

# **BERG/SEEGER CLASSIC GUIDELINES**



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### 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.

### **1.2. Revision History**

See **Appendix 9** for revision history.

## **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 or after the conclusion of 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. Awards

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. Please refer to **Appendix 5** for information on banner size and further description.
- A total of 12 plaques for:
  - Boys/Girls Team Overall Standings (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 awards may be added to give out "recognition/thank you" for sponsors.

Please refer to **Appendix 6** for award naming and criterion for selecting top individual awards.

- 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 either could give out medals throughout the day after each official result has been posted or have two separate awards ceremonies, one during lunch break from morning finals and the other after supper from afternoon finals.

##### 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.

- a. 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.

- b. 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.
- c. 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.
- d. Create and publish Final Results. Have two (2) copies for each participating schools. The Final Results shall includes:
  - i. 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.
  - ii. List of participating schools
  - iii. Team rosters of each participating schools
  - iv. Detailed results during Preliminary and Final rounds
  - v. Total team points
  - vi. New meet records
  - vii. Updated meet records
 The “nice to have” would include such as:
  - i. Top 15 individual points earned for each gender
  - ii. Medal count of each school
- e. 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:

- a. **Basket runner** – volunteers will carry individual basket of athlete’s personal items to the finish line for every preliminary heat and final rounds.
- b. **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.
- c. **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.
- d. **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.
- e. **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.
- f. **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.
- g. **Call room** – before each running event begins (20 minutes prior), volunteers will have the preliminary and final heat sheets to verify athletes’ names and lane assignments. Also verify the names in correct leg order for all relay events and check that the matching order uniforms are in order. Prior to the start of each event, pass down the heat sheet to the head timer. Call room or known as check in booth usually either set up approximately 10m inside away from the finish line or place center 10m behind the 110m hurdles start line. A large covered canopy and bleachers are required.

- h. **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.
- i. **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 8**.

### 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

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.

The 1-day and 2-day competition schedule has been established as shown in **Appendix 7**.

If host does have two (2) separate jumping pits, this will have split jumping events on the same day. Long jump (boys) and triple jump (girls) will be on Friday. Long jump (girls) and triple jump (boys) will be on Saturday. This applies for 2-day schedule. For 1-day schedule, long jump (boys) and triple jump (girls) goes first. Then long jump (girls) and triple jump (boys) will follow.

If host wishes to include pole vault and/or javelin events, this could be added and scheduled reasonably. For instance, pole vault will be on Friday and javelin will be on Saturday afternoon after shot put and discus throw has concluded. This applies for 2-day schedule. For 1-day schedule, the pole vault will be in the morning and javelin in the afternoon.

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 host wishes to make adjustment according to an approved 1-day or 2-day competition schedule as shown in **Appendix 7** host may do so upon approval from participating schools by a majority of vote at least two (2) months before the event.

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

- a. 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).
- b. 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.
- c. Due to a conflict of any circumstances from participant's state association rules, athlete could compete as "Unattached".
- d. 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

- a. Maximum of 3 athletes per school per event.
- b. 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.
- c. Please see chart in **Appendix 4** to compare what were the first (1<sup>st</sup>) place averages from the last five (5) Berg/Seeger Classic results and the recommended standards. The standards are not required for coaches to follow. However, this is a good tool for coaches to understand what kind of athletes coaches will register.
- d. The host may obtain basic information to participating teams several weeks before the official event. This helps host to estimate the numbers for T-shirt orders and dorm bedding purpose.
- e. The Final Entry Form (rosters and event entries) shall be sent to the host 72 hours before the first event. Host will send confirmation of entries to each team for validation.
- f. 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.
- g. 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.
- h. Upon sending Final Entries 72 hours before, coaches can make changes up to 2 hours before first coaches meeting. Please see **4.16** for schedule meeting times.
- i. The host will not distribute Meet Program (heats & lane assignments) until first coaches meeting.
- j. The host will decide participation Entry Fees.

#### 4.6. Team Scoring

Each athlete is entitled to earn team points toward Team Overall Standings 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 teams presented:

6 Teams or less		7 Teams or more	
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 – Running Events

All running events except 800m, 1600m, 3200m, 4x400m relay and 4x800m relay will have two rounds (Preliminary and Finals).

The advancement formula depends on the number of heats and lanes. Below will indicate how many runners will advance to finals based on the number of lanes.

Formula:

# of Heats	6 Lanes	8 Lanes
2	Top 1 Each Heat plus Next 4 Best Times	Top 1 Each Heat plus Next 6 Best Times
3	Top 1 Each Heat plus Next 3 Best Times	Top 1 Each Heat plus Next 5 Best Times
4	Top 1 Each Heat plus Next 2 Best Times	Top 1 Each Heat plus Next 4 Best Times
5	<b><u>A &amp; B Finals</u></b> Top 1 Each Heat plus Next 7 Best Times • A Finals – Top 1 Each Heat plus Next Fastest Time • B Finals – Next 6 Best Times	Top 1 Each Heat plus Next 3 Best Times
6	<b><u>A &amp; B Finals</u></b> Top 1 Each Heat plus next 6 Best Times • Group A – Top 1 Each Heat • Group B – Next 6 Best Times	Top 1 Each Heat plus Next 2 Best Times
7	Top 6 Best Times	<b><u>A &amp; B Finals</u></b> Top 1 Each Heat plus Next 9 Best Times • A Finals – Top 1 Each Heat plus Next Fastest Time • B Finals – Next 8 Best Times
8	Top 6 Best Times	<b><u>A &amp; B Finals</u></b> Top 1 Each Heat plus Next 8 Best Times • A Finals – Top 1 Each Heat • B Finals – Next 8 Best Times
9	Top 6 Best Times	Top 8 Best Times

If there is 1 or 0 next best times is used, then 'A & B Finals' category will be used. This gives opportunity to athletes to showcase their "true colors" during the Finals.

##### **A Finals**

This will be categorized by place. The ordering for lane assignment will be as normal based on times. 'A' Finals will go last.

##### **B Finals**

This will be categorized by times. The ordering for lane assignment will be as normal based on times. 'B' Finals will go first.

If the number of heats is greater than the number of lanes, the best times will advance to Finals.



#### 4.8. Advancement Formula – Field Events

A number of advancement for finals will be determined based on the number of teams presented.

Formula:

6 Teams or less	7 Teams or more
Top 7 advances to Finals	Top 9 advance to Finals

#### 4.9. Starting Height (High Jump / Pole Vault)

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.

#### 4.10. Throwing Implements

- Rubber discus is not allowed in this event.
- Host must provide certified and approved throwing implements (at least 1 each of shot put, discus, and javelin) for the visiting teams.
- Host must inform and publish the brand and model names of the throwing implements.
- If visiting team decides to bring their own, then the personal throwing implements must be shared and made available to all other competitors until the end of the final.
- Weigh-in will begin 45 minutes before the event starts.

#### 4.11. 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 **4.5.b**.

#### 4.12. 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.

#### 4.13. Fully Automatic Time Device

All running events must use professional fully automatic time (FAT) device such as FinishLynx, FlashTiming, or Omega Hawk Eye. Hand timed will not be accepted.

The host will be responsible to cover the expenses for electronic timing device. The host may incorporate the Entry Fees to cover the FAT equipment rental cost. Also host could seek sponsors to cover the cost to avoid the burden on visiting team's Entry Fees expenses.

#### 4.14. 4x200m Relay Markings

This only applies if the host does not have start and exchange zones markings on track for 4x200m relay event. If this is the case, do the following designated markings below:

- Start will be on 4x400m relay markings (**blue**);
- 1<sup>st</sup> exchange zones will be on 4x100m relay markings (**yellow**);
- 2<sup>nd</sup> exchange zones will be on 4x400m relay markings (**blue**) and;
- 3<sup>rd</sup> exchange zones will be on 4x100m relay markings (**yellow**).

Generally in most states, the color blue refers to 4x400m markings and yellow refers to 4x100m markings. If the colors differ as indicated above, please inform this during first meeting.

If above is applied, the Meet Records will not be eligible.

#### **4.15. Protest Procedures**

The procedures for lodging a protest are outlined as below:

- Any official protest must be submitted in writing on the Berg/Seeger Classic Protest Form.
- The form must be given to the Meet Director with \$50 in cash within 30 minutes after the official results are posted.

The procedures for reviewing a protest are outlined as below:

- The protest committee consists of Meet Director, appointed by the host committee chair, and USADTF representative.
- When reviewing, the cases of a general nature will be resolved in accordance as follows: 1.) this Berg/Seeger Classic general rules, 2.) host's State Association rules, and then 3.) NFHS rules.
- The Meet Director will be responsible for informing the appellant the outcome of the protest.

The deposit of \$50 will be returned to the appellant only if the protest is considered valid.

#### **4.16. Scheduled Meetings**

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

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

#### **4.17. Others**

For all else not mentioned in this document will be referred to host's state associations and NFHS 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. She died peacefully from this world on 13 April 2014 at the age of 89.



**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 early 1940'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 (DAFUS), 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 life till the age of 87. He passed away on 28 September 2009. On

17 April 2012, Gallaudet University Athletics Department held a luncheon and ribbon cutting ceremony to honor Berg by naming the track in his name, Thomas O. Berg Track at Hotchkiss Field.

## 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
15-16 April 2011	4 <sup>th</sup>	Indiana School for the Deaf – Indianapolis, IN	15	187
20-21 April 2012	5 <sup>th</sup>	Arizona State Schools for the Deaf and the Blind – Tucson, AZ	14	132
11 May 2013	6 <sup>th</sup>	Minnesota State Academy for the Deaf – Faribault, MN	9	94
12 April 2014	7 <sup>th</sup>	Kentucky School for the Deaf – Danville, KY	16	211
17-18 April 2015	8 <sup>th</sup>	Kentucky School for the Deaf – Danville, KY		
15-16 April 2016	9 <sup>th</sup>	TBA		
14-15 April 2017	10 <sup>th</sup>	Texas School for the Deaf – Austin, TX <b>**Tentative**</b>		

### 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 – Recommended Standards

Below chart displays two columns of first (1<sup>st</sup>) place average and the recommended standards for athletes. This is a base guideline to help coaches who have never experience Berg/Seeger Classic before. The standard chart is compiled based on first (1<sup>st</sup>) place averages from the last five (5) years Berg/Seeger Classic held. The 25% reduction applied to the averages which are the established recommend standards.

Event	Boys		Girls	
	1 <sup>st</sup> Place Average	Recommend Standard	1 <sup>st</sup> Place Average	Recommend Standard
100m	11.42	14.28	13.30	16.63
200m	23.80	29.75	28.09	35.12
400m	52.16	1:05.21	1:06.96	1:23.70
800m	2:13.39	2:46.74	2:54.11	3:37.64
1600m	5:01.06	6:16.33	6:44.15	8:25.19
3200m	10:54.50	13:38.13	14:09.70	17:42.13
100m Hurdles			18.01	22.52
110m Hurdles	16.20	20.25		
300m Hurdles	44.09	55.12	53.40	1:06.75
Long Jump	20' 2"	15' 1 1/2"	15' 0 3/4"	11' 3 1/2"
Triple Jump	39' 3 3/4"	29' 5 3/4"	29' 2 1/2"	21' 10 3/4"
High Jump	5' 7 3/4"	4' 2 3/4"	4' 6 1/4"	3' 4 3/4"
Shot Put	43' 8"	32' 9"	29' 4"	22' 0"
Discus	130' 2"	97' 7 1/2"	86' 11"	65' 2 1/2"
4x100m Relay	46.78	58.48	55.04	1:09.36
4x200m Relay	1:40.47	2:05.59	2:04.55	2:35.68
4x400m Relay	3:56.55	4:55.68	5:09.12	6:26.41
4x800m Relay	10:00.66	12:30.83	13:41.41	17:06.77

## Appendix 5 – Banner

The banner should be white vinyl, in the size of 3' x 3'. The flexible vinyl banner material is hemmed on four sides with grommets on upper corners. Include cardboard tube for the winners which this will be handy for them to travel back home. Below outlines what should be included on the banner:

- 1 or 2 color borders which reflect host's school colors
- Berg/Seeger Classic logo
- City, State
- Text: Boys Champions / Girls Champions
- Text: Year

**Sample A) 1 Color Border (Blue):**



**Sample B) 2 Color Borders (Maroon & Gold):**



## Appendix 6 – Award Naming and Criterion

The plaque designs should be by the host's discretion. This could be made by the host's vocational class or use trophy shop nearby. Host could obtain sponsor to cover the cost. Below outlines what shall include on the plaque for team and individual awards:

### Team Awards

- Berg/Seeger Classic logo
- Text: Thomas O. Berg Award / Ruth T. Seeger Award
- Text: Team Overall Standings
- Text: Champions / Runner-Up / 3<sup>rd</sup> Place
- Host's school logo
- Text: City, State
- Text: Date (as in April 15-16, 20xx)
- Option: Sponsor logo or text

The 2<sup>nd</sup> place plaque will be smaller than the 1<sup>st</sup> place plaque. Same goes for 3<sup>rd</sup> place plaque be smaller than the 2<sup>nd</sup> place plaque.

Sample:



### Individual Awards

- Berg/Seeger Classic logo
- Text: Thomas O. Berg Award / Ruth T. Seeger Award
- Text: Best Track Athlete / Best Field Athlete / Best All Around Athlete
- Host's school logo
- Text: City, State
- Text: Date (as in April 15-16, 20xx)
- Option: Sponsor logo or text

Sample (next page):





### **Selection Committee**

The selection committee for the top individual awards will consists of two (2) from the host committee and one (1) from USADTF representative.

The selection committee will consider high level results, such as observation and statistics of both an objective and subjective nature, which pertains to the criteria listed below. The general philosophy that will prevail throughout the selection process will be to identify the athlete that will make the top individual award. Individual evaluation will be completed on each athlete considered and utilized as part of the final decision making process.

The following criterion outlines below how each individual award is being selected:

### **Best Track**

- Identify standout track athlete that has performed in high level such as athlete's time(s) are outstanding.
- Athlete's performance in the relay events will be the least consideration.
- Athlete's multiple running event placing results will not be weighted and do not constitute a selection for the award. The most important factor is athlete's time(s) results. However, when come to tiebreaker, athlete's multiple running events results, (including relay) will be considered.

### Best Field

- Identify standout field athlete that has performed in high level such as athlete's measurement(s) are outstanding.
- Athlete's multiple field event placing results will not be weighted and do not constitute a selection for the award. The most important factor is athlete's measurement(s) results. However, when come to tiebreaker, athlete's multiple field event results will be considered.

### All Around

- Identify standout athlete who has performed outstanding in both track and field events.
- Athlete's total individual points will be considered as long the points came from both track and field results. Also made the difference in team overall standings.
- Demonstrate good sportsmanship.

Below are the past Berg/Seeger Classic winners.

#### Ruth T. Seeger Award

<u>Year</u>	<u>Team Overall Champions</u>	<u>Best Track Athlete</u>	<u>Best Field Athlete</u>	<u>All Around Athlete</u>
2014	Minnesota State Academy for the Deaf	Shanieka Coleman – Mississippi	Ruth Ballentine – Minnesota	Kori Koss – Wisconsin
2013	Minnesota State Academy for the Deaf	Shellane McKitty – Fanwood	Tabitha Anderson – Minnesota	Simone James - Indiana
2012	Model Secondary School for the Deaf	Elissa Letendre - Learning Center	Lori Eldred - Model	Sabina Shysh - Arizona
2011	Minnesota State Academy for the Deaf	Elissa Letendre - Learning Center	Amanda Feliciano - Wisconsin	Jasilyn Williams - Texas
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

<u>Year</u>	<u>Team Overall Champions</u>	<u>Best Track Athlete</u>	<u>Best Field Athlete</u>	<u>All Around Athlete</u>
2014	Minnesota State Academy for the Deaf	Gashaw Duhamel – Tennessee	Garrett Springer – Minnesota	Nick Jones – Missouri
2013	Minnesota State Academy for the Deaf	Taylor Pierce – Minnesota	Shaun Novella – Minnesota	Malcolm Harris – Oregon
2012	California School for the Deaf - Fremont	Mohamed Kamara – Maryland	Gregory Spriggs-Cudjo - Fremont	Taylor Koss - Wisconsin
2011	Texas School for the Deaf	Trey Gordon – Unattached	Jonathan Ford - Texas	Taylor Koss - Wisconsin
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 7 – Competition Schedule

1-Day Schedule	2-Day Schedule
<b>Saturday 9:00am – 11:30</b>	<b>Friday 6:00pm – 8:30</b>
3200m (Boys following Girls) Finals	Long Jump (Boys following Girls) Finals
Triple Jump (Boys following Girls) Finals	Shot Put (Boys) Finals
Shot Put (Boys following Girls) Finals	Discus Throw (Girls) Finals
Discus Throw (Girls following Boys) Finals	
High Jump (Boys following Girls) Finals	<u>(Boys following Girls)</u>
Long Jump (Boys following Girls) Finals	4x100m Relay Preliminary
	100m Hurdles Preliminary
	110m Hurdles Preliminary
	100m Preliminary
	3200m Finals
	4x200m Relay Preliminary
	400m Preliminary
	300m Hurdles Preliminary
	200m Preliminary
<b>11:00am – (Boys following Girls)</b>	
4x800m Relay Finals	
4x200m Relay Finals	
<b>During Lunch Break</b>	
AWARDS CEREMONY (from Saturday morning finals)	
<b>Saturday 1:30pm –</b>	<b>Saturday 9:00am – 11:30</b>
<u>(Boys following Girls)</u>	Triple Jump (Girls following Boys) Finals
100m Preliminary	Shot Put (Girls) Finals
100m Hurdles Preliminary	Discus Throw (Boys) Finals
110m Hurdles Preliminary	High Jump (Boys following Girls) Finals
200m Preliminary	
<b>Break – 30 minutes</b>	<b>11:00am - (Boys following Girls)</b>
100m Hurdles Finals	4x800m Relay Finals
110m Hurdles Finals	4x200m Relay Finals
100m Finals	
1600m Finals	
4x100m Relay Finals	
400m Finals	
300m Hurdles Finals	
800m Finals	
200m Finals	
<b>Break – 15 minutes</b>	<b>Saturday 2:00pm –</b>
4x400m Relay Finals	<u>(Boys following Girls)</u>
	100m Hurdles Finals
	110m Hurdles Finals
	100m Finals
	1600m Finals
	4x100m Relay Finals
	400m Finals
	300m Hurdles Finals
	800m Finals
	200m Finals
	<b>Break – 15 minutes</b>
	4x400m Relay Finals
	AWARDS CEREMONY
<ul style="list-style-type: none"> <li>If host have two (2) separate jumping pits, the schedule will put long jump (boys) and triple jump (girls) first. Then long jump (girls) and triple jump (boys) will follow.</li> <li>If host wish to include pole vault and/or javelin, the schedule will put pole vault on in the morning and javelin in the afternoon.</li> </ul>	<ul style="list-style-type: none"> <li>If host have two (2) separate jumping pits, the schedule will put long jump (boys) and triple jump (girls) on Friday. Long jump (girls) and triple jump (boys) on Saturday.</li> <li>If host wish to include pole vault and/or javelin, the schedule will put pole vault on Friday and javelin on Saturday afternoon.</li> </ul>

## Appendix 8 – 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 (if use 2 jumping pits, 4 rakes)
  - 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    1.6kg      Girls    1kg
    - Javelin        Boys    700g      Girls    600g
  - Orange cones
    - 8 – small cones (about 2-3" high) for 800m, 4x400m, and 4x800m breaking line placements
    - 8 – large cones for shot put & discus (1 each on far end of foul line) and long jump & triple jump (1 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'
  - Football sideline markers
    - Long jump – use 20 & 10 marker
    - Triple jump and shot put – use 50, 40, 30 & 20 marker
  - 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
  - 2 large posting boards (one for schedule, heat/lane assignments, meet records, & Top 10 Performance list and the other board for results). Place both boards right side of the bleachers facing the track.
  - Call room area
    - Large covered tent (covers approximately 20 people)
    - Tables/chairs/bleachers
    - Chute materials (stanchions, rope)
    - Signage prepared for field and running events, large eraser whiteboard may be suitable
  - Signage for all field meet records (USADTF will prepare this, host provide stakes to hold in place)

## **Appendix 9 – Revision History**

Below is the version history how this document has evolved over the years.

- v1.0** -Implemented by USADTF with feedback from Jesse Bailey, Brian Bippus, Steven Fuerst, and Darrin Green (11 July 2008).
- v1.1** -Revised after coaches meeting in Austin, TX (18 April 2009)
- v1.2** -Revised after coaches meeting in Washington, DC (25 April 2010)
- v1.3** -Revised after coaches meeting in Indianapolis, IN (22 April 2011)
- v1.4** -Revised after coaches meeting in Tucson, AZ (24 April 2012)
- v1.5** -Revised after Berg/Seeger committee meeting in Faribault, MN (14 May 2013)
- v1.6** -Revised after email ballot from participating schools based on issues in Danville, KY (21 April 2014)



## Protest Form

**Instructions:** Fill out this form entirely. A \$50 fee must be submitted in cash with this protest form.

<b>Date of Protest:</b> <u>      </u> / <u>      </u> / <u>      </u>	<b>Time of Protest:</b> <u>      </u> AM <u>      </u> PM
<b>Name of Event:</b>  _____	<b>Name of Your Team:</b>  _____
<b>Reason of Protest:</b>  _____  _____  _____  _____	
<b>Name of Team's Representative:</b>  _____	<b>Function of the Representative:</b>  _____
<b>Has the matter been addressed with the Meet Director?</b> <b>Yes    No</b> _____ (This has to be done immediately)	
_____ Team Representative's Signature	

<b>--- FOR OFFICIAL USE ONLY ---</b>			
<b>Decision of the Protest Committee:</b>		<input type="checkbox"/> <b>ACCEPTED</b> <input type="checkbox"/> <b>DECLINED</b>	
<u>      </u> / <u>      </u> / <u>      </u> Date                      Time		_____ Meet Director's Signature	
<u>      </u> / <u>      </u> / <u>      </u> Date                      Time		_____ Host Chair Representative's Signature	
<b>Deposit to be:</b> <input type="checkbox"/> <b>REFUNDED</b> <input type="checkbox"/> <b>FORFEITED</b>			

☐ Original to Host's copy      ☐ USADTF's copy