

Appendix C

ALL CONFERENCE SELECTION FOR TRACK & FIELD

The selection of all conference for Track & Field will be determined using a points system. Points are awarded for placement at the NLC Track & Field Conference tournament and advancement in the state tournament series. See the table below to determine the cumulated points for each athlete. The top ten (10) boys and top ten (10) girls point totals will be the NLC's all conference selections. All 20 recipients will receive a medal and certificate for their all conference recognition.

Placement at Conference Tournament

Athletes can receive points for any events that they place in at the conference tournament.

1st place	10 points
2nd place	8 points
3rd place	6 points
4th place	4 points

Placement at Regionals

Athletes can receive points for any events that they place in at Regionals.

1st place	20 points
2nd place	18 points
3rd place	16 points
4th place	14 points

Placement at Sectionals

Athletes can receive points for any events that they place in at Sectionals.

1st place	40 points
2nd place	38 points
3rd place	36 points
4th place	34 points

Placement at State

Athletes can receive points for any events that they place in at State.

1st place	80 points
2nd place	78 points
3rd place	76 points
4th place	74 points
5th place	72 points
6th place	70 points

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Procedures:

1. Relay points should be divided equally amongst the four athletes that compete in the relay. For example, if Relay A gets first place at Regionals and is awarded 20 conference points, those points would be divided between the four relay runners, with each runner receiving 5 points.
2. Coaches will keep track of separate point totals for field events and track events for each athlete during the final four meets to determine the male and female "NLC Track Athlete Of The Year" and male and female "NLC Field Athlete Of The Year." The highest point totals in running events will be awarded the Track Athlete Of The Year award, while the highest point totals in the field events will be awarded the Field Athlete Of The Year. Therefore, there will be two male and two female Athlete Of The Year award winners each season.
3. We will award 10 All-Conference athletes beyond the 2 male and 2 female Athletes Of The Year. For example, on the boys side, there would be one "NLC Track Athlete Of The Year," one "NLC Field Athlete Of The Year," and 10 All-Conference members. The same would be true for the girls side.
4. In the event of any ties in points for awards, the tie breaker will be given to the athlete that placed highest at the largest level of competition. This is the only time where the highest placing at the State Meet, or meets preceding, will be used to outright determine an award winner. All awards will normally be determined by Appendix C only.