one flight of 15 athletes.

Triple Jump one flight of 14 athletes.

Shot Put two flights of 8 athletes.

Weight two flights of 9 athletes.

Heptathlon 60 meter dash and 60 meter hurdles will be seeded according to seasonal best performances.