

# **BERG/SEEGER CLASSIC GUIDELINES**



Version 1.2  
Revised – 25 April 2010

V1.0 Released – 11 July 2008

## 1. Scope of this Document

USA Deaf Track & Field (USADTF), as one of its action plan, was to establish Track & Field Classic for high school deaf athletes across the United States. This mission has been accomplished on 5 April 2008 at the Texas School for the Deaf campus in Austin, Texas. The 1<sup>st</sup> Berg/Seeger Classic was a success with 12 participating schools and a total of 139 athletes.

This Berg/Seeger Classic guidelines document was created to help the next host to run a successful track & field meet. Also, created baseline general rules for Berg/Seeger Classic competitors shall follow which was established by the coaches in attendance and USADTF representative.

### 1.1. Document Revision

Athletic Directors from participating schools or their assignee and an USADTF representative shall have the rights to make improvement to this document which has positive impacts on athletes and future host. Revision voting shall take place during the wrap up meeting the day before or after the event and shall take effect for next year's event.

## 2. Track & Field Meet – General

### 2.1. Name of the Meet

The name of the meet shall be “**N<sup>th</sup> Berg/Seeger Classic**” where N is the subsequence number of times Berg/Seeger Classic had hosted. The numbering increment shall be in English version, not Roman numerical. Please see **Appendix 2** for past and future event.

### 2.2. Background

Thomas Berg and Ruth Seeger were part of the first USA Team going to Deaflympics in 1957. They had coached for over 85 years combined. They have coached numerous National Champions, All-Americans, Deaflympians and many of their athletes broke many national and world records.

The Berg/Seeger Classic is to honor these coaches for their outstanding coaching and contribution to track and field among Deaf athletes for so many years.

For a longer biography version, please see **Appendix 1**.

### 2.3. Meet Logo

The official Berg/Seeger Classic logo is as exactly as shown on the cover page of this document. Logo was designed by Heather Withrow. Logo shall not be modified or tweaked inside or outside.

### 2.4. Sanctioned Meet

USADTF shall apply and have this meet be officially sanctioned by National Federation of State High School Associations (NFHS). Please refer to NFHS website ([www.nfhs.org/sanctioning](http://www.nfhs.org/sanctioning)) for sanctioned application form. It is recommended to do this at least six (6) months in advance prior to the meet date to avoid late penalty fee.

### 2.5. Meet Date

It is encouraged and preferred to have Berg/Seeger Classic fall on third (3<sup>rd</sup>) weekend of April. The host may have a different weekend for a reason(s). The decision will be voted during the coaches meeting. See **2.6** for details.

### 2.6. Future Meets

The voting for future meets shall be decided during coaches meeting the day before the event. Future host shall give short presentation giving details such as specific date of competition,

meet location with description of the stadium like type of running surface, number of lanes, jumping pits, throwing sectors, pole vault and accommodations. Each representing school shall cast one vote and USADTF representative will get one vote. Ideally, it is recommended to have meet location alternate every year such as south, east, west, and north. If there are no more than two bids for same year, then the location will not be an issue.

## **2.7. Accommodation**

Host school shall provide dormitory for visiting schools. In case if a number of beds are not available to meet the demand of large participants, host school shall negotiate nearby motels/hotels for cheaper rates for the visiting schools. If a large participants are unexpected, therefore the dormitory will be first come, first serve basis. Visiting schools will be responsible for the motel/hotel expenses.

## **3. Volunteers**

### **3.1. Core Volunteer Chairs**

Below is the general example of a key individual chair which handles the specific tasks. Other than not listed below, the host could create an additional volunteer chair to distribute responsibility.

#### **3.1.1. Hospitality**

Hospitality chair's responsibility includes:

- Coordinate with residential dorm housing for participating schools.
- Make meal arrangements during their stay through out the weekend.
- Catering for coaches and volunteers during lunch break day of the meet.
- Assist local transportation arrangement for pickups/drop offs for all participants who travel via air.
- Coordinate warm welcome event for athletes/coaches the day before the meet. Also, have social event the evening after the meet.

#### **3.1.2. Award**

Award chair's responsibility includes:

- Orders medals (gold, silver, and bronze).
- Banner for boys/girls Team Overall Championships. It will be the host's responsibility to provide such a banner for each winning team. USADTF may assist with this if feasible and possible.
- Plaques for:
  - Boys/Girls Team Overall Championships (1<sup>st</sup> to 3<sup>rd</sup> places)
  - Boys/Girls Best Track Athlete
  - Boys/Girls Best Field Athlete
  - Boys/Girls All Around Athlete
  - Other type of award to give out "recognition/thank you" for sponsors.

Please refer **Appendix 4** for award naming.

- You may incorporate order event t-shirts for athletes, coaches and as well for volunteers in different set of colors. Example: athletes/coaches will have white t-shirts while the volunteer have yellow shirts.
- Have all medals, plaques, and banners in place separately for the award ceremony right after the very last event concluded. This includes having podium (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>) in place facing the audience. From the audience's view standpoint, 1<sup>st</sup> place podium shall be in the middle, 2<sup>nd</sup> place podium shall be on the left side, and 3<sup>rd</sup> place podium shall be on the right side. Example: 2<sup>nd</sup> | 1<sup>st</sup> | 3<sup>rd</sup>
- To help speed up the awards ceremony, host could give out medals throughout the day after each official results has been posted.

### 3.1.3. Results

This chair is recommended for person who has a deep knowledge and understanding of how to use result format for track & field. Also be able to handle tasks in such fast paced environment for instance, create and publish results immediately after each official event has concluded.

- Need to have several volunteers known as “runner” which brings official finish line sheet from head timer to press box. After the data has been posted on the database, print event result and hand over to the announcer for visual and/or audio cues. Then have “runner” to go down and post the event results in a public place. Usually on the ground stand near the concession or entrance.
- From time to time, usually after every five events concluded, summarizes and update the current Team Overall Points standings for both genders. Hand out a copy to announcer for visual and/or audio cues and other to post it on the results board.
- After the very last event, immediately create and make three (3) copies of top 3 boys/girls medal finishers of all events. Hand one to award ceremony chair, interpreter, and announcer.
- Create and publish Final Results. Have two (2) copies for each participating schools. The Final Results shall includes:
  - Summary of the winner for Team Overall Championships, Best Track Athlete for boys/girls, Best Field Athlete for boys/girls, and All Around Athlete for boys/girls.
  - List of participating schools
  - Team rosters of each participating schools
  - Detailed results during Preliminary and Final rounds
  - Total team points
  - New meet records
  - Updated meet records

The “nice to have” would include such as:

- Top 15 individual points earned for each gender
- Medal count of each school
- Convert Final Results summary into electronic version such as PDF and distribute via email attachment to all Athletic Directors, Coaches, publication of any kind, and USADTF.

### 3.1.4. Field Marshal

This is a core and energetic assignment during the day of meet. Majority number of volunteers will work with this Field Marshal chair, therefore communication is essential. Below are various task breakdowns of specific assignment for volunteer roles to assist smooth transitions during the meet:

- **Basket runner** – volunteers will carry individual basket of athlete’s personal items to the finish line for every preliminary heat and final rounds.
- **Hurdles crew** – volunteers set up and align hurdle in each lane according to 100m, 110m and 300m hurdles mark. Also, clear out hurdles after each event had run.
- **Implement carrier** – volunteers will pick up and carry implements such as discus, javelin, or shot put back to the throwing area. Note: to prevent injuries, volunteers need to have keen eyes to watch out for the flying implements in the air.
- **Tape measuring** – for each field event, need to have two (2) or three (3) volunteers to spot the landing of the implement and straighten the tape for judge to record the official measurements. Two volunteers are needed for long jump and triple jump. Three for discus, javelin, and shot put. To help speed up the process, the measurement must be measured on every jump/throw. All persons involving the measurement must be experienced and know the rules.

- **Height adjuster** – this is for high jump and pole vault. Two volunteers adjust the increment of the pole height and align the bar squarely against the landing pit.
- **Rake pit** – two (2) volunteers is needed to rake the sand on every jump for long jump and triple jump events. The sand has to be evenly smooth and flat before the next jumper perform the jumps. The speed of the raker is also essential. Make sure the clusters of the sand are broken down into fine pieces and sprinkle with water the night before the event. This ensures the athletes will have a safe and soft landing zone.
- **Call room** – before each running event begins, volunteers will have the preliminary and final heat sheets to verify athletes' names and lane assignments. Also verify the names in correct leg ordering for all relay events. Call room or known as check in booth usually set up approximately 10m inside away from the finish line. A large covered canopy and bleachers are required.
- **Finish line** – each volunteer spot the finisher in exact order and report to the head timer and judge to record their electronic time on finish line sheet.
- **Lane baton exchange spotter** – this is for 4x100m and 4x200m relay events. Each exchange zone will be assigned a spotter. The spotter shall observe that the baton is being exchanged within the zone according to rulebook. The spotter shall be an experienced adult.

It is suggested that Field Marshal chair to go through a “dry run” the weekend before the event to ensure the volunteers understand their roles during the event. Other possible is to do host's regular meet or go to another local meet and study how they run the event. For general checklist, please see **Appendix 5**.

### 3.2. Number of Volunteers

A total number of volunteers generally decide by the host which could handle a successful event. Generally, concept a total number of volunteers go by 1 volunteer for every 4 athletes. Example: 200 athletes = 50 volunteers.

## 4. Berg/Seeger Classic – General Rules

### 4.1. Officials

The host school will provide at least three or more certified USATF official. The starter is to be certified by USATF and be the same person throughout entire day. One will oversee the field events and the other for running events.

### 4.2. Competition Schedule

Once the competition schedule has been finalized, published, and distributed to all participating schools, the schedule cannot be revised. In case if the final entries indicated that some events are not necessary to have a preliminary round, then that event in preliminary round will be cancelled and move onto finals. The ordering of events shall remain as originally. If the ordering of event needs to be revised for some reason, then the voting by each coach from participating schools shall be unanimously during first meeting.

### 4.3. Participants

- Deaf schools, mainstreamed schools, public schools and of any kind of schools are welcome to participate this event. The athletes must be deaf, defined as a hearing loss of at least 55 dB in the better ear (3-tone frequency average at 500, 1000 and 2000 Hertz, ISO 1964 Standard).
- Since this meet is open to nation-wide high schools, in order to be fair, athletes must be in high school as defined in 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grades. Participation is not allowed for 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> graders, and fifth year senior.
- Due to a conflict of any circumstances from participant's state association rules, athlete could compete as “Unattached”.

- This meet will follow International Committee of Sports for the Deaf (ICSD) rules regarding the use of hearing aids during competition in order to provide all youth athletes the experience of competing without any aids. This is good practice to start now before they compete at an international/elite level. Therefore all athletes shall not use hearing aids or external cochlear implant aids and will be strictly enforced during the competition. In case the athlete is caught wearing a device, this athlete will be disqualified for that certain event however he/she is able to continue competing other events. For relay event, the entire team in that relay event will be disqualified if one or more athletes are caught wearing a device.

#### 4.4. Team Roster

The team participant list shall be limited to 30 persons per school (maximum of each 12 boys and 12 girls, 1 manager, 2 coaches, 2 chaperones, and 1 Athletic Director). The manager cannot replace any athlete during the competition for any reason. School may modify the personnel, except the 12 boys and 12 girls' limit, as long they remain within the limit of 30 persons. Additional boys to lessen the number of girls will not be allowed. Same goes for vice-versa.

#### 4.5. Entries

- Maximum of 3 athletes per school per event.
- Athlete may enter a maximum total of 4 events combined (individual and relays). Please see **Appendix 3** for which events will be used during Berg/Seeger Classic.
- The Final Entry Form shall be sent to the host 72 hours before the first event.
- In order to recognize each event, each gender in each event have at least two (2) schools and at least three (3) athletes for individual events and at least two (2) schools for relay events.
- In case of a small participation turnout for a certain event that had not met the above 2:3 rule, the host must immediately inform all participating schools which event has been cancelled the day after (first 48 hours) the deadline Final Entry Form date.
- The host will decide participation Entry Fees.
- To determine the length of competition (1-day or 2-day), the host shall send a preliminary form to all schools around early October and due back by end of November. By then, the host will have the estimate total number of participants. This will help the host to determine if 2-day meet is needed or hold to 1-day meet. If 2-day meet is necessary, the first event shall begin on or after 6pm Friday.

#### 4.6. Team Scoring

Each athlete is entitled to earn team points toward Team Overall Championship with an exception of "unattached" athlete. Below is point scoring allocation for both individual and relay events. Points will be awarded based on the number of lanes host provided:

| 6 Lanes         |        | 8 Lanes         |        |
|-----------------|--------|-----------------|--------|
| Place           | Points | Place           | Points |
| 1 <sup>st</sup> | 10     | 1 <sup>st</sup> | 10     |
| 2 <sup>nd</sup> | 8      | 2 <sup>nd</sup> | 8      |
| 3 <sup>rd</sup> | 6      | 3 <sup>rd</sup> | 6      |
| 4 <sup>th</sup> | 4      | 4 <sup>th</sup> | 5      |
| 5 <sup>th</sup> | 2      | 5 <sup>th</sup> | 4      |
| 6 <sup>th</sup> | 1      | 6 <sup>th</sup> | 3      |
|                 |        | 7 <sup>th</sup> | 2      |
|                 |        | 8 <sup>th</sup> | 1      |

#### 4.7. Advancement Formula

All running events except 800m, 1600m, 3200m, 4x400m relay and 4x800m relay will have two rounds (Preliminary and Finals) depending on the number of participants for each event.

The advancement formula depends on the number of heats and below will indicate how many top finisher and next best time runners will advance to finals based on the number of lanes.

Formula:

| # of Heats | 6 Lanes                                | 8 Lanes                                |
|------------|----------------------------------------|----------------------------------------|
| 2          | Top 2 Each Heat plus Next 2 Best Times | Top 3 Each Heat plus Next 2 Best Times |
| 3          | Top 1 Each Heat plus Next 3 Best Times | Top 2 Each Heat plus Next 2 Best Times |
| 4          | Top 1 Each Heat plus Next 2 Best Times | Top 1 Each Heat plus Next 4 Best Times |
| 5          | Top 1 Each Heat plus Next 1 Best Times | Top 1 Each Heat plus Next 3 Best Times |

#### 4.8. Field Events

- A number of advancement for finals will be determined based on the host's number of oval track lane available. Add 1 to the number of lanes. Example: 6 lanes, 7 advances to final. 8 lanes, 9 advances.
- The majority of the coaches voted in the meeting on the day before will determine the starting height for boys/girls high jump and pole vault. Also, determine the height increments as well.

#### 4.9. Scratch Policy

- For all entry scratches shall be held 30 minutes from first event for the day.
- Name changes or additions will not be allowed.
- Scratches or name adjustment throughout during the day of meet will not be allowed for any reasons. If athlete did not compete, the official final results will be entered as DNS (Did Not Start).
- In event of injury to an athlete and a substitute is desired to replace the injured athlete may be allowed only if the substitute athlete has not been listed in the limited 4 events rule as defined in 4.4.

#### 4.10. Heat Sheets

Preliminary heat sheets shall be posted in the morning prior the official kickoff of the meet. And final heat sheets shall be posted immediately after the hourly lunch break.

#### 4.11. Timing Device

All running events must use professional electronic timing device such as Hy-Tek (recommended), Lynx, or Omega. Hand timed will not be accepted. USADTF will be responsible to cover the expenses for electronic timing device.

#### 4.12. Scheduled Meetings

Coaches will meet at the designated location as notified by the host. The meeting will take place two (2) hours before the first meet begins.

Wrap up meeting will take place either before the finals or after the awards ceremony.

#### 4.13. Others

For all else not mentioned in this document will be referred to host's state associations and NHFS rules and regulations respectively.

Please contact USADTF representative for any consult if needed.

## Appendix 1 – Biography of Ruth T. Seeger and Thomas O. Berg



**Ruth T. Seeger** – Born on 20 May 1924 in Rochester, Minnesota. She was always a tomboy growing up. As an adolescent, she saw Babe Didrickson compete and was from that point on, hooked on athletics. Seeger taught track and physical education at TSD for 36 years, and is the namesake of TSD's Seeger Gym. She established the Girls Athletics Association and formed the first girl's track, volleyball and softball teams. Over the years, her students accumulated a total of 34 medals competing at the World Games for the Deaf, and Seeger was the U.S. women's track coach for the games in '65, '69, '73, '77 and '85. Seeger has won her share of medals over the years as well, totaling over 300. Most recently in discus and long jump, Seeger took gold in her age group at the 2005 Summer National Senior Games. In 1998, she was inducted into the Texas Senior Olympics Hall of Fame.



**Thomas O. Berg** – Born on 15 February 1922 in Butte, Montana. Thought to be "the greatest coach in deaf track and field history", discovered his passion for sports in the mid 1930's while in college. Berg coached university sports for more than 30 years and was handpicked to coach the track and field team at the US International Games for the Deaf in Milan in 1957. He was also the head track coach for the USA World Games for the Deaf in '61, '69, '73, '77 and '89. He was the first chairman of the Deaf Athletics Federation of United States, and was nationally accepted among hearing and deaf coaches as a leader in many national sports organizations. Berg's athletes over the years won a number of medals and he himself was the recipient of many awards, including the Knute Rockne College Track Coach of the Year in 1962, and the Art Kruger Service Award from the USA Deaf Sports Federation in 1985. He lived through a long age and passed away on 28 September 2009.

## Appendix 2 – Past and Future Events

| Date             | Edition         | Host                                                 | # of Schools | # of Athletes |
|------------------|-----------------|------------------------------------------------------|--------------|---------------|
| 5 April 2008     | 1 <sup>st</sup> | Texas School for the Deaf – Austin, TX               | 12           | 139           |
| 17-18 April 2009 | 2 <sup>nd</sup> | Texas School for the Deaf – Austin, TX               | 9            | 102           |
| 16-17 April 2010 | 3 <sup>rd</sup> | Model Secondary School for the Deaf – Washington, DC | 10           | 126           |
| 2011             | 4 <sup>th</sup> | TBA                                                  |              |               |
| 2012             | 5 <sup>th</sup> | TBA                                                  |              |               |
| 2013             | 6 <sup>th</sup> | TBA                                                  |              |               |

### Appendix 3 – Track & Field Events

| Boys          | Girls         |
|---------------|---------------|
| 100m          | 100m          |
| 200m          | 200m          |
| 400m          | 400m          |
| 800m          | 800m          |
| 1600m         | 1600m         |
| 3200m         | 3200m         |
| 110m Hurdles  | 100m Hurdles  |
| 300m Hurdles  | 300m Hurdles  |
| *400m Hurdles | *400m Hurdles |
| Long Jump     | Long Jump     |
| *Triple Jump  | *Triple Jump  |
| High Jump     | High Jump     |
| Pole Vault    | Pole Vault    |
| Shot Put      | Shot Put      |
| Discus        | Discus        |
| *Javelin      | *Javelin      |
| 4x100m Relay  | 4x100m Relay  |
| *4x200m Relay | *4x200m Relay |
| 4x400m Relay  | 4x400m Relay  |
| *4x800m Relay | *4x800m Relay |

\* Some events are not allowed upon host's State Association rules

### Appendix 4 – Past Winners

#### Ruth T. Seeger Award

| Year | Team Overall Championship           | Best Track Athlete                | Best Field Athlete             | All Around Athlete       |
|------|-------------------------------------|-----------------------------------|--------------------------------|--------------------------|
| 2010 | Maryland School for the Deaf        | Elissa Letendre - Learning Center | Jessica Ginyard - Pennsylvania | Claire Tucker - Maryland |
| 2009 | Maryland School for the Deaf        | Paige Brewer - Maryland           | Michele Giterman - Texas       | -                        |
| 2008 | Model Secondary School for the Deaf | Keisha Howard - Riverside         | Erin Philips - Louisiana       | -                        |

#### Thomas O. Berg Award

| Year | Team Overall Championship                | Best Track Athlete      | Best Field Athlete           | All Around Athlete |
|------|------------------------------------------|-------------------------|------------------------------|--------------------|
| 2010 | Texas School for the Deaf                | Kyle Winter - Texas     | Patrick Jennison - Wisconsin | Jay Hill - Texas   |
| 2009 | California School for the Deaf - Fremont | Tony Guido - Fremont    | Marcus Gentry - Texas        | -                  |
| 2008 | Texas School for the Deaf                | Delvin Furlough - Texas | Jamie Hill - Alabama         | -                  |

## Appendix 5 – General Checklist

- Tape Measure
  - 1 – 200' for discus/javelin
  - 2 – 50' for long jump/triple jump/shot put
  - 1 – 25' for high jump/pole vault
- 3 – measuring canes (known as official's helper) for shot put, discus, and long jump/triple jump
- 2 rakes for long jump/triple jump pit
- 8+ – starting blocks
- Starter gun and blanks
- Weigh-in scale for shot put, discus, and javelin. Scale must have two methods to identify both in kilograms (metric) and pounds (English). Digital scale is ideal.
  - Shot put        Boys 12 lbs    Girls 4kg
  - Discus         Boys 1.5kg    Girls 1kg
  - Javelin        Boys 700g    Girls 600g
- Orange cones
  - 8 – small cones (about 2-3" high) for 800m, 4x400m, and 4x800m cut off lane placements
  - 8 – large cones for shot put & discus (2 each on end of foul line) and long jump & triple jump (2 each end between take off board)
- Foul line markings in place for shot put, discus, and javelin
- Distance markings in place for shot put, discus, and javelin
  - Shot put – marking starts at 20' and for every 5' to 50'
  - Discus and Javelin – marking starts at 60' and for every 20' to 140'
- 16 Baskets - each 2 baskets have same lane number marking for identification
- 8 Flags (red/white color flags on each end)
- Make a list of all color markings available on track for specific events such as markings for:
  - 100m hurdle placements
  - 110m hurdle placements
  - 300m/400m hurdle placements
  - 4x100m relay exchange zones
  - 4x200m relay exchange zones

The list shall be distributed to all coaches during first meeting.
- Clipboards/pencils for all field events, call room, and score keeper/judge
- Water stations materials in place
  - Water/electrolytes replacement fluid
  - Cups
  - Tables
  - Barrels/trash bags
- Awards area
  - Tables/chairs
  - Podiums for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> / announcing stand
  - Award display area, with awards arranged in order of distribution
  - Results posting board/area
- Call room area
  - Large covered tent (covers approximately 20 people)
  - Tables/chairs/bleachers
  - Chute materials (stanchions, rope)
  - Signage prepared for field and running events
- Signage for all field meet records (USADTF will prepare this, host provide stakes to hold in place)

### Revision History

- 1.0 – Implemented by USADTF with feedback from Jesse Bailey, Brian Bippus, Steven Fuerst, and Darrin Green (11 July 2008)
- 1.1 – Revised after coaches meeting in Austin, TX (18 April 2009)
- 1.2 – Revised after coaches meeting in Washington, DC (25 April 2010)