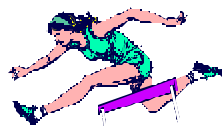

2007 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

Sport Specific Information



2006- 2007 CROSS COUNTRY & TRACK COMMITTEE MEMBERS

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

Ms. Kim Kochanek, Athletic Director
Salem High School

Dist. B Mr. Christopher Lane
Chief Admin Officer, Hyde Park
Complex
Mr. Philip Sheridan, Athletic Director
Peabody Veterans Memorial H.S.

Dist. C Mr. Jeffrey Sperling, A.P.
Medfield High School

Mr. James VonEuw, A.D.
Oliver Ames H.S. (North Easton)

Dist. D Mr. Leonard Sylvia, A.D.
Greater New Bedford RVTHS

Dist. E Mr. David Champigny, A.P.
Hudson High School

Mr. Pete McCauliff, A.D.
Lunenburg High School

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. Art Reilly, Athletic Director
Lee High School

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
Ms. Jennifer Lynch
Ms. Elaine Paradis
MASS
Dr. Matthew King

MASC

Mr. Tass Filledes

Consultant

Mr. John Monz

MIAA Staff Liaison

Mr. Dick Baker
Assistant Director

2007 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. There are no provisional entries Electronic Entries Only	Monday, May 21, 2007 @ 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 20, 2007	
Performance List Date performance lists will be posted on http://www.miaa.net	Wednesday, May 23, 2007 @ noon	
Late Entries	Any changes or additional entries must be accompanied with PO # (or check to MIAA) for \$300 per athlete per event. All changes must be completed by noon on Thursday, May 24 th .	
Final Deadline: Date and time after which no entries will be accepted by the Tournament Director.	Thursday, May 24, 2007 @ noon	
Seeding Meeting: Beginning of seeding meeting is last time performances can be updated.	Central: Wednesday, May 23, 2007 at 7:00 P.M. At Fitchburg High School West: Wednesday, May 23, 2007 at 7:00 P.M. At Holyoke Community College - Bartley Center	
Tournament Dates*: Divisional Meets:	Saturday, May 26, 2007 at 9:30 A.M. East: Division I – Cawley Stadium, Lowell Division II – Reading High School Division III – Milton High School Division IV – Weston High School Central: Fitchburg State College West: Robert's Sport Complex - Holyoke, MA	Central Mass. Charlie Butterfield West Mass. Tom Stewart ALL-STATE Tom Stewart
*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 2, 2007 @ Robert's Sport Complex - Holyoke, MA Field Events 10:00 a.m. - Track Events 11:00 a.m.	
New England Track Meet:	Saturday, June 9, 2007 @ Fitchburg State College http://cnesspa.ezstream.com/	

Forms	Deadline
Outdoor Track Entry Form & Tournament Code of Conduct Form	Monday, May 21, 2007 @ 12:00 PM
Pole Vault Certification Form – East	East: Bring to Meet
Pole Vault Certification Form – Central & West	Central & West: Bring to Seeding Meeting
Qualifying Certification Form – East Only	Bring to Meet
Sportsmanship Award Form	May 12, 2007

-2007 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>
- 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. **The uniform and jewelry rules will be strictly enforced.**
- 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(s) 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.

Electronic entry via the MIAA website certifies that you **have read and agree** to the following: We have read, understand, and will abide by the MIAA Handbook as well as the rules for Outdoor Track. Further, we have received and read the entire Outdoor Track Format and agree to abide by all the requirements contained therein. We alone are responsible for Schedule/Rule violations and we realize that rule violations will result in Tournament Disqualification.

Your entry must be posted on the MIAA website by Monday, May 21, 2007 at 12:00 PM. Failure to post this entry on time may result in your athletes **not being allowed to compete**. (see page 2 of format for Late Entry Information). **All changes must be completed by noon on Thursday, May 24th.**

**** 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 5 & June 2, 2007.

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 2007 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'		146'	
L.J.	20'		19'10"		20'		19'3"	
T.J.	40'		39'		39' 4"		38'6"	
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	23.4	23.64	24.0	24.24	23.8	24.04	24.2	24.44
400 M	53.7	53.94	53.7	53.94	53.0	53.24	54.3	54.54
800 M	2:04.0	2:04.24	2:06.0	2:06.24	2:06.0	2:06.24	2:07.4	2:07.64
MILE	4:43.0	4:43.24	4:45.0	4:45.24	4:45.0	4:45.24	4:55.0	4:55.24
TWO MILE	10:08.0	10:08.24	10:25.0	10:25.24	10:25.0	10:25.24	10:38.0	10:38.24
110 HURDLE	16.7	16.94	16.9	17.14	16.9	17.14	17.3	17.54
300 HURDLE	43.5	43.74	44.0	44.24	44.0	44.24	44.8	45.04
400 RELAY	46.4	46.64	47.0	47.24	47.0	47.24	47.6	47.84
1600 RELAY	3:40.0	3:40.24	3:43.0	3:43.24	3:42.0	3:42.24	3:47.0	3:47.24
3200 RELAY	8:43.0	8:43.24	8:50.0	8:50.24	8:50.0	8:50.24	9:00.0	9:00.24

EASTERN MASSACHUSETTS 2007 GIRLS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	31'		31'		31'		29'6"	
DISCUS	87'		87'		90'		87'	
JAVELIN	93'		93'		92'		91'	
L.J.	15'6"		15' 6"		15' 6"		15' 1"	
H.J.	4'10"		4'10"		4'11"		4'9"	
T.J.	32'6"		32'		32' 8"		31'6"	
P.V.	8'0"		7'0"		7'0"		7'0"	
100 M	13.2	13.44	13.3	13.54	13.3	13.54	13.3	13.54
200 M	27.8	28.04	28.0	28.24	27.9	28.14	28.2	28.44
400 M	64.0	64.24	64.0	64.24	64.0	64.24	64.3	64.54
800 M	2:33.0	2:33.24	2:34.0	2:34.24	2:32.5	2:32.74	2:34.7	2:34.94
MILE	5:45.0	5:45.24	5:50.0	5:50.24	5:45.0	5:45.24	5:54.0	5:54.24
TWO MILE	12:40.0	12:40.24	12:50.0	12:50.24	12:35.0	12:35.24	12:53.0	12:53.24
100 MH	17.3	17.54	17.3	17.54	17.4	17.64	17.6	17.84
300 MH	52.0	52.24	52.0	52.24	51.0	51.24	52.3	52.54
400 RELAY	55.5	55.74	55.5	55.74	54.5	54.74	55.6	55.84
1600 RELAY	4:30.0	4:30.24	4:35.0	4:35.24	4:35.0	4:35.24	4:36.5	4:36.74
3200 RELAY	10:48.0	10:48.24	10:50.0	10:50.24	10:50.0	10:50.24	10:59.0	10:59.24

**CENTRAL MASSACHUSETTS
QUALIFYING STANDARDS 2007**

Event	Boys			Girls		
	Meters	FAT	Yards	Meters	FAT	Yards
100 METERS	11.8	12.04	11.0	13.4	13.64	12.5
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'			30'0"
DISCUS			110'			80'
LONG JUMP			19'0"			14'10"
HIGH JUMP			5'8"			4'10"
TRIPLE JUMP			38'			31'

**WESTERN MASSACHUSETTS
QUALIFYING STANDARDS 2007**

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- 2007

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

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

10:00 AM - RUNNING EVENTS GIRLS FOLLOWED BY BOYS

TWO MILE RUN	FINAL ON TIME
800 METER RUN	FINAL ON TIME
300 METER HURDLES	FINAL ON TIME
400 METER RUN	FINAL ON TIME
*100 METER DASH	TRIALS
*100 METER HURDLES	TRIALS
*110 METER HURDLES	TRIALS
**200 METER DASH	TRIALS
ONE MILE RUN	FINAL ON TIME
*100 METER DASH	SEMI FINALS IF NECESSARY
*110 METER HIGH HURDLES	SEMI FINAL IF NECESSARY
*100 METER HURDLES	SEMI FINAL IF NECESSARY
200 METER DASH	FINALS
100 METER DASH	FINALS
100 METER HURDLES	FINAL
110 METER HIGH HURDLES	FINAL
***3200 METER RELAY	FINAL ON TIME
400 METER RELAY	FINAL ON TIME
1600 METER RELAY	FINAL 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: Robert's Sport Complex - Holyoke, MA
Saturday, June 2, 2007

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 as well as 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://www.miaa.net> on Tuesday, May 29, 2007.

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 should review the All-State Performance List posted on Tuesday, May 29th on the MIAA website to see if they have athletes in this category. Athletes added because of a Top 15 Performance will be designated with an "X".

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 9, 2007 at Fitchburg State College. (see note below)

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

The school scoring the most points on Saturday, June 2, 2007 will be the 2007 State Outdoor Track and Field Champion (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 Roberts' Sport Complex

Rte 91N exit 16 take a right off the ramp, continue straight (you will go by the Yankee Pedlar on you left, Holyoke Medical Center on left...) through 3 sets of lights, take a right into the front of HHS to enter the building...you can park along the side of the field or go straight thru 4 sets of lights at 5th set take a right by the softball field (you will see a gas station on your left) and then your next right into the back parking lot of HHS...Roberts' Complex is up near the building...Rte. 91S-take exit 16 but take a left off the ramp...continue straight and follow directions above. Rte. 391 follow until the highway ends...at this set of lights continue straight-go thru 1 light continuing straight, you will see basketball courts and a practice field on your left, continue and take your next left into the back parking lot.

Note: The N.E. High School Championship Meet will be held Saturday, June 9, 2007 at Fitchburg State College. Places 1-6 from the All-State Meet qualify for the New England's. Athletes **MUST declare with the NE Representative whether attending New England's or not **IMMEDIATELY** after the Award Presentations in their event. Places 7-8 will move up accordingly if any placed 1-6 cannot attend. No other additions will be made. You must place in the All-State Meet to compete in the New England's.**

**-ALL-STATE MEET-
ORDER OF EVENTS 2007**

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

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

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

PERFORMANCE: _____ Hand
FAT

ATHLETE'S NAME: _____

SCHOOL: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL:

Print name legibly: _____

SIGNATURE: _____ OFFICIAL'S BOARD _____

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: _____ Meter
Yard

PERFORMANCE: _____ Hand
FAT

ATHLETE'S NAME: _____

SCHOOL: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL:

Print name legibly: _____

SIGNATURE: _____ OFFICIAL'S BOARD _____

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.

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 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

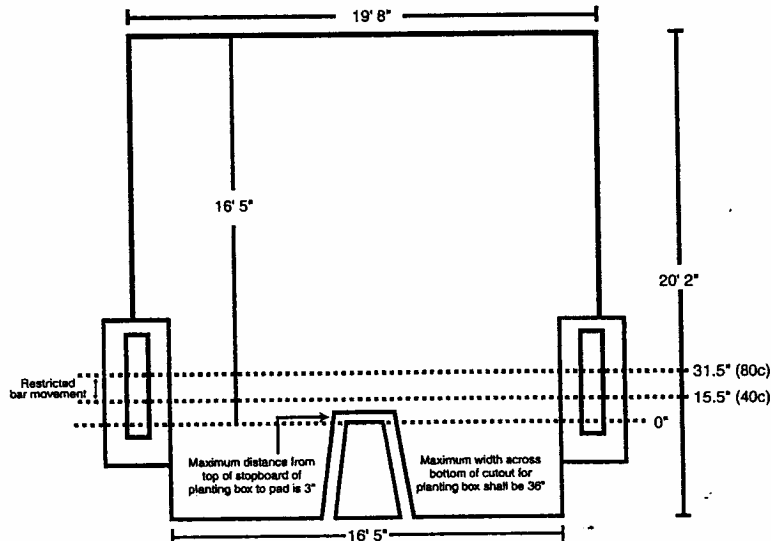
MIAA POLE VAULT LANDING PAD CERTIFICATION FORM

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 12, 2007