

2006 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

Sport Specific Information



2005- 2006 CROSS COUNTRY & TRACK COMMITTEE MEMBERS

Dist. A Mr. Arthur Dulong
Principal, Concord-Carlisle HS

Mr. David Bailey
A.D., Amesbury HS

Dist. B Mr. Christopher Lane
Chief Admin Officer, Hyde Park
Complex
Mr. Phil Sheridan
A.D., Peabody Veterans Mem HS

Dist. C

Mr. James Erker
A.D., Walpole HS

Dist. D Mr. Donald Rebello
Principal, Durfee High School

Mr. Leonard Sylvia
A.D., Gr. New Bedford RVTHS

Dist. E Mr. Nicholas DeSimone
A.P., Murdock HS (Winchendon)

Mr. Gordon Warren
A.D., Shrewsbury HS

Dist. F Mr. Peter Dufresne
Vice Principal, West Springfield HS

Ms. Cathy Meader
A.D., West Springfield HS

Dist. G Mr. Douglas McNally
Principal, Taconic HS (Pittsfield)

Mr. Robert Powell
A.D., Wahconah Regional (Dalton)

Dist. H Mr. Paul Moran
Principal, Austin Prep (Reading)

Mr. Rick Kates
Asst. A.D., Notre Dame Academy (H)

Coaches' Representatives

Mr. James Hoar
Mr. Frank Mooney

Officials' Representative

Mr. Thomas Meagher

At-Large

Mr. Joseph LeMar

MASS

Dr. Matthew King

MASC

Mr. Tass Filledes

Consultant

Mr. John Monz

MIAA Staff Liaison

*Mr. Dick Baker
Assistant Director*

2006 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
Entry Deadline: Date and time when entry must be posted <u>electronically</u> on the MIAA website by your Athletic Director. Failure to post this entry on time will result in your athletes <u>not being allowed to compete</u> . There are no provisional entries Electronic Entries Only	Monday, May 22, 2006 @ Noon	Tournament Director contact information is available in the "Members Only" section of the MIAA website Entries should be given to your Athletic Director for Electronic posting to the MIAA website. Electronic Entries are automatically forwarded to your Tournament Director. Emass Divisional Directors Div 1 – Kevin Uniacke Div 2 – Michael Meagher Div 3 – Irwin Cohen Div 4 – Ed Hichborn
Cut-off Date	Sunday, May 21, 2006	
Performance List Date performance lists will be posted on http://massachusetts.ihigh.com	Thursday, May 25, 2006 - noon	
Seeding Meeting: Beginning of seeding meeting is last time performances can be updated.	Central: Wednesday, May 24, 2006 at 7:00 P.M. At Fitchburg High School West: Wednesday, May 24, 2006 at 7:00 P.M. At Holyoke Community College - Bartley Center	
Tournament Dates*: Divisional Meets:	Saturday, May 27, 2006 at 9:30 A.M. East: Division I – St. John's Prep, Danvers Division II – Westford Academy Division III – Milton High School Division IV – Seekonk High School <i>Pole Vault –Div IV @ Weston High School on Friday, May 26, 2006 @ 3:30 PM</i> Central: Fitchburg State College West: Holyoke High School	Central Mass. Charlie Butterfield West Mass. Tom Stewart ALL-STATE Charlie Butterfield
*Postponements	<ul style="list-style-type: none"> • Final decision made by T.D. & MIAA Liaison • If possible decision will be made the night before, if unable, will use a 6AM deadline. • First option will be to move from Saturday to Sunday at 12:30 pm. • Second option will be to move to Monday. • Check the MIAA website for postponements. 	
All-State Meet	Saturday, June 3, 2006 at Fitchburg State College, Field Events 10:00 a.m. - Track Events 11:00 a.m.	
New England Track Meet:	Saturday, June 10, 2006 @ Willow Brook Park, New Britain, CT http://cnesspa.ezstream.com/	

Forms	Deadline
Outdoor Track Entry Form Tournament Code of Conduct Form	Monday, May 22, 2006 @ 12:00 PM
Pole Vault Certification Form – East Pole Vault Certification Form – Central & West	East: Bring to Meet Central & West: Bring to Seeding Meeting
Qualifying Certification Form – East Only	East: Bring to Meet
Sportsmanship Award Form	May 13, 2006

~2006 MIAA OUTDOOR TRACK RULES~

- A. **DIVISIONS:** Schools will compete in divisions listed on the MIAA Alignments 2006-2010 Web Site, <http://www.miaa.net/alignments-06-09-home.htm> **BOYS AND GIRLS TEAMS WILL COMPETE AT THE SAME SITE.**
- B. All MIAA rules will be followed. High School Track and Field in Massachusetts for both boys and girls is governed by the National Federation Edition of Track and Field rules.
- C. Competitors must wear the proper school uniforms or they will not be permitted to compete in the meet. When other apparel is worn under the school uniform it must be a solid color. All relay team members must wear the same color and design school uniform. In a relay, when other apparel is worn under the school uniform, it shall be of the same solid color for all teammates choosing to wear them. **Absolutely no competitor will be allowed to wear jewelry.**
- D. All competitors must be accompanied by a coach or school representative who must remain at the meet or the competitors may be disqualified.
- E. Starting blocks will be furnished.
- F. Non-competitors and coaches will **NOT** be allowed inside the track except for Certified Pole Vault Coaches – 1 per team. Once the meet has started there will be no warming up allowed on the track. No one will be allowed to warm-up on the infield. Individual competitors or teams may be disqualified for failure to adhere to this rule.
- G. There cannot be any coaching or aiding an athlete once the event has started.
- H. **Awards:** Medals will be awarded for all scoring places in each event. Plaques will be awarded to division winning teams and runner-ups. Scoring will be 10-8-6-4-2-1.
- I. **Finality of Decisions** – The referee's decision in all matters shall be final and without appeal except in those meets for which a Jury of Appeals has been established for that special purpose. The Jury of appeals then will have the final authority. In order to have an appeal processed, a coach must submit the appeal in writing to the referee within thirty (30) minutes after the completion of that particular event.
- J. **Jury of Appeals:** Will be composed of three (3) officials and two (2) coaches.
- K. Each school may enter as many competitors in an event as have met the QUALIFYING STANDARDS.
- L. An athlete may participate in a maximum of three (3) events with the following limitation: ONE FIELD EVENT, ONE RUNNING EVENT, ONE RELAY; ONE FIELD EVENT AND TWO RELAYS; OR TWO FIELD EVENTS. Violation of this rule will result in disqualification of that athlete from the last event in which he/she was entered.
- M. **Electronic Entries:** Electronic Entries are **required**. The Athletic Director needs to submit the electronic entry and the Tournament Code of Conduct Form before the deadline.
- N. **East Coaches must bring the Pole Vault Weight Certification Form to the meet. Central & West Coaches must bring the Pole Vault Weight Certification Form to the seeding meeting. Failure to turn this form in will result in the athletes not being allowed to compete.**
- O. **Medical Coverage:** [A licensed athletic trainer, physician, physician's assistant, certified EMT, or nurse practitioner will be available at all MIAA Divisional and State Track Meets. The MIAA will compensate for this coverage at these sites.](#)
- P. **RESPONSIBILITY OF PARTICIPATING SCHOOLS**
All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes, students and spectators and when requested a school must complete a report regarding the contest in which a problem occurred.

Q. **ALERT: IMPORTANT ENTRY FORM INFORMATION**

It is the athletic director and/or coach's responsibility to correctly fill out all tournament entry forms. Tournament directors will make courtesy calls identifying errors whenever possible. However, this in NO WAY places the responsibility for the entry form correctness with the tournament director. If there is an undetected error, the Athletic Director/Coach will accept the responsibility, even if the error means athlete(s) is/are ineligible to compete in the championship meet.

The entry **MUST** be processed electronically and be received by the Tournament Director by the entry deadline. Failure to get this entry in on time means your athletes **will not be allowed to compete**.

THERE ARE NO LATE ENTRIES! THERE ARE NO PROVISIONAL ENTRIES!

**** IMPORTANT INFORMATION ****
CERTIFICATION PROCEDURES

- Individual athletes must be bona fide members of your high school team as recognized by the MIAA and must achieve the qualifying standards as published in this format.
- Qualifying performance must be obtained in a bona fide MIAA High School Track Meet, officiated by certified track officials.
- The coach or official school representative **must** be able to provide performance verification at the meet.
- Acceptable forms of verification include a certification form (as found in the format) signed by a certified official, HYTEK results list, meet results signed by certified official, or official league results list.
- Failure to produce verification will result in competitors not being allowed to compete in the meet.
- Performances, that do not meet minimum qualifying standards, will be challenged by the meet director.
- Other qualifying performances can be challenged throughout the meet.
- Any competitor found not to have met qualifying standards shall be disqualified from the event in question and the rest of the meet.
- A violation of qualifying criteria will involve follow up with school administration and may involve a hearing before the Track Committee.

R. **College Board Examinations**

There shall be no postponements of games/meets because of conflict with College Board Examinations. Schools that feel they have a chance of making the play-offs should encourage their students to take the SAT examination in May. In addition, please note the College Board has established SAT testing dates of May 6 & June 3, 2006.

QUALIFYING STANDARDS

Listed below are Qualifying Standards which have been determined by the Track Committee. Coaches must enter only those athletes who have achieved these standards.

EASTERN MASSACHUSETTS 2006 BOYS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	44' 6"		44'		43'		42'	
DISCUS	123'		122'		122'		120'	
JAVELIN	152'		150'		150'		148'	
L.J.	20'		19'10"		20'		19'6"	
T.J.	40'		39'		39'		39'	
H.J.	5'10"		5'10"		5'9"		5'9"	
P.V.	10'6"		10'6"		10'		10'	
100 M	11.3	11.54	11.5	11.74	11.5	11.74	11.6	11.84
200 M	23.5	23.74	24.0	24.24	24.0	24.24	24.2	24.44
400 M	53.7	53.94	53.7	53.94	53.0	53.24	54.1	54.34
800 M	2:04.0	2:04.24	2:06.0	2:06.24	2:07.0	2:07.24	2:07.0	2:07.24
MILE	4:43.0	4:43.24	4:45.0	4:45.24	4:45.0	4:45.24	4:50.0	4:50.24
TWO MILE	10:08.0	10:08.24	10:25.0	10:25.24	10:25.0	10:25.24	10:30.0	10:30.24
110 HURDLE	16.8	17.04	16.9	17.14	16.9	17.14	17.0	17.24
300 HURDLE	44.0	44.24	44.0	44.24	44.0	44.24	44.5	44.74
400 RELAY	46.5	46.74	47.0	47.24	47.0	47.24	47.5	47.74
1600 RELAY	3:40.0	3:40.24	3:43.0	3:43.24	3:42.0	3:42.24	3:45.0	3:45.24
3200 RELAY	8:44.0	8:44.24	8:50.0	8:50.24	8:50.0	8:50.24	8:54.0	8:54.24

EASTERN MASSACHUSETTS 2006 GIRLS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	31'		31'		30'		30'	
DISCUS	87'		87'		90'		87'	
JAVELIN	93'		93'		92'		92'	
L.J.	15'6"		15' 6"		15' 6"		15' 6"	
H.J.	4'10"		4'10"		4'11"		4'10"	
T.J.	32'6"		32'		32'		32'	
P.V.	7'6"		7'0"		7'0"		7'0"	
100 M	13.3	13.54	13.3	13.54	13.3	13.54	13.3	13.54
200 M	27.8	28.04	28.0	28.24	28.0	28.24	28.0	28.24
400 M	64.0	64.24	64.0	64.24	64.0	64.24	64.0	64.24
800 M	2:34.0	2:34.24	2:34.0	2:34.24	2:34.0	2:34.24	2:34.0	2:34.24
MILE	5:50.0	5:50.24	5:50.0	5:50.24	5:50.0	5:50.24	5:50.0	5:50.24
TWO MILE	12:48.0	12:48.24	12:50.0	12:50.24	12:50.0	12:50.24	12:50.0	12:50.24
100 MH	17.3	17.54	17.3	17.54	17.4	17.64	17.5	17.74
300 MH	52.0	52.24	52.0	52.24	52.0	52.24	52.0	52.24
400 RELAY	55.5	55.74	55.5	55.74	54.5	54.74	55.5	55.74
1600 RELAY	4:30.0	4:30.24	4:35.0	4:35.24	4:35.0	4:35.24	4:35.0	4:35.24
3200 RELAY	10:50.0	10:50.24	10:50.0	10:50.24	10:50.0	10:50.24	10:54.0	10:54.24

**CENTRAL MASSACHUSETTS
QUALIFYING STANDARDS 2006**

Event	Boys			Girls		
	Meters	FAT	Yards	Meters	FAT	Yards
100 METERS	11.8	12.04	11.0	13.5	13.74	12.6
200 METERS	24.4	24.64	24.6	28.0	28.24	28.3
400 METERS	54.0	54.24	54.3	65.0	65.24	64.8
800 METERS	2:09.0	2:09.24	2:09.7	2:35.0	2:35.24	2:35.7
ONE MILE	4:50.0	4:50.24	4:51.6	5:50.0	5:50.24	5:51.6
TWO MILES	10:25.0	10:25.24	10:28.4	12:38.6	12:38.84	12:42.0
100 METER HURDLES (33")				17.9	18.14	
110 METER HIGH HURDLES	17.5	17.74	17.5			
300 METER INTER HURDLES (36")	44.0	44.24	44.2	52.0	52.24	52.2
400 METER RELAY	One per school			One per school		
1600 METER RELAY	One per school			One per school		
3200 METER RELAY	One per school			One per school		
POLE VAULT			10'0"			7'6"
JAVELIN			140'			90'
SHOT PUT			42'			29'6"
DISCUS			110'			80'
LONG JUMP			19'0"			14'8"
HIGH JUMP			5'8"			4'8"
TRIPLE JUMP			38'			31'

**WESTERN MASSACHUSETTS
QUALIFYING STANDARDS 2006**

EVENT	BOYS		GIRLS	
	Meters	Yards	Meters	Yards
100 METERS	:11.7	:10.8	:13.5	:12.6
100 HURDLES			:18.0	
110 HURDLES	:17.7			
200 METERS	:24.4	:24.5	:28.4	:28.5
300 METER HURDLES	:44.8	:45.0	:53	:53.2
400 METERS	:54.7	:55.0	:66.0	:66.3
800 METERS	2:08.3	2:09.0	2:36.3	2:37.0
ONE MILE		4:50.0		5:57.0
TWO MILE		10:50		13:00
400 METER RELAY		One per school		One per school
1600 METER RELAY		One per school		One per school
3200 METER RELAY		One per school		One per school
LONG JUMP		18' 10"		15' 0"
TRIPLE JUMP		39' 0"		32' 0"
HIGH JUMP		5' 8"		4' 8"
POLE VAULT		10' 6"		7' 6"
SHOT PUT		41' 6"		28' 0"
DISCUS		118' 0"		84' 0"
JAVELIN		145' 0"		85' 0"

DIVISION CHAMPIONSHIPS ORDER OF EVENTS- 2006

8:00 AM – Weigh-in for all Throwing Implements - Preference will be given to girls shot, boys discus and boys javelin.

9:30 AM - FIELD EVENTS	TRIPLE JUMP	(B-G)
	HIGH JUMP	(G-B)
	SHOT PUT	(G-B)
	DISCUS	(B-G)
	JAVELIN	(B-G)
	LONG JUMP	(G-B)
	POLE VAULT	(B-G)

10:00 AM - RUNNING EVENTS GIRLS FOLLOWED BY BOYS

TWO MILE RUN	FINAL ON TIME
800 METER RUN	FINALS ON TIME
300 METER HURDLES	FINALS ON TIME
400 METER RUN	FINALS ON TIME
*100 METER DASH	TRIALS
*100 METER HURDLES	TRIALS
*110 METER HURDLES	TRIALS
**200 METER DASH	TRIALS
ONE MILE RUN	FINALS ON TIME
*100 METER DASH	SEMI FINALS IF NECESSARY
*110 METER HIGH HURDLES	SEMI FINALS IF NECESSARY
*100 METER HURDLES	SEMI FINALS IF NECESSARY
200 METER DASH	FINALS
100 METER DASH	FINALS
100 METER HURDLES	FINALS
110 METER HIGH HURDLES	FINALS
***3200 METER RELAY	FINALS ON TIME
400 METER RELAY	FINALS ON TIME
1600 METER RELAY	FINALS ON TIME

An athlete may be entered in one field event, one running event and one relay; one field event and two relays; or two field events.

* Advancing in the 100M Dash, 100M Hurdles and 110M Hurdles: TRIALS will be on FAT ONLY
SEMI FINALS: Advancing will be the heat winners plus the next fastest times needed to fill the Final Heat.

The decisions as to whether semi-final heats are needed will be made at the meet once scratches have been made.

** Advancing in the 200M Dash: TRIALS: Advancing will be on FAT ONLY. There will NOT be a semi-final round in the 200M Dash.

*** The 3200M Relay will not start until at least 30 minutes after the last runner has finished the One-Mile Run.

ALL-STATE MEET: Fitchburg State College
Saturday, June 3, 2006

Field events will start at 10:00 A.M. Track events will start at 11:00 A.M.

QUALIFIERS:

First four place winners (Division I, II, III, IV) including relays in all four divisions in the Eastern Mass. Meet. The first four best performances in the Central and Western Mass Track Meets are eligible for the competition in the State meet.

All athletes in the Western Mass track meet will run at the same time and will be scored separately. For example there will be one girls two-mile run, one boys two-mile run, etc. However, at the end of each event the meet will be scored according to Division and awards for individuals and teams will be given as such.

Performance Lists will be posted on <http://massachusetts.ihigh.com> on Tuesday, May 30, 2006.

Additional entries will be added if a non-qualifying athlete has a top 15 performance in an event based on the results of all divisional meets combined. Coaches will be notified by Monday, May 29, 2006.

The first SIX place winners in each event including the first six relay teams, (400 Meter, 1600 Meter and 3200 Meter Relays) in the All-State Meet will be eligible to represent Massachusetts in the New England Track Meet to be held on Saturday, June 10, 2006 at Willow Brook Park, New Britain, CT

JURY OF APPEALS: Will be composed of three officials and two coaches.

The school scoring the most points on Saturday, June 3, 2006 will be the 2006 State Outdoor Track and Field Champions (boys and girls), scoring will be 10-8-6-5-4-3-2-1.

All field event competitors in the Javelin, Discus, Triple Jump, Long Jump, and Shot Put will receive three trials. The top nine competitors in the trials will receive three additional attempts in the finals.

Shot Put and Discus circles are of cement. High Jump, Pole Vault, Triple Jump, and Long Jump Runways are composition (maximum ¼" spikes). Javelin area is grass. Throwing implements will be weighed in one (1) hour before the competition.

An athlete may participate in a maximum of three events with the following limitations: **One field event, one running event, one relay; one field event, and two relays; or two field events.** Violation of this rule will result in disqualification of that athlete from the last event in which he/she competed.

Directions to Wallace Civic Center (parking):

Take Interstate 91, 190 or 495 to Rte. 2

From Route 2: Rte 2 to Rte 13 North which is exit 32. Go north on Rte 13 to junction of Rte 2A (across from Wal-Mart Plaza). Turn left on Rte 2A West. Go west (approx 1 mile) to John Fitch Highway. Turn right on to John Fitch Highway. Wallace Civic Center Arena is on right approx. ½ mile. Look for gold dome.

http://www.arenamaps.com/view_arena.php?position=0&arena_name=Wallace+Civic+Center&city=&state=MA&zip=&county=&id=1111&sport=0

**-ALL-STATE MEET-
ORDER OF EVENTS 2006**

9:00 AM – Weigh in for all throwing implements - Preference will be given to girls shot, boys discus and boys javelin.

<i>10:00 AM - FIELD EVENTS</i>	TRIPLE JUMP	(B-G)
	HIGH JUMP	(G-B)
	SHOT PUT	(G-B)
	DISCUS	(B-G)
	JAVELIN	(B-G)
	LONG JUMP	(G-B)
	POLE VAULT	(B-G)

<i>11:00 AM - RUNNING EVENTS</i>	GIRLS FOLLOWED BY BOYS	
	TWO MILE RUN	FINALS ON TIME
	800 METER RUN	FINALS ON TIME
	300 METER HURDLES	FINALS ON TIME
	400 METER RUN	FINALS ON TIME
	*200 METER DASH	TRIALS
	ONE MILE RUN	FINALS ON TIME
	*100 METER DASH	TRIALS
	*100 METER HURDLES	TRIALS
	*110 METER HURDLES	TRIALS
	200 METER DASH	FINALS
	100 METER DASH	FINALS
	110 METER HURDLES	FINALS
	100 METER HURDLES	FINALS
	**3200 METER RELAY	FINALS ON TIME
	400 METER RELAY	FINALS ON TIME
1600 METER RELAY	FINALS ON TIME	

* Advancing in the 100M Dash, 100M Hurdles, 110M Hurdles and 200M Dash will be on FAT ONLY.

** The 3200M Relay will not start until at least 30 minutes after the last runner has finished the One-Mile Run.

EAST MASS ONLY

MIAA TRACK & FIELD CHAMPIONSHIPS
Qualifying Standard Achievement Notification

EVENT: _____ PERFORMANCE: _____ Meter
Yard

ATHLETE'S NAME: _____

SCHOOL: _____ SCHOOL PHONE: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL SIGNATURE: _____ OFFICIALS BOARD _____

TIMING: HAND _____ F.A.T. _____ SHOT PUT _____ 4K _____ 12lbs.

HURDLES DISTANCE: _____

NOTE: COACHES MUST BRING SOME FORM OF CERTIFICATION TO THE DIVISIONAL MEET. FAILURE TO DO SO WILL RESULT IN ATHLETES NOT BEING ALLOWED TO COMPETE IN THE MEET.

EAST MASS ONLY

MIAA TRACK & FIELD CHAMPIONSHIPS
Qualifying Standard Achievement Notification

EVENT: _____ PERFORMANCE: _____ Meter
Yard

ATHLETE'S NAME: _____

SCHOOL: _____ SCHOOL PHONE: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL SIGNATURE: _____ OFFICIALS BOARD _____

TIMING: HAND _____ F.A.T. _____ SHOT PUT _____ 4K _____ 12lbs.

HURDLES DISTANCE: _____

NOTE: COACHES MUST BRING SOME FORM OF CERTIFICATION TO THE DIVISIONAL MEET. FAILURE TO DO SO WILL RESULT IN ATHLETES NOT BEING ALLOWED TO COMPETE IN THE MEET.

Tournament Code of Conduct

Responsibilities and Guidelines for Athletes/Coaches/Participating Schools

A School must execute this form online for Tournament Eligibility at the same time as your Tournament Entry Form

Any MIAA Championship must achieve a standard of Excellence which places it beyond reproach either from an organizational or educational point of view. In essence, each championship represents all Massachusetts Interscholastic sports and if, for any reason, something disrupts a championship, then the impact of such disruption will be felt by the entire MIAA family of schools. What appears at present to pose the greatest threat is the negative behavior of athletes, coaches and spectators attending or participating in Tournament events.

Code of Conduct for Athletes

1. *Alcoholic beverages, tobacco products and other drugs (unless prescribed by a physician) will not be tolerated.*
2. *Athletes are responsible for their conduct in regard to public property such as: transporting vehicles, field and courts, locker rooms and host facilities. Athletes or the school that they represent will be held financially responsible for any damage that they incur.*
3. *Locker rooms will be inspected by the supervisor and the occupants of each room prior to the occupying of each room and again before checkout. Any damage incurred will be the responsibility of the participating school.*
4. *Dress for all tournament participants should be neat, clean and socially acceptable. Athletes are representing their school and community. All actions reflect on their institutions.*
5. *Athletes must use transportation authorized by their school to and from the event.*
6. *There will be no gambling of any kind.*
7. *Taunting, fighting or profanity can lead to disqualification.*
8. *There is no appeal or changes of game officials' calls.*
9. *Respect for officials and opponents will be required.*

Code of Conduct for Coaches/Athletic Director

1. *Enforce Code of Conduct for athletes*
2. *For road games be responsible for athletes from departure point of trip until trip is completed and you are sure all athletes have transportation to their home.*
3. *Know Tournament Rules for your sport.*
4. *Know, Abide by, and communicate award ceremony expectations to your team.*
5. *Host schools will provide a safe and sportsmanlike environment and pledge to remove spectators who taunt, heckle, trash talk, or participate in negative chants.*
6. *Commence all Tournament games with appropriate sportsmanship announcements, National Anthem and introductions of players.*
7. *The coach must constantly uphold the honor and dignity of the profession. In all personal contact with student athletes, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.*
8. *Contest officials shall have the respect and support of the coach. The coach shall not indulge in conduct, which will incite players or spectators against the officials. Public criticism of officials or players is unethical. (Media Rule)*
9. *Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event. All contests should be concluded by a handshake line.*

I have read and understand my responsibilities to my athletes and I will abide by the MIAA Tournament Athletic Code of Conduct.

Coach

Athletic Director *

Date

* An AD signature certifies that their head coach and assistants have read and will abide by all responsibilities of the above code.

BOYS

MIAA POLE VAULTER'S WEIGHT CERTIFICATION FORM

TO ALL MEMBER SCHOOLS . Member schools will be required to process the ***Pole Vaulter's Weight Certification Form*** listing each athlete to be entered in MIAA state competition in the pole vault event. ***A copy of this form is to be turned in to the Meet Director upon arrival the day of the meet. Failure to do so will result in the athletes not being allowed to compete.***

SCHOOL: _____

Name of Vaulter	Weight*	Pole Rating
1.		
2.		
3.		

***Includes full competition uniform and footwear**

Date: _____ Signature of Principal _____

Date: _____ Signature of Athletic Director _____

Date: _____ Signature of Coach _____

Pole Vault Coach Certification No. _____

NOTE TO SCHOOL OFFICIALS

National Federation Track and Field Rule 7-5-3...The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 314 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer.

Note: Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one-inch contrasting color printed lengthwise above the hand-hold band.

Copies of this form must be turned in to the Meet Director, at the competition site, for comparison with the manufacturer's pole rating of the pole used by each vaulter. Vaulters may be weighed, on site, prior to competition in MIAA championship meets.

THE ORIGINAL FORM MUST BE KEPT ON FILE IN THE SCHOOL OFFICE AND BE AVAILABLE ON DEMAND.

GIRLS

MIAA POLE VAULTER'S WEIGHT CERTIFICATION FORM

TO ALL MEMBER SCHOOLS . Member schools will be required to process the ***Pole Vaulters' Weight Certification Form*** listing each athlete to be entered in MIAA state competition in the pole vault event. ***A copy of this form is to be turned in to the Meet Director upon arrival the day of the meet. Failure to do so will result in the athletes not being allowed to compete.***

SCHOOL: _____

Name of Vaultler	Weight*	Pole Rating
1.		
2.		
3.		

*** Includes full competition uniform and footwear**

Date: _____ Signature of Principal _____

Date: _____ Signature of Athletic Director _____

Date: _____ Signature of Coach _____

Pole Vault Coach Certification No. _____

NOTE TO SCHOOL OFFICIALS

National Federation Track and Field Rule 7-5-3... The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 314 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer.

Note: Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one-inch contrasting color printed lengthwise above the hand-hold band.

Copies of this form must be turned in to the Meet Director, at the competition site, for comparison with the manufacturer's pole rating of the pole used by each vaulter. Vaulters may be weighed, on site, prior to competition in MIAA championship meets.

THE ORIGINAL FORM MUST BE KEPT ON FILE IN THE SCHOOL OFFICE AND BE AVAILABLE ON DEMAND

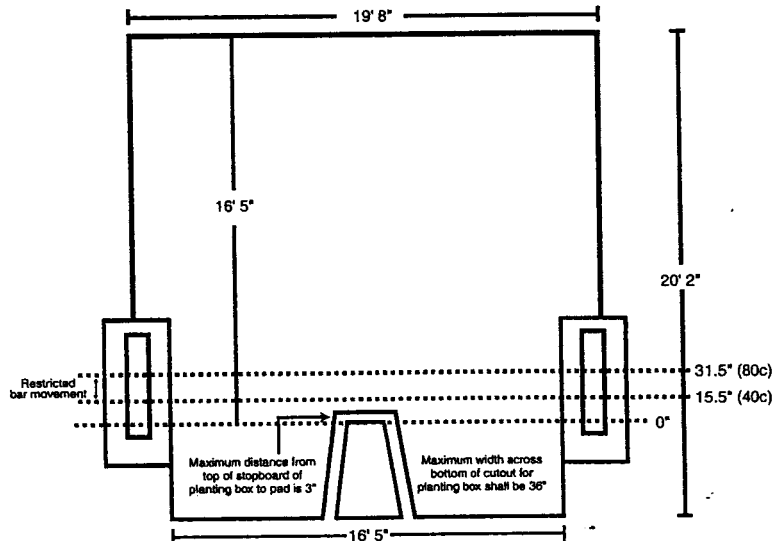
MIAA POLE VAULT LANDING PAD CERTIFICATION FORM

ALL MEMBER SCHOOLS THAT PARTICIPATE IN POLE VAULT will be required to process the Pole Vault Landing Pad Certification Form confirming that the landing pad being used conforms with the National Federation specifications in the diagram below.

SCHOOL: _____

Rule 7-5-8 Effective immediately, the overall size of the pole vault landing pad shall be a minimum of 19 ft., 8 inches wide by 20 ft., 2 inches deep. The landing surface measured beyond the back of the standard bases, shall be a minimum of 19 ft., 8 inches wide. The dimension of the landing surface in back of the vaulting box to the back of the landing pad shall be 16 ft., 5 inches deep. The material in the pad shall be high enough and of a composition that will decelerate the landing. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections.

Rule 7-5-9 The front sections of the landing pad, known as front buns, shall be a minimum of 16 ft., 5 inches wide so as to cover the entire area around the landing box to the inside edges of the standard bases up to the front edge of the plant box. The maximum cutout for the planting box shall be 36 inches in width, measured across the bottom of the cutout. The edges of the front of the landing pad immediately behind the planting box shall not be placed more than 3 inches from the top of the back of the planting box. The front pad shall be attached to the main landing pad or encased in a common cover.



Date: _____ Signature of Principal _____

Date: _____ Signature of Athletic Director _____

Date: _____ Signature of Coach _____

Pole Vault Coach Certification No. _____

Copies of this form should be available at the competition site.

THE ORIGINAL FORM MUST BE KEPT ON FILE IN THE SCHOOL OFFICE AND BE AVAILABLE ON DEMAND.



**Boys and Girls
Outdoor Track Sportsmanship Award**



The MIAA Tournament Management Committee has approved an Annual Sportsmanship Award to be presented to a school in every sport at the MIAA Championship. Outdoor Track will recognize one boys and one girls team in each division (1-4).

We would like to encourage you to nominate a boys or girls outdoor track team for consideration by the MIAA Track Committee for recognition at the MIAA State Divisional Championships. Nominated teams do not have to be tournament teams but should exemplify the tenets of good sportsmanship to the highest degree. Self-nominations are acceptable.

I would like to nominate the following team for consideration of the MIAA Boys or Girls (circle one please) Outdoor Track Sportsmanship Award:

School: _____ Division: _____

City/Town: _____

Phone: _____ Fax: _____

Principal: _____

Athletic Director: _____ School Phone: _____

Home Phone: _____

Coach: _____ Home Phone: _____

Please provide a brief statement with regard to the reasons for this nomination below!

Your Name _____ **Signature** _____

Position _____ **School** _____

Date _____ **Phone** _____

Send to: Frank Mooney
Mass State Track Coaches Assoc.
60 Cynthia Road
Seekonk, MA 02771

APPLICATIONS MUST BE RECEIVED NO LATER THAN May 13, 2006