

# 2018 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

## *Sport Specific Information*

### 2017- 2018 CROSS COUNTRY & TRACK COMMITTEE MEMBERS



Dist. A Mr. Scott Young A.P.  
North Andover H.S.

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

Dist. B Dr. Matthew Janger, Principal  
Arlington H.S.

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. Chris Costa, A.P.  
Joseph Case H.S. (Swansea)

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

Dist. E 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.  
Pope Francis HS (Chicopee)

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

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

Mr. Keith Thomson, 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  
Mr. Garcia Dalzon

#### **MASS**

Mr. Gregory Myers

#### **MASC**

Mr. Tass Filledes

#### **MIAA Staff Liaison**

Mr. Dick Baker  
Assistant Director

## 2018 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
<b>Cutoff date &amp; Entries:</b>	Monday, May 21, 2018 by 11:59 pm <b>changed to Tuesday, May 22, 2018 before midnight!</b>	<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><b>EMass Divisional Directors</b>            Div 1 – Michael Meagher: <a href="mailto:coachmeagher@yahoo.com">coachmeagher@yahoo.com</a>            Div 2 – Rick Kates: <a href="mailto:rkates@ndahingham.com">rkates@ndahingham.com</a>            Div 3 – Irwin Cohen: <a href="mailto:irwincohen59@yahoo.com">irwincohen59@yahoo.com</a>            Div 4 – Ed Hichborn: <a href="mailto:ehich@verizon.net">ehich@verizon.net</a></p> <p><b>Central/West Divisional Directors</b>            Div 1 – Tom Stewart: <a href="mailto:tstewart@hcc.edu">tstewart@hcc.edu</a>            Div 2 - Charlie Butterfield: <a href="mailto:cbutter51@hotmail.com">cbutter51@hotmail.com</a></p>
<b>Pentathlon Entry Deadline:</b>	Saturday, May 19, 2018 – will be posted Sunday, May 20 <sup>th</sup> by 3pm – <b>Monday, May 21<sup>st</sup> @ 11:59pm on Direct Athletics &amp; will be posted on the MIAA website by noon on Tuesday.</b>	
<b>Entry Deadline:</b> Date and time when the entry must be posted <b>electronically</b> on <b>Direct Athletics</b> . All performances must be attained by cut-off date listed above.	Tuesday, May 22, 2018 by <del>Noon</del> <b>changed to Wednesday, May 23, 2018 by NOON</b> <b>Electronic Entries Only</b>	
<b>Performance List</b> Date performance lists will be posted on <a href="http://www.miaa.net">http://www.miaa.net</a>	Tuesday, May 22, 2018 by <del>5:00 p.m.</del> <b>changed to Wednesday, May 23, 2018 by 5:00 pm</b>	
<b>Late Entries</b> (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 <b>Thursday, May 24<sup>th</sup>. No changes will be allowed on the switching of events for any athlete.</b>	
<b>Final Deadline: Date and time after which no new athlete entries will be accepted by the Tournament Director.</b>	Wednesday, May 23, 2018 @ <del>noon</del> <b>changed to Thursday, May 24, 2018 by NOON</b>	
<b>Tournament Dates*:</b> Divisional Meets: <b>Pentathlon &amp; Pole Vault</b>	<b>Pentathlon (B&amp;G) &amp; Girls' Pole Vault:</b> <b>Thursday, May 24, 2018</b> East: Division 1 & 4 – Weston HS @ 2pm Division 2 – NDA Hingham @ 2pm (G&B Pole Vault & G&B Pentathlon) Division 3 – North Reading HS @ 4pm C/W: Division 1 - Hampshire Reg. @ 2pm Division 2 - Nashoba Reg. HS (Bolton)@4pm	
<b>Tournament Dates*:</b> (weekend before first Saturday in June) <b>Divisional Meets:</b>	<b>Saturday, May 26, 2018 @ 10:00 AM</b> East: Division 3 – North Reading HS Division 4 – Ipswich HS C/W: Division 1 - Hampshire Reg. Division 2 - Fitchburg State University <b>Sunday, May 27, 2018 at 10:00 AM</b> East: Division 1 – Andover HS Division 2 – Greater New Bedford RVTHS	
<b>*Postponements</b>	<ul style="list-style-type: none"> <li>• Final decision made by T.D. &amp; MIAA Liaison</li> <li>• If possible decision will be made by noon the day before, if unable, will use a 6AM deadline.</li> <li>• First option for Divisional will be to move from Saturday/Sunday to Monday at 2:00 pm.</li> <li>• Second option will be to move to Tuesday.</li> <li>• First option for All-State will be to move to Sunday &amp; second option to Monday.</li> </ul> Check the MIAA website for postponements.	<p><b>ALL-STATE</b>            Charlie Butterfield:  <a href="mailto:cbutter51@hotmail.com">cbutter51@hotmail.com</a></p>

<b>All-State Meet</b> (always 1 <sup>st</sup> Saturday in June)	<b>Thursday, May 31, 2018 @ 2:00 PM</b> Pentathlon (B&G) & Girls' Pole Vault @ Fitchburg State University <b>Saturday, June 2, 2018 @ Fitchburg State University</b> • - see times & directions on page 12 & 13	<b>EAST ROTATION:</b> Div. 1,2 - 2019: (Sat.) Div. 3,4 - 2019: (Sun.) <hr/> Div. 3, 4 – 2018 (Sat.) Div. 1, 2 - 2018 (Sun.)
<b>New England Track Meet:</b>	Saturday, June 9, 2018 @ 10:00 AM held at: Univ. of New Hampshire <a href="http://cnesspa.ezstream.com/">http://cnesspa.ezstream.com/</a>	<hr/> <b>ALL STATE ROTATION:</b> '18 – Central '19 – West '20-East

DEADLINES	
Boys' & Girls' Official Outdoor Track Entry through <i>Direct Athletics</i> website (see process on page 4)	Tuesday, May 22, 2018 BY Noon <b>Wednesday, May 23, 2018 by NOON</b>
Pole Vault Certification	<b>MUST BRING TO DIVISIONAL &amp; ALL-STATE MEETS</b>
Sportsmanship Award	May 18, 2018

**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. 2018 MIAA OUTDOOR TRACK RULES**

- A. **DIVISIONS:** Schools will compete in divisions listed on the *MIAA Alignments 2017-2021 Web Site:* [http://miaa.net/content/easy\\_pages/view.php?page\\_id=21&sid=38&menu\\_id=170](http://miaa.net/content/easy_pages/view.php?page_id=21&sid=38&menu_id=170)
- 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 **Wednesday, May 23, 2018 by NOON. You cannot access Direct Athletics after noon on Wednesday, May 23<sup>rd</sup>.**

**Entry Process: Entries done on Direct Athletics Website:** [www.directathletics.com](http://www.directathletics.com)

*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 **Wednesday, May 23<sup>rd</sup>.** 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.

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](http://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](http://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 **Wednesday, May 23<sup>rd</sup>** 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 Thursday, May 24<sup>th</sup>**. **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.**



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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 fill the field up to 16 in the 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 and then adding the remaining number based on times entered on Direct Athletics. For individual running events, the automatic standard is the average of the 12<sup>th</sup> place performances from the last 3 years. For field events and relays, the automatic standard is the average of the 8<sup>th</sup> place performances from the last 3 years. 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.
- W. **HONEST EFFORT RULE: Failure to Participate**  
a. A declared athlete must participate in the trials and/or finals of all events in which they are declared. A declared athlete who fails to participate in an event is prohibited from participating in any subsequent event in the meet.  
b. An athlete is declared if he or she is entered in an event and has NOT been scratched when the first event of the meet begins.  
c. Participation is defined as beginning the athletic challenge of the event.  
i. For a field event, participation means attempting at least one trial. An unsuccessful trial or a foul meets this requirement.

- ii. For a running event, participation means beginning the event and making an effort to complete it. An athlete who begins the event but is disqualified from the event meets the participation requirement.
- d. For events with multiple rounds, a declared athlete must participate in all rounds for which he or she has qualified.
- e. For combined events, the athlete must participate in at least the first event of the combined event competition.
- f. Relay events are not covered under this rule. If a school does not participate in a relay, that shall not affect the participation status of any individual athlete entered in that relay.
- g. The referee will be the final authority on all applications of this rule. The referee has the authority to waive application of this rule if circumstances beyond the competitor's control including, but not limited to, medical conditions have prevented the athlete's participation. A coach who wishes this rule waived must apply in writing in a timely manner to the referee for a waiver.

**X. Seeding Committee to assist Tournament Directors (TD)**

1. Each member will review events assigned by the TD, and monitor 10 days prior to MIAA deadline.
2. Any infractions or violations will be reported to the TD - who will maintain a log and contact the school in question.
3. Each TD will send a final list (PDF) of all entries to each member who will review/make note of any questionable performances, and report to TD by noon time of posting day for entries.
4. TD's will make all final decisions and report to MIAA Liaison.

Both the MIAA & MSTCA will seek active coaches who would like to nominate themselves for these committees by MIAA Divisions. Outdoor C/W 1, C/W 2, East 1, East 2, East 3, & East 4 Tournament Director's will serve as chair of each Divisional Seeding Committee. Final selection decision will be done by TD & MIAA Liaison.

**IV. 2018 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 at the Outdoor Divisional Meets and the All-State Championship. The eligibility criteria are drawn from the International Paralympic Committee (IPC) Athletics rules.

Eligible and qualified student-athletes may compete in Para track & field category 100m, 800m and Shot Put events.

- 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. 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.

**2018 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.

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\*\*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 14.

## **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
  - 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.

- [http://miaa.net/content/m/easy\\_pages/view.php?sid=38&page\\_id=126](http://miaa.net/content/m/easy_pages/view.php?sid=38&page_id=126)

### **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 [joel.walsh@adaptivesportsne.org](mailto:joel.walsh@adaptivesportsne.org) 617-690-9103

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

## **Y. PENTATHLON**

- All meets will start on Thursday, May 24<sup>th</sup> at 2 PM for pentathlon participants, EXCEPT C/W Division 2 & East D3 will start at 4PM.
- Will be open to the top 12 Boys and Girls in each division – schools will submit certified performances in the 5 events, **from the current outdoor track season only.**  
Boys: LJ, HJ, 110m H, SP, & 1500m;  
Girls: 100m H, HJ, SP, LJ, & 800m.  
School must declare by Saturday, May 19, 2018. Top 12 will be allowed to participate in two other events at the Divisional Meets if qualify. NO scratches allowed at Divisional if selected.
- Will be considered as one event for team scoring (10-8-6-5-4-3-2-1).
- Top two** from each division and the next top six place scorers will advance to the All-State meet. If scratching from All-State Pentathlon, MUST notify Tournament Director by noon the day before the event, Wednesday, May 23<sup>rd</sup> by noon.
- Time between events – minimum of 30 minutes.
- Order of events
  - Hurdles – G/B
  - B – long jump & G – high jump
  - B – shot put & G – long jump
  - B – high jump & G shot put
  - B -1500 & G – 800
- 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, May 30<sup>th</sup> via email.
- High Jump Progression

<b>GIRLS</b>									
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"
<b>BOYS</b>									
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 - 2018 BOYS OUTDOOR TRACK QUALIFYING STANDARDS**

EVENT	DIVISION I	DIVISION II	DIVISION III	DIVISION IV
	FAT	FAT	FAT	FAT
SHOT PUT	46' 4"	43'3"	43'0"	42'0"
DISCUS	131'10"	112'5"	111'7"	114'7"
JAVELIN	147'2"	140'0"	134'10"	134'0"
L.J.	20'4"	19'5"	19'10"	19'4"
T.J.	41'7"	40'6"	40'4"	39'10"
H.J.	5'11"	5'10"	5'10"	5'8"
P.V.	10'0"	9'0"	9'0"	9'6"
100 M	11.54	11.75	11.59	11.77
200 M	23.40	23.56	23.43	23.68
400 M	52.06	52.73	52.87	53.32
800 M	2:02.23	2:05.01	2:05.27	2:06.11
MILE	4:33.68	4:40.32	4:42.94	4:47.01
TWO MILE	09:53.70	10:03.05	10:19.81	10:33.92
110 HURDLE	16.06	16.25	16.59	16.82
400 HURDLE	:59.51	1:00.29	1:01.95	1:01.86
4x100 RELAY	45.05	45.42	45.59	46.30
4x400 RELAY	3:33.64	3:37.90	3:37.78	3:42.67
4x800 RELAY	8:23.13	8:41.19	8:42.99	8:54.61

**EAST - 2018 GIRLS OUTDOOR TRACK QUALIFYING STANDARDS**

EVENT	DIVISION I	DIVISION II	DIVISION III	DIVISION IV
	FAT	FAT	FAT	FAT
SHOT PUT	31' 2"	31'10"	32'0"	31'0"
DISCUS	89'5"	90'9"	94'9"	87'0"
JAVELIN	91'1"	98'8"	95'8"	94'4"
L.J.	16' 2"	15'10"	16'0"	15' 7"
H.J.	4' 11"	4'10"	4'11"	4'10"
T.J.	33'3"	33'10"	33'7"	32'10"
P.V.	8'0"	7' 6"	7'6"	7'0"
100 M	13.12	13.24	13.15	13.33
200 M	27.10	27.33	27.28	27.45
400 M	1:01.22	1:01.83	1:01.69	1:02.90
800 M	2:24.54	2:27.65	2:28.38	2:30.67
MILE	5:30.79	5:30.24	5:31.35	5:40.41
TWO MILE	11:56.54	12:10.30	12:05.01	12:30.92
100 MH	16.92	17.01	17.17	17.27
400 MH	1:10.53	1:10.17	1:10.41	1:11.19
4x100 RELAY	51.73	51.88	52.54	52.93
4x400 RELAY	4:14.90	4:17.37	4:21.02	4:22.50
4x800 RELAY	10:08.37	10:32.12	10:41.24	10:43.78

**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. Examples: 55m hurdles hand time of 8.1 - enter 8.1h and for 1000m hand time of 2:42.9 - enter 2:42.9h**

**Starting in 2019-2020 (2 year notice), MUST use FAT only for 100m, 100h, 110h & 200m.**

**Process for determining Qualifying Standards:** Tournament Director will fill the field up to 16 in the 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 and then adding the remaining number based on times entered on Direct Athletics. For individual running events, the automatic standard is the average of the 12<sup>th</sup> place performances from the last 3 years. For field events and relays, the automatic standard is the average of the 8<sup>th</sup> place performances from the last 3 years. For Hand Time, will add .4

**CENTRAL/WEST - 2018 BOYS QUALIFYING STANDARDS**

EVENT	DIVISION I	DIVISION II
	FAT	FAT
100 METER	11.60	11.68
200 METER	23.60	24.09
400 METER	52.19	54.70
800 METER	2:04.30	2:08.40
ONE MILE	4:39.60	4:48.81
TWO MILE	10:22.47	10:41.34
110 METER HURDLE	16.66	17.14
400 METER HURDLE	1:01.55	1:02.48
4x800 METER RELAY	8:51.63	9:01.27
4x100 METER RELAY	45.45	46.86
4x400 METER RELAY	3:39.34	3:47.39
H.J.	5' 7"	5' 8"
P.V.	11' 0"	10' 0"
L.J.	19' 3.5	19' 1"
T.J.	40' 1.5	38' 9"
DISCUS	113' 10"	113' 6"
JAVELIN	131' 10"	134' 3"
SHOT PUT	42' 2"	40' 2.75"

**CENTRAL/WEST - 2018 GIRLS QUALIFYING STANDARDS**

EVENT	DIVISION I	DIVISION II
	FAT	FAT
100 METER	13.36	13.30
200 METER	27.70	27.75
400 METER	1:03.67	1:03.83
800 METER	2:31.29	2:32.86
ONE MILE	5:45.20	5:39.74
TWO MILE	12:35.50	12:29.65
100 METER HURDLE	17.35	17.75
400 METER HURDLE	1:12.41	1:12.56
4x800 METER RELAY	11:05.13	10:45.13
4x100 METER RELAY	52.45	53.67
4x400 METER RELAY	4:25.69	4:28.52
H.J.	4' 10"	4' 8"
P.V.	8' 0"	7' 6"
L.J.	15' 8"	15' 5"
T.J.	32' 8"	31' 10.5"
DISCUS	85' 7"	86' 1"
JAVELIN	91' 11"	91' 3"
SHOT PUT	30' 2"	29' 2"

**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. Examples: 55m hurdles hand time of 8.1 - enter 8.1h and for 1000m hand time of 2:42.9 - enter 2:42.9h**  
**Starting in 2019-2020 (2 year notice), MUST use FAT only for 100m, 100h, 110h & 200m.**

**Process for determining Qualifying Standards:** Tournament Director will fill the field up to 16 in the 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 and then adding the remaining number based on times entered on Direct Athletics. For individual running events, the automatic standard is the average of the 12<sup>th</sup> place performances from the last 3 years. For field events and relays, the automatic standard is the average of the 8<sup>th</sup> place performances from the last 3 years. For Hand Time, will add .4

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## 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 Girls Pole Vault: Thursday, May 24, 2018 @ 2:00 PM start for East D1, D2, D4 and C/W D1.  
@ 4:00 PM for C/W D2 and East D3.**

**All-State Pentathlon & Girls PV: Thursday, May 31, 2018 @ 2:00 PM**

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**Divisional Meets (May 26<sup>th</sup> & 27<sup>th</sup>) @ 10:00 AM start and All-State Meet (June 2<sup>nd</sup>) @ 3:00 PM start**

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**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

Divisional Meets @ 10am  
All-State Meet @ 3pm

	(2018)	(2019)
POLE VAULT	(B only)	(G only)
TRIPLE JUMP	(G-B)	(B-G)
HIGH JUMP	(B-G)	(G-B)
**SHOT PUT	(B-G)	(G-B)
DISCUS	(G-B)	(B-G)
JAVELIN	(G-B)	(B-G)
LONG JUMP	(B-G)	(G-B)

### RUNNING EVENTS

Divisional's @ 11am  
All-State @ 4:30 pm

	(2018)	(2019)
<b>G-B</b> (2019 will be B-G)		
TWO MILE RUN	FINAL ON TIME	
400 METER HURDLES	FINAL ON TIME (25 min.)	
*200 METER DASH	TRIALS (45 min.)	
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.)	

\*\*Para Track & Field Competition will be included here.

**\* 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.

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**ALL-STATE MEET: Fitchburg State University**  
**Saturday, June 2, 2018 @ 3:00 pm**

**Directions:** [Fitchburg State University](http://www.fitchburgstate.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.**

**ADVISORY: Starting in 2018-19: 3 qualifying from each Division (6x3=18) plus next 6 top performances in the Divisional Finals advance to the All-State Meet.**

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 29, 2018 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 9, 2018 at the University of New Hampshire (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, May 31 AND Saturday, June 2, 2018-combined**, will be the 2018 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(2017-18) pass, otherwise they will need to purchase a ticket to enter.*

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**NEW ENGLAND CHAMPIONSHIP MEET:**

***The N.E. High School Championship Meet will be held Saturday, June 9, 2018 @ 10:00 am @ The University of New Hampshire, 155 Main Street, Durham, N.H.***

The New England Council ruled that all entries into the New England Outdoor Meet on Sat., 6/9, at the University of NH, **must come from our MIAA All-State Outdoor Meet**. We now will **go back to the entry process that we used in prior years** and you **WILL NOT enter athletes via Direct Athletics for the New England Meet**. The top 6 in each event will automatically qualify, and if someone in the top six is unable to attend, then places 7 & 8 will replace in that order. All will be required to declare at the Awards Tent at the All-State Meet at Fitchburg State University on Sat., 6/2. All declarations **MUST be made by the conclusion of the All-State Meet**. No changes/additions will be allowed after the Meet. The New England Entries will be posted on the New England Web-site by Tuesday, 6/5, by noon.



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# 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.

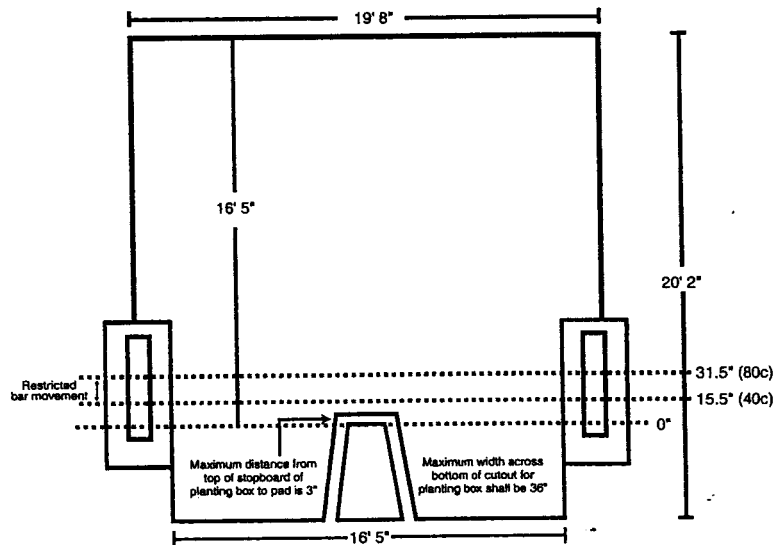
# MIAA POLE VAULT LANDING PAD CERTIFICATION

**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 Third 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 18, 2018.

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**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.

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Use back of this sheet if necessary

Athletic Directors Signature \_\_\_\_\_ Date \_\_\_\_\_

Coach's Signature \_\_\_\_\_ Date \_\_\_\_\_

Email to: **Dick Baker** at [dbaker@miaa.net](mailto: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 18, 2018**



# **The Third 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 18, 2018.

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**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.

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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](mailto:dbaker@miaa.net) or fax to **508-541-9888**

**APPLICATIONS MUST BE RECEIVED NO LATER THAN FRIDAY, MAY 18, 2018**



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## 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.**