

# 2010 Dorothy Dawson Indoor Invitational

## Seeding Rules

Based on USATF rules and Meet Management decision.

All seeding for this meet is done by seed marks.

### Running Events

Prelims - Heats will be formed in a zigzag, or serpentine, pattern. Fastest athlete will be in the first heat, second fastest in the second heat, etc. When all heats have 1 athlete, the next fastest athlete will be in the last heat, with the next fastest in the heat prior to that, etc. When all heats have 2 athletes, the pattern will repeat. Athletes with no times are seeded last. Advancement to finals is based on time only, so athletes from the same club may compete in a heat with other members of their club.

400m & over - When more than 1 heat of a timed final is needed, heats will be formed with slowest athletes & those with no times competing first.

When age divisions are combined in an event, lane assignments are adjusted to best accommodate the event.

Lane preferences are as follows, from best to worst seed times (no times seeded last, randomly):

### Timed Finals & Prelims

55m & 60m Dash = 5, 6, 4, 7, 3, 8, 2, 9, 1

55m & 60m Hurdles = 5, 6, 4, 7, 3, 8, 2, 9, 1

200m & over = 4, 5, 6, 3, 2, 1

800m = 6 alleys assigned as follows (1 lane per alley): 4a, 5a, 6a, 3a, 2a, 1a, 6b, 4b, 2b (starter may choose to use waterfall start if age divisions are combined)

### Round 2 (Finals of Prelims)

55m Dash - All based on time only

2 draws are made. Fastest 4 athletes are randomly placed in lanes 4, 5, 6 & 7. Remaining athletes are randomly placed in the remaining lanes, 1, 2, 3, 8 & 9.

### Field Events

All field events are seeded as 1 flight. If enough athletes report to an event that it is determined 2 flights are needed, field judges will break age division into 2 flights as appropriate.

Positions within the flight are seeded with best seed marks last. No seed marks are listed first, randomly.