

2017 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

Sport Specific Information

2016- 2017 CROSS COUNTRY & TRACK COMMITTEE MEMBERS



Dist. A Mr. Tom Gallagher, A.D.
Ipswich H.S.

Mr. Philip Sheridan
A.D., Peabody Vet. Memorial H.S.

Dist. B Mr. Tom Zaya, A.D.
Reading Memorial H.S.

Dist. C Dr. Jamie Chisum, Principal
Wellesley High School

Mr. Peter Rittenburg, A.D.
Brookline High School

Dist. D

Mr. William Tilden, A.D.
Old Rochester Reg. (Mattapoisett)

Dist. E Mr. William Evans, Principal
North Brookfield HS

Mr. Mike McCaffrey, A.D.
Groton-Dunstable Reg. H.S.

Mr. Tim Johnson, A.P.
Hopedale Jr/Sr High School

Mr. Ben Benoit, A.D.
Parker Charter Essential(Devens)

Dist. F Mr. John Goda, A.D.
Holyoke Catholic HS

Ms. Gina Johnson, A.D.
Pioneer Valley Reg. HS (Northfield)

Dist. G Mr. Jeremiah Ames, Principal
Hoosac Valley Reg. H.S. (Cheshire)

Mr. Art Reilly, A.D.
Lee Middle/High School

Dist. H Ms. Kristen McGill, A.A.D.
Notre Dame Academy (Hingham)

Mr. Joseph Stuart, A.D.
Cristo Rey Boston (Dorchester)

Officials' Representative

Mr. Thomas Meagher
Mr. Chris Lane

Coaches' Representatives

Mr. Jim Hoar
Mr. Frank Mooney

Consultant

Mr. John Monz

At-Large

Mr. Joseph LeMar
Ms. Stephanie Sibley

MASS

Mr. Gregory Myers

MASC

Mr. Tass Filledes

MIAA Staff Liaison

Mr. Dick Baker
Assistant Director

2017 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
Cutoff date:	Monday, May, 22, 2017	<p>Tournament Director contact information is available in the "Members Only" section of the MIAA website</p> <p>Electronic entries are automatically forwarded to your Divisional Tournament Director</p> <p>Emass Divisional Directors Div 1 – Michael Meagher: coachmeagher@yahoo.com Div 2 – Rick Kates: rkates@ndahingham.com Div 3 – Irwin Cohen: irwincohen59@yahoo.com Div 4 – Ed Hichborn: ehich@verizon.net</p> <p>Central/West Divisional Directors Div 2 – Tom Stewart: tstewart@hcc.edu Div 1 - Charlie Butterfield: cbutter51@hotmail.com</p>
Pentathlon Entry Deadline:	Saturday, May 20, 2017– will be posted Sunday, May 21 st by 3pm	
Entry Deadline: Date and time when the entry must be posted electronically on Direct Athletics. All performances must be attained by cut-off date	Tuesday, May 23, 2017 by Noon Electronic Entries Only Click here for links to Direct Athletics for entries	
Performance List Date performance lists will be posted on http://www.miaa.net	Tuesday, May 23, 2017 by 3:00 p.m.	
Late Entries (If school was fined for Cross Country or Indoor Track late entry – fine must be paid to participate in Outdoor Track)	Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event and must be completed & to your Tournament Director by noon on Wednesday, May 24 th . No changes will be allowed on the switching of events for any athlete.	
Final Deadline: Date and time after which no new athlete entries will be accepted by the Tournament Director.	Wednesday, May 24, 2017 @ noon	
Tournament Dates*: Divisional Meets: Pentathlon & Pole Vault	<p>Pentathlon (B&G) & Boys' Pole Vault: Thursday, May 25, 2017 East: Division 1 & 3 – Cawley Stadium, Lowell@ 2pm Division 2 & 4 – NDA Hingham @ 2pm C/W: Division 2 - Westfield State University@2pm Division 1 - Nashoba Reg.HS (Bolton)@4pm</p> <p>Wednesday, May 24, 2017 @ 12:00 PM - Girls Pole Vault @ NDA (Hingham) for East D2 only AND East D2 Pentathlon at 2pm.</p>	
Tournament Dates*: (weekend before first Saturday in June) Divisional Meets:	<p>Saturday, May 27, 2017 @ 10:00 AM East: Division 1 – Cawley Stadium, Lowell Division 2 – New Bedford Voc Tech C/W: Division 2 - Westfield State University Division 1 - Fitchburg State University</p> <p>Sunday, May 28, 2017 at 10:00 AM East: Division 3 – Burlington HS Division 4 – Norwell HS</p>	
*Postponements	<ul style="list-style-type: none"> • Final decision made by T.D. & MIAA Liaison • If possible decision will be made by noon the day before, if unable, will use a 6AM deadline. • First option for Divisional will be to move from Saturday/Sunday to Monday at 2:00 pm. • Second option will be to move to Tuesday. • First option for All-State will be to move to Sunday & second option to Monday. <p>Check the MIAA website for postponements.</p>	<p style="text-align: right;">ALL-STATE Charlie Butterfield cbutter51@hotmail.com</p>

All-State Meet (always 1 st Saturday in June)	Thursday, June 1, 2017 @ 2:00 PM Pentathlon (B&G) & Boys' Pole Vault @ NDA Hingham Saturday, June 3, 2017 @ Bridgewater State University • - see times & directions on page 12 & 13	EAST ROTATION: Div. 1,2 - 2017: (Sat.) Div. 3,4 - 2017: (Sun.) <hr/> Div. 3, 4 – 2018 (Sat.) Div. 1, 2 - 2018 (Sun.)
New England Track Meet:	Saturday, June 10, 2017 @ 10:00 AM held at: Norwell High School, 18 South St., Norwell, MA. http://cnesspa.ezstream.com/	ALL STATE ROTATION: '17-East '18 – Central '19 – West

DEADLINES	
Boys' & Girls' Official Outdoor Track Entry through <i>Direct Athletics</i> website (see process on page 4)	Tuesday, May 23, 2017 BY Noon
Pole Vault Certification	MUST BRING TO DIVISIONAL & ALL-STATE MEETS
Sportsmanship Award	May 19, 2017

When there is the possibility of a conflict with SAT/SAT Subject Tests:

- Please tell all coaches & student-athletes in advance so alternative plans may be made. A listing of all dates and sports that may take place on schedule College Board exam dates can be found on the MIAA website.
- The **College Board** offers a *SAT® Program Alternate Test Date Policy*. As stated in their published material:
- “The SAT Program will consider granting an alternate test date when the following criteria are met:
 1. The conflicting event must be unexpected. Regularly scheduled sporting events or previously scheduled school activities, such as a prom, are not considered unexpected. **An event such as an academic or athletic competition, in which students have advanced through the competition or into post-regular season competition, can be considered an unexpected event.**

SAT School Day: Allows high schools to administer the SAT to students during the school day, thus avoiding weekend athletic conflicts. To date, the MA school districts that participate are Plymouth, Springfield, Revere, and most recently Fitchburg. SAT School Day is contracted through the College Board with participating districts.

I. 2017 MIAA OUTDOOR TRACK RULES

- A. **DIVISIONS:** Schools will compete in divisions listed on the *MIAA Alignments 2013-2017 Web Site*, <http://www.miaa.net/alignments-13-17-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 latest Edition of Track and Field rules.
- C. **Uniform Rule:** Will follow NFHS Rules 4.3.1, 4.3.2, and 4.3.3
- 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, High Jump Coaches, & Long Jump Coaches, in coach's box – 1 per team. If long jump pit is next to fence, no coach's box will be available. 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.

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- G. **Awards:** Medals will be awarded for 8 scoring places in each event. Plaques will be awarded to division winning teams and runner-ups. Scoring will be 10-8-6-5-4-3-2-1.
- H. **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 announcement of event results.
- I. **Jury of Appeals:** Will be composed of three (3) officials and two (2) coaches.
- J. Each school may enter as many competitors in an event as have met the QUALIFYING STANDARDS THIS OUTDOOR TRACK SEASON.
- K. **Coaches with Pole Vault participants must have for each – their pole rating verification sheet with them for submission at the Divisional and State Meets (a copy of the form is available in this format on page 13). Failure to submit this form will result in the athletes not being allowed to compete.**
- L. **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.*
- M. **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.
- N. Relays: All names must be turned in for eligibility - four names & 4 alternates.
- O. **Starting Height**
High Jump: Will go up 1” to get to even inches if starting odd, then go up by 2” increments.
Pole Vault: Will go up by 6” increments at Divisional Meets. At All-State Meet, will go up 9” first, then will go up by 6” increments.
- P. **For all Coaches to know & understand:** Hearing impaired athletes who are in the 200 meter run, 400 meter run, or 400 meter hurdles, CANNOT be in the outside lane in case of a false start. These athletes need to see others in the race stop since they are unable to hear a second gun fired. Hearing impaired athletes will be using a light connected to the starter’s gun that will allow them an even start.
- Q. Emergency Contact Form (see page 20). This form **MUST** be completed and turned in at Check-In at Divisional **AND** All-State Meets to receive bib numbers.

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

It is the athletic director and/or coaches' responsibility to correctly submit all tournament entries. 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 Direct Athletics 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 Direct Athletics website by Tuesday, May 23, 2017 at noon. **You cannot access Direct Athletics after noon on Tuesday, May 23rd.**

Entry Process: Entries done on Direct Athletics Website: www.directathletics.com

For the link to the specific tournament – [click here](#)

1 – Schools are allowed to enter athletes who qualify on Direct Athletics as soon as they like. Changes are allowed up to the Entry Deadline of noon on Tuesday, May 23rd. Our goal is to have full fields in all events.

- When entering, coaches will need to list performance & where & when.
- If an athlete has met the Qualifying Standard posted in this format, that athlete has qualified and automatically will compete if entered.

NEW -if the field is not filled in an event, the tournament director will fill the field up to 16 in Pole Vault, up to 24 in all other field events and relays, and up to 32 in all other running events. **Coaches should enter all athletes who have legitimate chance for acceptance in top 32, 24 or 16.**

- For example: Mile – if only 10 are entered and have met the A Standard-Tournament will take next 22 entered on www.directathletics.com

Conflict: How do coaches know if their athlete will make it in or not?

- All entries are visible on www.directathletics.com for each meet. Provided entries are verified. Those athletes will be selected.

Limits: Each athlete may be entered in three individual events plus relays. Prior to the start of the meet, athletes must be declared for the meet including the relays. **Athletes are ONLY allowed a TOTAL of 3 events (see #7 below).**

- 2 - Each school must have a username/password for Cross Country and Indoor/Outdoor Track & Field. Schools have the option for setting up for 2 accounts or separate XC and Indoor/Outdoor Track & Field. Schools have the option of setting up one account for all three seasons, or two separate accounts for each season. Athletic Directors with input from their coaches should make this decision. If you already have a Direct Athletics account for your team/school, you do not need to create a new one. **When entering a performance with a hand time - need to put an "h" after time. Example: 55m hand time of 8.1, enter 8.1h; 1000m hand time of 2:42.9, enter 2:42.9h**
- 3 – Contact information: The coach must be listed as the contact. Each tournament director will have access to this information. Please do not list the school Athletic Assistant or Secretary, as this will delay the process when an issue arises or last minute information is needed. Information should include current e-mail and phone number(s), the number should be accessible beyond school hours, since most meets occur on weekends.
- 4 – **Rosters need to be updated as the season goes along, this will make the entry process go smoother at the deadline time.**
- 5 – Once your entries are completed you must print out a copy of your entries and check for accuracy. You will make updates and be able to edit changes up to the deadline. Entry deadline is Tuesday, May 23, 2017 at noon.
- 6 – Outdoor Track – every individual will be entered with seed performance; and each relay team will be allowed to enter up to 8 names, listing the first 4 in order and then list the 4 alternates.
- 7 – **When entering athletes keep these rules in mind:**

a. PARTICIPATION RULE

An athlete may participate in a maximum of three (3) events. *Will follow NFHS Rule 4.2.2: If a contestant is entered in more than the allowable number of events, Meet Management shall scratch the contestant from the excess events by following the listed order of events.*

ENTRY LIMITATIONS – Individual Events

An athlete may be entered in no more than 3 individual events.

ENTRY LIMITATIONS – Relays

Any athlete may be entered in a relay. However, an athlete's **PARTICIPATION** in a relay event is subject to the Participation Rule above.

Example: **Joe Jones entered in: 1 Mile, 2 Mile, 100 meter, 4x100, 4x400 and 4x800 – If Joe is to run any relay, the coach would have to scratch Joe from either the 1 mile, 2 mile, or 100m prior to the first running event. If Joe scratches from one individual events, he can run one relay; from two individual events, he can run 2 relays. Scratched from all individual events, he can run in 3 relays.**

b. SCRATCHES

All Field event scratches must be made with the event official (at the event) before the event begins.

All running event scratches must be made with the Clerk prior to the beginning of the first running event.

ADDING ATHLETES:

ADDING OR CORRECTING EVENTS; CHANGING PERFORMANCES:

Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event and made with the Tournament Director. All corrections must be completed by **NOON on Wednesday, May 24th**. **No changes will be allowed on the switching of events for any athlete. If there is a change to a performance the new performance must have been attained by the cut-off date.**

III. **** 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 during the **current outdoor track season only** and must use EXACT PERFORMANCE! **Coaches MUST retain Performance Results for verification!**
- 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 (**must use exact performance**) will involve follow up with school administration and may involve a hearing before the MIAA Cross Country and Track Committee.

ELECTRONIC ENTRIES – Entered through Direct Athletics. The Confirmation Page should be checked with the original entry document for errors and if any are found the entry should be resubmitted.

- R. **Coaches should carefully review the order of events & the posted entry lists to anticipate conflicts between events for athletes entered in multiple individual events.** This is especially important for athletes entered in 3 field events. If a coach anticipates a conflict, s/he may request a change in flight from the meet director. Such requests will be considered carefully by the meet director, but the director has the sole authority to grant or deny these requests. **All such requests must be made by Thursday at 6PM prior to the meet.** Coaches should note that, in the horizontal field events, flights will consist of 12 athletes whenever possible. **Top 9 will advance to the finals in all field events EXCEPT the HJ & PV.**

S. **FIELD EVENTS INFORMATION / INCLUDING EXCUSED TIME**

All student-athletes competing in Field Events MUST sign in at the beginning of the event – NOT the beginning of their flight. Competition order changes for multiple-event competitors & excused time from field events:

- a. Only reason for changing the order is for competitors in other events, not for other reasons or a competitor's personal convenience.
- b. **Maximum excused time will be 15 minutes.**

T. **MIAA Drone Policy - Prohibiting the Use of Drones (Unmanned Aircraft Systems or UAS's)**

Unless granted special permission by the MIAA Executive Director, the use of drones (UAS), for any purpose, is not permitted at any MIAA tournament event. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the MIAA event, including the spectator stands and parking areas.

- U. **Process for determining Qualifying Standards** – Tournament Director will take up to 16 in Pole Vault, up to 24 in all other field events and relays, and up to 32 in all other running events. Using an automatic standard of 12th place from previous 3 years of results and then adding remaining number from Direct Athletics. For Hand Time, will add .4

V. **ELECTRONIC DEVICES**

Will follow NFHS Article 8...Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.

- a. Electronic devices shall not be used to transmit information to the competitor during the race or trial.
- b. Electronic devices shall not be used for any review of an official's decision.

IV. **2017 PARA TRACK & FIELD COMPETITION**

For student-athletes with visual impairments and those with mobility/physical impairments

Student athletes at MIAA member schools who have visual or mobility impairments of the type and severity described below, who also meet all MIAA requirements for participation on their school track and field teams, are eligible to participate in Para track & field category competition that will be conducted at pre-determined interscholastic track & field meets. The eligibility criteria are drawn from the International Paralympic Committee (IPC) Athletics rules.

MIAA CHAMPIONSHIP COMPETITION

Eligible and qualified student-athletes may compete in Para track & field category 100m, 800m and Shot Put events at the 2017 MIAA Outdoor Track & Field Divisional and All-State Championships.

- Standing athletes will be seeded within the main field according to their actual qualifying marks, and Para category results will be posted similar to how age group results are posted for road races.
- Seated throwers will be seeded at the front of a flight chosen by the meet officials. Each seated thrower will make all six attempts consecutively.
- Wheelchair races will be conducted as separate events not overlapping with the running event of the same distance.

EVENTS AND QUALIFICATION

Student-athletes eligible for Para Track & field competition must achieve the modified qualifying standard for their category in the 100m, 800m or Shot put to be entered in the Divisional Meet. Athletes may achieve a Divisional meet qualifying mark at any current season competition entered as a bona fide member of the school team. In 2017, athletes will advance to the All-State meet if they post a result in the Divisional meet or at the discretion of the MIAA. Para Track & Field results will not count towards team scores.

2017 Divisional Meet Qualification Standards (All divisions)

PARA Event	GIRLS			BOYS		
	Blind/VI	Para-Amb	WC/Seated	Blind/VI	Para-Amb	WC/Seated
100m	20.00	25.00	30.00	17.00	21.00	24.00
800m	3:40	3:40	3:15	2:30	3:00	2:30
Shot	20	14	18	30	20	25

* An athlete eligible for Para track & field events is not restricted to the Para events if the athlete has achieved the qualifying mark(s) for other Championship events. Wheelchair races and running races of the same distance are not the same event.

**Schools may request that an athlete competing in one or more of the Para track & field events be entered in one additional event that does not have Para track & field category competition. MIAA will grant this request based on the athlete's performances in that event during the current season and meet management considerations. Participation in these events will be on an exhibition basis and no awards will be presented. Requests must be made to MIAA in writing by Monday, May 15.

COMPETITION CATEGORIES

1. BLIND/VISUALLY IMPAIRED

- a. Eligibility - Athletes must be registered with the Massachusetts Commission for the Blind as legally blind. Legally blind is defined as having best corrected vision of 20/200 or lower in the better eye OR as having a field of vision of less than 20 degrees.
- b. Paralympic accommodations – *Running*: Athletes who are totally blind or with very low vision run with a guide, using a shoelace/tether held between the two runners to keep them stride for stride. The guide is generally a teammate or may be a coach (generally under the age of 26). The runner/guide pair gets two lanes, and uses the start line of the inside lane. Athletes with more vision run without a guide. *Throwing*: Athletes may be guided to the circle/runway by a coach or teammate and may receive initial orientation. The athlete or coach may place a towel or object outside the circle to provide additional orientation. No coaching is allowed during the attempt.
- c. Competition Format – Athletes are included in the most appropriate heats or flights based on the actual seed times/marks of each individual. This may mean that two blind athletes running the same event may race in different heats if their seed times warrant.

2. PARA-AMBULATORY

- a. Eligibility – Athletes must be affected by one of the following conditions/circumstances at the level described.
 - i. Amputation through the ankle, or another orthopedic/neuromuscular impairment resulting in a similar loss of running-related function.
 - ii. Amputation through the wrist of one (sprints only) or both arms; amputation of one/both arms through the elbow; limb deficiency/paralysis of one/both arms.
 - iii. Dwarfism – (achondroplasia or a variant) with height/arm/sum measurements all not more than: boys 145cm/66cm/200cm; girls 137cm/63cm/190cm

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- iv. Cerebral Palsy, Traumatic Brain Injury or Stroke - must have diagnosis of CP or other non-progressive brain damage with locomotor dysfunction.
 - b. Paralympic accommodations – *Running*: Athletes may choose to start out of blocks or may not be able to place hands on ground; *Throwing*: Some sport class groups will use lighter implements based on IPC Athletics rules.
 - c. Competition Format – Athletes are included in the most appropriate heats or flights based on the actual seed times/marks of each individual.

3. **WHEELCHAIR/SEATED**

- a. Eligibility – Athletes must be affected by one of the following conditions/circumstances at the level described. Athletes competing in track events must be able to self-propel a push-rim manual wheelchair.
 - i. Spinal Cord Injury, Spina Bifida, or other neuromuscular impairment resulting in loss of function in the lower extremities such that running is impractical.
 - ii. Above-knee amputation of one or both lower extremities, hip disarticulation, or similar impairments such that dynamic balance is severely compromised. *Note*: Amputees or athletes with similar impairments sometimes run in Para-ambulatory races and throw in seated events.
 - iii. Cerebral Palsy, Traumatic Brain Injury or Stroke - must have diagnosis of CP or other non-progressive brain damage with locomotor dysfunction such that running is impractical.
- b. Paralympic accommodations – *Wheelchair Racing*: Athletes must wear certified bike helmets whenever in the racing chair (on or off track); the racing chair has equipment specifications; *Throwing* – the throwing chair has maximum height and other specifications; some sport classes use lighter implements according to IPC Athletics rules; a coach may assist the athlete getting to and setting up in the circle, and departing the circle at the conclusion of the attempts.
- c. Competition Format – *Wheelchair racing*: Wheelchair races and running races of the same distance are considered to be two separate events. If only one wheelchair racer is entered in an event, the wheelchair race may be conducted concurrently with one heat of the running race of the same distance. For such heats in laned races, the wheelchair racer shall be assigned lane 1 with runners assigned to other lanes; all lane rules and passing/obstruction rules apply. For 1 mile and 2 mile distances, a lone wheelchair racer shall start at the outside and/or behind the runners. If two or more wheelchair racers are entered, the event shall be held separately from the running event; in all instances wheelchair racing results shall be displayed separately from those of the comparable running event. *Throwing*: seated athletes can be placed at the front of an appropriate flight; if using a throwing chair, athletes make all six attempts consecutively, except at Divisional and All-State meets where they make 3 plus 3.

MSTCA COMPETITIONS

Student athletes who are eligible for Para track & field competition may be entered by their schools in any MSTCA meet. Para track & field eligible athletes are encouraged to enter the 100m, 800m and Shot Put at the meets listed below where Para category heats will be organized and Para category results will be recognized/published for those events. Results in the 100m, 800m and Shot Put at any MSTCA meet may be used to qualify for the Para category events at State Divisional Championship meets.

- April 8 New Balance-Marathon Sports Rt. 228 Track & Field Invitational @ NDA Hingham
- May 6 MSTCA Freshman/Sophomore Meets (upper-class athletes welcome) - Big Schools – TBA; Small Schools @ Norwell
- May 13 MSTCA Coaches' Invitational Meets - Boys – BC High; Girls – Acton-Boxborough

DUAL/LEAGUE COMPETITIONS

Student athletes who are eligible for Para track & field competition may be entered by their schools in regular-season league and non-league meets. Para category results generally will not be recognized/published except for the wheelchair races. Results in the 100m 800m and Shot Put at any League meet may be used to qualify for Divisional and All-State meets.

For assistance contact joe.walsh@adaptivesportsne.org 617-690-9103

LINK TO PARA ATHLETICS RULES & REGULATIONS: <https://www.paralympic.org/athletics/events/rules-and-regulations>

V.

PENTATHLON

- a. All meets will start on Thursday, May 25th at 2 PM for pentathlon participants, EXCEPT C/W Division 1 will start at 4PM.
- b. Will be open to the top 12 Boys and Girls in each division – schools will submit certified performances in the 5 events
 Boys: LJ, HJ, 110m H, SP, & 1500m;
 Girls: 100m H, HJ, SP, LJ, & 800m.
 School must declare by Saturday, May 20, 2017. Top 12 will be allowed to participate in two other events at the Divisional Meets if qualify. NO scratches allowed at Divisional if selected.
- c. Will be considered as one event for team scoring (10-8-6-5-4-3-2-1).
- d. **Top two** from each division and the next top six place scorers will advance to the All-State meet.
- e. Time between events – minimum of 30 minutes.
- f. Order of events
 - 1) Hurdles – G/B
 - 2) B – long jump & G – high jump
 - 3) B – shot put & G – long jump
 - 4) B – high jump & G shot put
 - 5) B -1500 & G – 800
- g. If entered in the Pentathlon at the Divisional Meet and do not qualify for the All-State Meet, all are allowed to run for your team in an All-State relay that your school qualified for. Will be an alternate and coach would need to notify All-State Tournament Director and Divisional Tournament Director by NOON on Wednesday, June 1st via email.
- h. High Jump Progression (*updated 3/24/17*):

GIRLS									
1.21m	1.26m	1.31m	1.36m	1.41m	1.46m	1.51m	1.56m	1.61m	1.66m
3'11.5"	4'1.5"	4'3.5"	4'5.5"	4'7.5"	4'9.5"	4'11.5"	5'1.25"	5'3.25"	5'5.25"
BOYS									
1.42m	1.47m	1.52m	1.57m	1.62m	1.67m	1.72m	1.77m	1.82m	1.87m
4'7.75"	4'9.75"	4'11.75"	5'1.75"	5'3.75"	5'5.75"	5'7.75"	5'9.75"	5'11.5"	6'1.5"

QUALIFYING STANDARDS - Listed below are Qualifying Standards which have been determined by the Track Committee.

EAST - 2017 BOYS OUTDOOR TRACK QUALIFYING STANDARDS

EVENT	DIVISION I	DIVISION II	DIVISION III	DIVISION IV
	FAT	FAT	FAT	FAT
SHOT PUT	46' 4"	42'11"	43'10"	42'2"
DISCUS	132'1"	110'6"	117'0"	114'2"
JAVELIN	146'5"	141'3"	134'9"	139'0"
L.J.	20'5"	19'0"	19'0"	19'3"
T.J.	41'6"	40'0"	40'0"	39'9"
H.J.	6'0"	5'9"	5'10"	5'8"
P.V.	10'0"	9'6"	9'0"	10'0"
100 M	11.50	11.78	11.66	11.61
200 M	23.44	23.60	23.76	23.66
400 M	52.22	53.17	53.43	53.35
800 M	2:03.65	2:06.09	2:06.54	2:06.58
MILE	4:35.33	4:42.65	4:43.14	4:47.35
TWO MILE	09:56.16	10:02.71	10:14.65	10:37.65
110 HURDLE	15.99	16.19	16.79	16.80
400 HURDLE	1:00.14	1:04.02	1:02.09	1:02.30
4x100 RELAY	44.89	45.23	45.77	46.29
4x400 RELAY	3:32.56	3:36.75	3:37.99	3:44.08
4x800 RELAY	8:25.72	8:43.32	8:56.42	9:00.55

EAST - 2017 GIRLS OUTDOOR TRACK QUALIFYING STANDARDS

EVENT	DIVISION I	DIVISION II	DIVISION III	DIVISION IV
	FAT	FAT	FAT	FAT
SHOT PUT	31' 8"	31'4"	31'10"	31'2"
DISCUS	88'3"	89'6"	91'8"	92'8"
JAVELIN	91'3"	98'10"	97'9"	94'11"
L.J.	16' 1"	15'7"	15'7"	15' 5"
H.J.	4' 11"	4'11"	4'11"	4'10"
T.J.	33'1"	34'0"	33'2"	32'9"
P.V.	8'0"	7' 0"	7'6"	7'0"
100 M	13.09	13.26	13.20	13.22
200 M	27.16	27.27	27.84	27.62
400 M	1:01.58	1:02.38	1:01.99	1:03.05
800 M	2:25.91	2:27.66	2:28.40	2:31.78
MILE	5:28.16	5:34.47	5:31.56	5:41.17
TWO MILE	11:54.05	12:05.48	11:56.76	12:33.40
100 MH	16.99	17.11	17.17	17.18
400 MH	1:11.30	1:09.47	1:10.86	1:11.86
4x100 RELAY	51.69	52.08	52.88	53.18
4x400 RELAY	4:12.96	4:17.29	4:21.02	4:24.70
4x800 RELAY	10:06.96	10:37.64	10:31.92	10:44.52

**When entering a performance with a hand time on Direct Athletics you need to put an "h" after time. Hand time is to the tenth only. Example: 55m hurdles hand time of 8.1 - enter 8.1h
1000m hand time of 2:42.9 - enter 2:42.9h**

Process for determining Qualifying Standards: Tournament Director will fill the field up to 16 in Pole Vault, up to 24 in all other field events and relays, and up to 32 in all other running events. Using an automatic standard of 12th place from previous 3 years of results and then adding remaining number from Direct Athletics. For Hand Time, will add .4

CENTRAL/WEST - 2017 BOYS QUALIFYING STANDARDS

EVENT	DIVISION I	DIVISION II
	FAT	FAT
100 METER	11.66	11.77
200 METER	23.60	23.95
400 METER	52.49	54.44
800 METER	2:05.31	2:07.80
ONE MILE	4:41.58	4:49.27
TWO MILE	10:22.45	10:34.73
110 METER HURDLE	16.80	17.11
400 METER HURDLE	1:02.09	1:02.92
4x800 METER RELAY	8:51.42	9:01.69
4x100 METER RELAY	45.59	46.81
4x400 METER RELAY	3:41.29	3:47.42
H.J.	5'7"	5'8"
P.V.	10'10"	9'6"
L.J.	19' 5.5"	19'3.25"
T.J.	39'4"	38'8.25"
DISCUS	113'6"	116'2"
JAVELIN	132'2"	132'6"
SHOT PUT	40' 0.5"	41'3"

CENTRAL/WEST - 2017 GIRLS QUALIFYING STANDARDS

EVENT	DIVISION I	DIVISION II
	FAT	FAT
100 METER	13.34	13.33
200 METER	27.62	27.64
400 METER	1:04.26	1:04.18
800 METER	2:31.49	2:32.52
ONE MILE	5:46.68	5:39.46
TWO MILE	12:56.27	12:26.52
100 METER HURDLE	17.34	17.62
400 METER HURDLE	1:12.04	1:12.76
4x800 METER RELAY	11:00.00	10:46.73
4x100 METER RELAY	52.69	53.88
4x400 METER RELAY	4:23.51	4:29.80
H.J.	4'10"	4'8"
P.V.	8'0"	7'6"
L.J.	15' 6.75"	15'4"
T.J.	32'7"	32'0.75"
DISCUS	82' 2"	83'7"
JAVELIN	93' 2"	92'1"
SHOT PUT	29' 0.75"	30'2.5"

When entering a performance with a hand time on Direct Athletics you need to put an "h" after time. Hand time is to the tenth only. Example: **55m hurdles hand time of 8.1 - enter 8.1h**
 1000m hand time of 2:42.9 - enter 2:42.9h

Process for determining Qualifying Standards: Tournament Director will fill the field up to 16 in Pole Vault, up to 24 in all other field events and relays, and up to 32 in all other running events. Using an automatic standard of 12th place from previous 3 years of results and then adding remaining number from Direct Athletics. For Hand Time, will add .4

ALL DIVISION CHAMPIONSHIPS & ALL-STATE MEETS - ORDER OF EVENTS

An athlete may participate in a maximum of three (3) events.

(Approx. time after start of meet for event in parenthesis—times are approximate and each meet will vary according to number of participants & heats).

Divisional Pentathlon (B&G) and Boys Pole Vault: Thursday, May 25, 2017 @ 2:00 PM start for East D1, D2, D3, D4 and C/W D2.

@ 4:00 PM for C/W D1 and Girls East D2 Pole Vault @ 12:00 PM

All-State Pentathlon & Boys PV: Thursday, June 1, 2017 @ 2:00 PM

Divisional Meets (May 27th & 28th) @ 10:00 AM start and All-State Meet (June 3rd) @ 3:00 PM start

Weigh-in for all Throwing Implements - Preference will be given to order of events & gender. – 1 hour prior to start of all Meets.

FIELD EVENTS	(2017)	(2018)
Divisional Meets @ 10am All-State Meet @ 3pm	POLE VAULT (G only)	(B only)
	TRIPLE JUMP (B-G)	(G-B)
	HIGH JUMP (G-B)	(B-G)
	**SHOT PUT (G-B)	(B-G)
	DISCUS (B-G)	(G-B)
	JAVELIN (B-G)	(G-B)
	LONG JUMP (G-B)	(B-G)
RUNNING EVENTS		
Divisional's @ 11am All-State @ 4:30 pm	B-G (2018 will be G-B)	
	TWO MILE RUN	FINAL ON TIME
	400 METER HURDLES	FINAL ON TIME (25 min)
	*200 METER DASH	TRIALS (45 min.)
**Para Track & Field Competition will be included here.	ONE MILE RUN	FINAL ON TIME (55 min.)
	*100 METER HURDLES	TRIALS (75 min.)
	*110 METER HURDLES	TRIALS (85 min.)
	*100 METER DASH	TRIALS (95 min.)
	**800 METER RUN	FINAL ON TIME (105 min.)
	200 METER DASH	FINAL (125 min.)
	400 METER RUN	FINAL ON TIME (135 min.)
	110 METER HURDLES	FINAL (140 min.)
	100 METER HURDLES	FINAL (145 min.)
	100 METER WHEELCHAIR	FINAL (150 min.)
	**100 METER DASH	FINAL (155 min.)
	4x800 METER RELAY	FINAL ON TIME (160 min.)
	4x100 METER RELAY	FINAL ON TIME (190 min.)
	4x400 METER RELAY	FINAL ON TIME (250 min.)

*** Advancing in the 100M Dash, 200 M Dash, 100M Hurdles and 110M Hurdles: TRIALS will be on FAT ONLY at the Divisional Championships. Heat winners PLUS times advance at the All-State Meet.**

Triple Jump will have a minimum of three boards of 28' 32' 36' at all Divisional and All-State meet sites.

AWARDS: Will be given out at the conclusion of races/events and is the responsibility of each individual winner to be at the ceremony or to pick up after presentation.

FYI - Order of events will follow NFHS Rule Book for Outdoor Track beginning in 2018.

ALL-STATE MEET: Bridgewater State University
Saturday, June 3, 2017 @ 3:00 pm

Directions: [Bridgewater State University](http://www.bridgewater.edu)

See page 12 for Order of Events

QUALIFIERS:

First four place winners (Division I, II, III, IV) including relays in all four divisions in the Eastern MA Meet, as well as the first four place performances in the Central & Western Track meets, and the next top 6 performances in the finals, including relays, are eligible for the competition in the All-State meet. In pole vault and high jump, must score in top 6 to advance as stated above.

Athlete can only compete in the All-State if qualified at the Divisional Meets – NO Alternates.

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 30, 2017 by noon.

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, 2017 @ Norwell High School. (see more information in red below).

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

The school scoring the most points on **Thursday, June 1, 2017 AND Saturday, June 3, 2017 combined**, will be the 2017 State Outdoor Track and Field Champion (boys and girls), scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded for all eight scoring places in each event.

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, Javelin and Long Jump Runways are composition (maximum ¼" spikes).* Throwing implements will be weighed in one (1) hour before the competition.

An athlete may participate in a maximum of three (3) events.

Athletes who win heats at the All-State Meet will move on to the finals.

TEAM ADMISSION AT ALL-STATE MEET:

All Head Coaches & Assistant Coaches that come with the Team on the Team Bus will be admitted (please wear your MSTCA lanyard). Any other coach(es) must have an MIAA(2016-17) pass, otherwise they will need to purchase a ticket to enter.

Note: The N.E. High School Championship Meet will be held Saturday, June 10, 2017 @ 10:00 am @ Norwell High School, 18 South St., Norwell, MA. Places 1-6 from the All-State Meet qualify for the New England's. Athletes MUST notify the NE Representative if they are NOT going to the New England's. Places 7-8 will move up accordingly if any athletes placed 1-6 cannot attend. No other additions will be made. You must place in the All-State Meet to compete in the N.E. High School Championship Meet.

FYI – Starting with the 2017-18 season, the process for qualifying for the New England's for Outdoor Track will be as follows: Schools via Direct Athletics will be allowed to enter up to 2 entries for individual events and then would take the top 6 on Monday after the All-State Meet. Advantage for this: NE would then have 6 for each event from MA; would not need to have athletes declare at All-State; and athletes who may have had a bad day at the All-States or Divisional would get another chance, Agreed that a committee will do the final selecting.

MIAA POLE VAULTER'S WEIGHT CERTIFICATION – BOYS AND GIRLS

INSTRUCTIONS

TO ALL MEMBER SCHOOLS: Member schools are required to have this form completed - list each athlete to be entered in MIAA state competition – AND bring this form to both the MIAA Divisional Meet and the All-State Meet. **Failure to bring this completed form will result in the athlete not being allowed to compete.**

SCHOOL: _____

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

***Includes full competition uniform and footwear**

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.

IMPORTANT INFORMATION!

This form **MUST** be available for the Meet Director, 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.

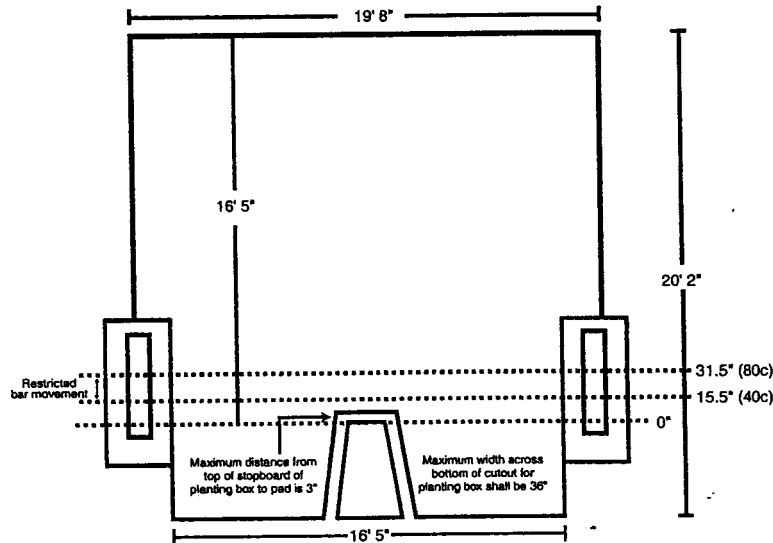
MIAA POLE VAULT LANDING PAD CERTIFICATION

ALL MEMBER SCHOOLS THAT PARTICIPATE IN POLE VAULT will be required to process the **Pole Vault Landing Pad Certification** 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 should be available at the competition site.

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



The Second Annual William J. Jennings Team Sportsmanship Award For Boys' Outdoor Track

The Annual William J. Jennings Team Sportsmanship Award is co-sponsored by the Massachusetts Interscholastic Athletic Association and the Massachusetts State Track Coaches Association.

This award is to be presented to boys' outdoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

The award is named after William Jennings. He has coached, is a certified MTFOA official, an MSTCA and Brockton High School Hall-of-Fame member. He was Globe Coach of the Year five times and Schools Sports Magazine Coach of the Year. Many of his student-athletes were selected All Scholastics.

William also trained and coached the U.S.A. Paralympic Team at the World Championship in Birmingham, England and in Barcelona, Spain. His athletes won seventeen gold medals in Spain. He feels fortunate to have coached so many great athletes.

The presentations of these awards will be made to the most outstanding sportsmanship programs at the MIAA sponsored Divisional Championship Meets:

The following page is the application. Kindly consider celebrating your boys outdoor track team's successes by promoting this prestigious sportsmanship award. Please fill the application out and submit for a team to be considered.

Please help us by promoting this prestigious award and pass the application onto your outdoor track boys coach.

Applications must be received by May 19, 2017.

**William Jennings
Team Sportsmanship Award
For
Boys Outdoor Track**

Co-Sponsored by the M.I.A.A. and the M.S.T.C.A.

Nomination

School _____ Division: 1 2 3 4 5 (please circle) Section: East C/W (please circle)

City/Town _____

School Phone _____ School Fax _____

Principal _____

Athletic Director _____ A.D. Phone & Email _____

Coach _____ Email: _____

Captain(s) name _____

Please describe why you think this team should be considered for this prestigious award.
List specific examples of acts of sportsmanship and community service that might help the committee with its selection.

Use back of this sheet if necessary

Athletic Directors Signature _____ Date _____

Coach's Signature _____ Date _____

Email to: **Dick Baker** at dbaker@miaa.net or fax to 508-541-9888

Please feel free to attach any further data to this application.

NOMINATION MUST BE RECEIVED BY MAY 19, 2017



The Second Annual Chris Lane Team Sportsmanship Award For Girls' Outdoor Track

The Annual Chris Lane Team Sportsmanship Award is co-sponsored by the Massachusetts Interscholastic Athletic Association and the Massachusetts State Track Coaches Association.

This award is to be presented to girls' outdoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

This award is named after Chris Lane who has served the Boston Public Schools and the Massachusetts Cross-Country/Track & Field Community since the mid-1960s. At one time or another, served at the Boston English High School, the Hubert Humphrey Occupational Resource Center, Boston Latin Academy, Madison Park High School, Boston Technical High School, Dorchester High School, Boston High School, Hyde Park High School and Central Office. Chris has served as a site-director, a tournament director, vice chair & chair of the MIAA Track Committee, coached at both the high school and college level. He strives to ensure a level playing field for all student-athletes, having sportsmanship as a priority.

The presentations of these awards will be made to the most outstanding sportsmanship programs at the MIAA sponsored Divisional Championship Meets.

The following page is the application. Kindly consider celebrating your girls outdoor track team's successes by promoting this prestigious sportsmanship award. Please fill the application out and submit for a team to be considered.

Please help us by promoting this prestigious award and pass the application onto your outdoor track girls coach.

Applications must be received by May 19, 2017.

Chris Lane
Team Sportsmanship Award
For
Girls Outdoor Track
Co-sponsored by the M.I.A.A. and the M.S.T.C.A.

Nomination

School _____ Division: 1 2 3 4 5 (please circle) Section: East CW (please circle)

City/Town _____

School phone _____ School Fax _____

Principal _____

Athletic Director _____ A.D. phone & Email _____

Coach _____ Email _____

Captain(s) _____

Please describe why you think this team should be considered for this prestigious award. List specific examples of acts of sportsmanship and community service that might help the committee with its selection.

Use the backside if needed.

Athletic Directors signature _____ Date _____

Coach's signature _____ Date _____

Please feel free to attach any further data to this application.

Email to: **Dick Baker** at dbaker@miaa.net or fax to **508-541-9888**

APPLICATIONS MUST BE RECEIVED NO LATER THAN FRIDAY, MAY 19, 2017

EMERGENCY CONTACT FORM



SCHOOL: _____

Massachusetts State Track Coaches Association (MSTCA)
Massachusetts Interscholastic Athletic Association (MIAA)

OUTDOOR Track Coaches Emergency Contact Form

Girls Head Coach: _____ Cell # _____

Boys Head Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Each school is responsible to have a rally point for their team in case of any emergency exit, including weather. Please make sure all of your student-athletes are aware of your plan.

This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes and they will contact the coach.

In case of a medical situation that requires 911 to be accessed, the Meet may be put on hold until the situation subsides by local public safety.

In case of inclement weather-all teams will evacuate under the direction of the Meet Director and or Police to the closest facility or bus.

Prior to the start of the Meet, each coaching staff must be represented at the coaches meeting - the Meet Director will review the site's emergency evacuation procedures.