



2024

Outdoor Track

Information

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2024 Outdoor Track Tournament Format

Entry Information - School's/Athletic Director's/Coach's Responsibilities

Accuracy of Entries:

It is the athletic director's and/or the coach's responsibility to correctly submit all tournament entries. Inaccurate or incorrect entries will be rejected and the athlete will not be accepted into the meet. A violation of qualifying criteria will result in a follow up with school administration and may involve a hearing before the MIAA Cross Country/Track & Field Committee.

Electronic entry via the Athletic.net 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 & Field. Further, we have received and read the entire Outdoor Track & Field Format and agree to abide by all of the requirements contained therein. We alone are responsible for rule violations and realize that they will result in Tournament disqualification.*

Athletic.net:

1. All entries must be completed through Athletic.net website: <https://www.athletic.net/>
2. For information and help setting up an Athletic.net account please visit the [Quick Start Guide](#).
3. Entries MUST include where and when the performance was achieved (Qualifying performances for the 2024 Outdoor Season can come only from MIAA sanctioned meets contested during the 2024 Outdoor Season).
4. Performances without "where and when" info will be rejected. Additionally, qualifying performances can be challenged by coaches or the Meet Director prior to the start of the meet.
5. If the field is not filled with automatic qualifiers, the tournament director will fill the field to the minimum number of athletes per event. Therefore, you may enter athletes who have NOT made the automatic qualifying standards. Fill-the-field qualifiers in the 100m, 200m, and 100/110m hurdles will come from FAT times only.
6. Automatic qualifier standards and minimum field size are included in the Divisional Championship pages in this packet.
7. Entries are viewable on Athletic.net and can be accessed by selecting the meet on your team's schedule, choose "Meet Info," then select "Entries" for each event.
8. Seeding committees will assist the Tournament Directors in the vetting of entry performances. Coaches interested in serving on a seeding committee should contact the relevant Director.

Entry Deadline Dates and Times:

1. Saturday, May 18, 2024 (8:00 PM) - Deadline for pentathlon entries to be completed.
2. Sunday, May 19, 2024 (12:00 PM) - Pentathlon performance list posted on www.miaa.net
3. Monday, May 20, 2024 (8:00 PM) - Deadline for all other entries to be completed.
4. Tuesday, May 21, 2024 (5:00 PM) - Preliminary performance lists will be posted on www.miaa.net.
5. Wednesday, May 22, 2024 (10:00 AM) - Deadline for "courtesy scratches" to allow the Tournament Director to refill the fields to the minimum number of athletes.
6. Wednesday, May 22, 2024 (2:00 PM) - Final performance lists posted.
7. Monday, May 27, 2024 (8:00 PM) - **Deadline for Meet of Champions. The top 16/24/32 entries in the respective events, including ties, will be selected for the Meet of Champions along with each Division winner if not within the top 16/24/32.**
8. Tuesday, May 28, 2024 (12:00 PM) – Meet of Champions Final performance lists posted.
9. **NO LATE ENTRIES – Late entries will not be accepted for the Outdoor Track & Field tournament. The entry deadline for the Pentathlon is 8:00pm on Saturday, May 18th. The entry deadline for all other Divisional Meet entries is 8:00 PM on Monday, May 20th. The entry deadline for the Meet of Champions is 8:00 PM on Monday, May 27. Entries can be submitted any time prior to the deadline.**

Entry Rules/Limits:

1. No athlete may be entered into more than three individual events on Athletic.net for which they have made the automatic qualifier.
2. In the event of an athlete being accepted into more than three individual events due to filling of the fields, the coach MUST scratch the athlete down to no more than three individual events by contacting the Tournament Director after the posting of the preliminary performance list (relays do not count toward the 3 individual event maximum for entry purposes).

NOTE: If an athlete is scratched from the Pentathlon, after being accepted, it will count as one event toward that athlete's three-event maximum. An athlete who qualifies for the Pentathlon in the Meet of Champions may scratch from the event through notification to the Tournament Director by 12pm on the Wednesday preceding the meet.



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3. On the day of the meet, coaches must declare athletes for their events on their actual declaration sheet. Athletes can be declared in up to three individual events with no relays; or fewer than three individual events with any number of relays, resulting in three total events. Any athlete with entries in excess of the above limits will be scratched by meet management from the excess events by following the listed order of events.
4. A school may enter up to 8 names for each relay team. Schools may only select competitors from the 8 names provided in each relay. Only one relay team per school is allowed.

Check-in Information - Day of Meet Responsibilities

Facility Entry/Athlete Supervision:

1. All athletes must be accompanied by a coach or school representative. If non-school personnel accompany an athlete, they must bring a signed approval from the high school principal to chaperone and represent the competing athlete.

Packet Pick-up:

1. Team packets with entries, bib numbers, and declaration/scratch sheets should be picked up by a coach.
2. Coaches will need to complete scratches at packet pick-up for any athletes not competing in an event for which they are entered and return to the official. If an athlete (or relay) needs to be scratched during the meet, please see the meet director.
3. Coaches will need to complete the Emergency Form Google Doc (provided by each Tournament Director) prior to picking up their team packets.
4. **REMINDER:** The packet received will be the packet for both days of the tournament.

MEET Management Information

General Rules:

1. **All MIAA rules will be followed:** High school track and field in Massachusetts is governed by the latest edition of the National Federation (NFHS) rule book for Track & Field, except where modified within this document/by the Games Committee.
2. **Spikes:** Only ¼" Pyramid spikes are allowed. Use of illegal spikes may result in disqualification.
3. **Restricted Areas/Coaching Boxes:** Non competitors are not allowed inside the track. Coaches are not allowed inside the track, with the exception of the designated coaches' boxes.
4. **Scoring/Awards:** In the Divisional meets, scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded to all scoring athletes and the top two teams will receive trophies. In the Meet of Champions, medals will be awarded to the top 8 athletes (and ties) in each event, but there will be no scoring or team trophies.
5. **Jury of Appeals:** A jury of appeals composed of 3 officials and 2 coaches will be assigned to hear written appeals submitted to the referee.
Para Athletes: (Para Format To Be Linked When Received) Whenever possible, para athletes will be included in traditional heats/flights. Seeding procedures may be adjusted in such cases, as necessary (example: a hearing impaired athlete moved to an inner lane to recognize false starts). Rules and regulations regarding para athletes can be found at: <https://www.paralympic.org/athletics/events/rules-and-regulations>. Point of contact at Adaptive Sports New England: Joe Walsh, 617-690-9103.
6. **Drone Policy:** The MIAA prohibits the use of drones (Unmanned Aircraft Systems) throughout the entire facility being used as part of the MIAA event.

Event-Specific Rules:

1. **Field Events Sign-in:** All field event athletes must sign in before the first flight, regardless of the flight to which they are assigned.
2. **Field Events Competition Order:** Field event athletes can be excused for a maximum of 15 minutes for competition in another event.
3. **High Jump Marks:** No high jump marks are permitted within 2 meters of either standard.
4. **Equipment:** Starting blocks will be provided. Relay teams must bring their own batons. Throwers must bring their own NFHS compliant implements, which will be weighed/inspected.



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5. Pentathlon:

- a) Athletes must have certified performances in all five (5) events from the current outdoor track season only.
 - i. Boys: 110m HH, Long Jump, Shot Put, High Jump, 1500m (1 Mile time can be used)
 - ii. Girls: 100m HH, High Jump, Long Jump, Shot Put, 800m
- b) **If an athlete is scratched from the Pentathlon, after being accepted, it will count as one event toward that athlete's three-event maximum.** An athlete who qualifies for the Pentathlon in the Meet of Champions may scratch from the event through notification to the Tournament Director by 12pm on the Wednesday preceding the meet.
- c) Will be considered as one event for team scoring and participation limits.
- d) Athletes will have 30 minutes between events.
- e) The high jump will progress in 5 cm increments. Athletes must declare their opening height. All heights in both genders will end with 0 or 5 cm (e.g. 1.20, 1.25...)

MIAA Tournament Meets

1. **Divisional Championships:** Each of the pages that follow includes all of the relevant information for the Divisional Meets, including date, time frame, minimum qualifiers per event, automatic qualifying standards and in-meet info like preferred lanes, trials and finals processes, etc.
2. **Meet of Champions:** Like the Divisional Championships, this page below includes all information for the Meet of Champions.
 1. As a reminder, qualifying marks must be entered on Athletic.net for the Meet of Champions.
 2. Qualifying marks must be obtained during the 2024 Outdoor Season and can come only from MIAA sanctioned meets.
 3. The top 16/24/32 entries in the respective events, including ties, will be selected for the Meet of Champions along with each Division winner if not within the top 16/24/32. Division winners must be reentered on Athletic.net.

New England Outdoor Track & Field Championship Meet - Saturday, June 8, 2024

The New England Council voted on October 10, 2018 that all entries into the New England Outdoor Meet must come from the MIAA Meet of Champions.

An athlete who competed in the MIAA Meet of Champions and wishes to register for the New England Championships must enter on Athletic.net using their performance from the Meet of Champions by 6PM on Sunday, June 2nd. The top 6 entries will be selected as the Massachusetts competitors for the New England Meet. **NO LATE ENTRIES WILL BE ACCEPTED.**

The New England Entries will be posted on the New England website.



2024 Outdoor Track Tournament Format

DIVISION 1 CHAMPIONSHIP at Westfield State University (Friday 5/24 & Sunday 5/26)

ENTRY DEADLINE: Pentathlon - 5/18/24 (8:00 PM); All Other Events - 5/20/24 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Girls Pentathlon 100m H/ Boys Pentathlon 110m H	Fri 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Boys Discus	Fri 3:00 PM	24	119' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Fri 3:00 PM	24	34' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Pentathlon HJ /Boys Pentathlon LJ	Fri 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Pole Vault	Fri 4:00 PM	16	8' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Pentathlon LJ/Boys Pentathlon Shot	Fri 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Discus	Fri 5:00 PM	24	92' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Fri 5:00 PM	24	41' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 200m Trials	Fri 5:00 PM	32	27.35 FAT (26.9h)	Top 8 times to Finals
Boys 200m Trials	Fri 5:10 PM	32	22.92 FAT (22.5h)	Top 8 times to Finals
Girls 400m Hurdles	Fri 5:20 PM	32	1:16.02 (1:15.7h)	
Boys 400m Hurdles	Fri 5:30 PM	32	1:01.78 (1:01.5h)	
Girls 800 meters (+ Para)	Fri 5:40 PM	32	2:24.54 (2:24.3h)	
Boys 800 meters (+ Para)	Fri 5:45 PM	32	2:01.66 (2:01.4h)	
Girls Pentathlon Shot/Boys Pentathlon HJ	Fri 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls 200m Final/Boys 200m Final	Fri 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 2 Mile Run	Fri 6:15 PM	32	12:17.15 (12:16.9h)	
Boys 2 Mile Run	Fri 6:45 PM	32	9:56.64 (9:56.4h)	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Fri 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls High Jump	Sun 2:30 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys Pole Vault	Sun 2:30 PM	16	10' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Shot Put (+ Para)	Sun 3:00 PM	24	31' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sun 3:00 PM	24	21' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sun 3:00 PM	24	135' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 100m Hurdle Trials	Sun 4:00 PM	32	17.60 FAT (17.2h)	Top 8 times to Finals
Boys 110m Hurdle Trials	Sun 4:10 PM	32	16.64 FAT (16.2h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sun 4:20 PM	32	13.23 FAT (12.8h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sun 4:30 PM	32	11.35 FAT (10.9h)	Top 8 times to Finals
Boys Shot Put (+ Para)	Sun 4:30 PM	24	45' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sun 4:30 PM	24	16' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sun 4:30 PM	24	88' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys High Jump	Sun 4:30 PM	24	5' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls 1 Mile Run	Sun 4:40 PM	32	5:33.86 (5:33.6h)	
Boys 1 Mile Run	Sun 4:55 PM	32	4:35.76 (4:35.5h)	
Girls 400 meters	Sun 5:10 PM	32	62.99 (62.7h)	
Boys 400 meters	Sun 5:20 PM	32	52.36 (52.1h)	
Girls 100m Hurdle Final/Boys 110m Hurdle Final	Sun 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 100m Final (+ Para)/Boys 100m Final (+ Para)	Sun 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 4x800m Relay	Sun 5:50 PM	24	10:31.91 (10:31.6h)	
Boys 4x800m Relay	Sun 6:10 PM	24	8:22.81 (8:22.5h)	
Girls 4x100m Relay	Sun 6:30 PM	24	52.24 (52.0h)	
Boys 4x100m Relay	Sun 6:35 PM	24	44.26 (44.0h)	
Girls 4x400m Relay	Sun 6:40 PM	24	4:21.57 (4:21.3h)	
Boys 4x400m Relay	Sun 6:55 PM	24	3:31.88 (3:31.6h)	

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule--up to a 15 minute early allowance



2024 Outdoor Track Tournament Format

DIVISION 2 CHAMPIONSHIP at Merrimack College (Friday 5/24 & Sunday 5/26)

ENTRY DEADLINE: Pentathlon - 5/18/24 (8:00 PM); All Other Events - 5/20/24 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Girls Pentathlon 100m H/ Boys Pentathlon 110m H	Fri 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Boys Discus	Fri 3:00 PM	24	126' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Fri 3:00 PM	24	34' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Pentathlon HJ /Boys Pentathlon LJ	Fri 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Pole Vault	Fri 4:00 PM	16	8' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Pentathlon LJ/Boys Pentathlon Shot	Fri 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Discus	Fri 5:00 PM	24	92' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Fri 5:00 PM	24	40' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 200m Trials	Fri 5:00 PM	32	27.67 FAT (27.2h)	Top 8 times to Finals
Boys 200m Trials	Fri 5:10 PM	32	23.58 FAT (23.1h)	Top 8 times to Finals
Girls 400m Hurdles	Fri 5:20 PM	32	1:14.22 (1:113.9h)	
Boys 400m Hurdles	Fri 5:30 PM	32	1:02.66 (1:02.4h)	
Girls 800 meters (+ Para)	Fri 5:40 PM	32	2:25.34 (2:25.1h)	
Boys 800 meters (+ Para)	Fri 5:45 PM	32	2:02.36 (2:02.1h)	
Girls Pentathlon Shot/Boys Pentathlon HJ	Fri 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls 200m Final/Boys 200m Final	Fri 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 2 Mile Run	Fri 6:15 PM	32	12:05.24 (12:05.0h)	
Boys 2 Mile Run	Fri 6:45 PM	32	10:09.61 (10:09.3h)	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Fri 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls High Jump	Sun 2:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys Pole Vault	Sun 2:30 PM	16	10' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Shot Put (+ Para)	Sun 3:00 PM	24	31' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sun 3:00 PM	24	20' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sun 3:00 PM	24	143' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 100m Hurdle Trials	Sun 4:00 PM	32	17.20 FAT (16.8h)	Top 8 times to Finals
Boys 110m Hurdle Trials	Sun 4:10 PM	32	16.87 FAT (16.4h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sun 4:20 PM	32	13.31 FAT (12.9h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sun 4:30 PM	32	11.58 FAT (11.1h)	Top 8 times to Finals
Boys Shot Put (+ Para)	Sun 4:30 PM	24	42' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sun 4:30 PM	24	16' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sun 4:30 PM	24	97' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys High Jump	Sun 4:30 PM	24	5' 8"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls 1 Mile Run	Sun 4:40 PM	32	5:35.45 (5:35.2h)	
Boys 1 Mile Run	Sun 4:55 PM	32	4:40.48 (4:40.2h)	
Girls 400 meters	Sun 5:10 PM	32	63.50 (63.2h)	
Boys 400 meters	Sun 5:20 PM	32	54.34 (54.0h)	
Girls 100m Hurdle Final/Boys 110m Hurdle Final	Sun 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 100m Final (+ Para)/Boys 100m Final (+ Para)	Sun 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 4x800m Relay	Sun 5:50 PM	24	10:23.12 (10:22.8h)	
Boys 4x800m Relay	Sun 6:10 PM	24	8:41.51 (8:41.2h)	
Girls 4x100m Relay	Sun 6:30 PM	24	52.45 (52.2h)	
Boys 4x100m Relay	Sun 6:35 PM	24	45.48 (45.2h)	
Girls 4x400m Relay	Sun 6:40 PM	24	4:22.64 (4:22.4h)	
Boys 4x400m Relay	Sun 6:55 PM	24	3:37.75 (3:37.5h)	

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule--up to a 15 minute early allowance



2024 Outdoor Track Tournament Format

DIVISION 3 CHAMPIONSHIP at Bridgewater State University (Thursday 5/23 & Saturday 5/25)

ENTRY DEADLINE: Pentathlon - 5/18/24 (8:00 PM); All Other Events - 5/20/24 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Girls Pentathlon 100m H/ Boys Pentathlon 110m H	Thurs 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Boys Discus	Thurs 3:00 PM	24	114' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 3:00 PM	24	33' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Pentathlon HJ /Boys Pentathlon LJ	Thurs 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Pole Vault	Thurs 4:00 PM	16	7' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Pentathlon LJ/Boys Pentathlon Shot	Thurs 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Discus	Thurs 5:00 PM	24	84' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 5:00 PM	24	39' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 200m Trials	Thurs 5:00 PM	32	27.22 FAT (26.8h)	Top 8 times to Finals
Boys 200m Trials	Thurs 5:10 PM	32	23.74 FAT (23.3h)	Top 8 times to Finals
Girls 400m Hurdles	Thurs 5:20 PM	32	1:16.23 (1:15.9h)	
Boys 400m Hurdles	Thurs 5:30 PM	32	1:03.4 (1:03.1h)	
Girls 800 meters (+ Para)	Thurs 5:40 PM	32	2:31.99 (2:31.7h)	
Boys 800 meters (+ Para)	Thurs 5:45 PM	32	2:06.74 (2:06.5h)	
Girls Pentathlon Shot/Boys Pentathlon HJ	Thurs 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls 200m Final/Boys 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 2 Mile Run	Thurs 6:15 PM	32	12:29.95 (12:29.7h)	
Boys 2 Mile Run	Thurs 6:45 PM	32	10:12.91 (10:12.6h)	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Thurs 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls High Jump	Sat 2:30 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys Pole Vault	Sat 2:30 PM	16	9' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Shot Put (+ Para)	Sat 3:00 PM	24	30' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 3:00 PM	24	20' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 3:00 PM	24	131' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 100m Hurdle Trials	Sat 4:00 PM	32	17.41 FAT (17.0h)	Top 8 times to Finals
Boys 110m Hurdle Trials	Sat 4:10 PM	32	16.77 FAT (16.3h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:20 PM	32	13.19 FAT (12.7h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:30 PM	32	11.61 FAT (11.2h)	Top 8 times to Finals
Boys Shot Put (+ Para)	Sat 4:30 PM	24	41' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 4:30 PM	24	16' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 4:30 PM	24	90' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys High Jump	Sat 4:30 PM	24	5' 8"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls 1 Mile Run	Sat 4:40 PM	32	5:47.44 (5:47.2h)	
Boys 1 Mile Run	Sat 4:55 PM	32	4:42.98 (4:42.7h)	
Girls 400 meters	Sat 5:10 PM	32	1:04.99 (1:04.7h)	
Boys 400 meters	Sat 5:20 PM	32	54.03 (53.7h)	
Girls 100m Hurdle Final/Boys 110m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 100m Final (+ Para)/Boys 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 4x800m Relay	Sat 5:50 PM	24	10:51.43 (10:51.1h)	
Boys 4x800m Relay	Sat 6:10 PM	24	8:40.39 (8:40.1h)	
Girls 4x100m Relay	Sat 6:30 PM	24	52.59 (52.3h)	
Boys 4x100m Relay	Sat 6:35 PM	24	45.74 (45.5h)	
Girls 4x400m Relay	Sat 6:40 PM	24	4:24.64 (4:24.4h)	
Boys 4x400m Relay	Sat 6:55 PM	24	3:38.87 (3:38.6h)	

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule--up to a 15 minute early allowance



2024 Outdoor Track Tournament Format

DIVISION 4 CHAMPIONSHIP at Westfield State University (Thursday 5/23 & Saturday 5/25)

ENTRY DEADLINE: Pentathlon - 5/18/24 (8:00 PM); All Other Events - 5/20/24 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Girls Pentathlon 100m H/ Boys Pentathlon 110m H	Thurs 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Boys Discus	Thurs 3:00 PM	24	117' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 3:00 PM	24	32' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Pentathlon HJ /Boys Pentathlon LJ	Thurs 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Pole Vault	Thurs 4:00 PM	16	7' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Pentathlon LJ/Boys Pentathlon Shot	Thurs 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Discus	Thurs 5:00 PM	24	85' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 5:00 PM	24	40' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 200m Trials	Thurs 5:00 PM	32	27.87 FAT (27.4h)	Top 8 times to Finals
Boys 200m Trials	Thurs 5:10 PM	32	24.01 FAT (23.6h)	Top 8 times to Finals
Girls 400m Hurdles	Thurs 5:20 PM	32	1:16.59 (1:16.3h)	
Boys 400m Hurdles	Thurs 5:30 PM	32	1:05.7 (1:05.4h)	
Girls 800 meters (+ Para)	Thurs 5:40 PM	32	2:34.96 (2:34.7h)	
Boys 800 meters (+ Para)	Thurs 5:45 PM	32	2:05.23 (2:04.9h)	
Girls Pentathlon Shot/Boys Pentathlon HJ	Thurs 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls 200m Final/Boys 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 2 Mile Run	Thurs 6:15 PM	32	12:23.57 (12:23.3h)	
Boys 2 Mile Run	Thurs 6:45 PM	32	10:22.77 (10:22.5h)	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Thurs 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls High Jump	Sat 2:30 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys Pole Vault	Sat 2:30 PM	16	9' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Shot Put (+ Para)	Sat 3:00 PM	24	30' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 3:00 PM	24	19' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 3:00 PM	24	133' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 100m Hurdle Trials	Sat 4:00 PM	32	18.13 FAT (17.7h)	Top 8 times to Finals
Boys 110m Hurdle Trials	Sat 4:10 PM	32	17.48 FAT (17.0h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:20 PM	32	13.43 FAT (13.0h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:30 PM	32	11.73 FAT (11.3h)	Top 8 times to Finals
Boys Shot Put (+ Para)	Sat 4:30 PM	24	40' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 4:30 PM	24	16' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 4:30 PM	24	87' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys High Jump	Sat 4:30 PM	24	5' 8"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls 1 Mile Run	Sat 4:40 PM	32	5:38.20 (5:37.9h)	
Boys 1 Mile Run	Sat 4:55 PM	32	4:45.50 (4:45.20h)	
Girls 400 meters	Sat 5:10 PM	32	1:05.13 (1:04.8h)	
Boys 400 meters	Sat 5:20 PM	32	54.46 (54.2h)	
Girls 100m Hurdle Final/Boys 110m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 100m Final (+ Para)/Boys 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 4x800m Relay	Sat 5:50 PM	24	10:49.46 (10:49.2h)	
Boys 4x800m Relay	Sat 6:10 PM	24	8:55.16 (8:54.9h)	
Girls 4x100m Relay	Sat 6:30 PM	24	52.82 (52.5h)	
Boys 4x100m Relay	Sat 6:35 PM	24	45.68 (45.4h)	
Girls 4x400m Relay	Sat 6:40 PM	24	4:29.50 (4:29.2h)	
Boys 4x400m Relay	Sat 6:55 PM	24	3:39.83 (3:39.5h)	

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule--up to a 15 minute early allowance



2024 Outdoor Track Tournament Format

DIVISION 5 CHAMPIONSHIP at Bridgewater State University (Friday 5/24 & Sunday 5/26)

ENTRY DEADLINE: Pentathlon - 5/18/24 (8:00 PM); All Other Events - 5/20/24 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Girls Pentathlon 100m H/ Boys Pentathlon 110m H	Fri 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Boys Discus	Fri 3:00 PM	24	115' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Fri 3:00 PM	24	33' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Pentathlon HJ /Boys Pentathlon LJ	Fri 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Pole Vault	Fri 4:00 PM	16	7' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Pentathlon LJ/Boys Pentathlon Shot	Fri 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Discus	Fri 5:00 PM	24	86' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Fri 5:00 PM	24	41' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 200m Trials	Fri 5:00 PM	32	28.09 FAT (27.6h)	Top 8 times to Finals
Boys 200m Trials	Fri 5:10 PM	32	24.01 FAT (23.6h)	Top 8 times to Finals
Girls 400m Hurdles	Fri 5:20 PM	32	1:13.37 (1:13.1h)	
Boys 400m Hurdles	Fri 5:30 PM	32	1:03.78 (1:03.5h)	
Girls 800 meters (+ Para)	Fri 5:40 PM	32	2:34.40 (2:34.1h)	
Boys 800 meters (+ Para)	Fri 5:45 PM	32	2:06.28 (2:06.0h)	
Girls Pentathlon Shot/Boys Pentathlon HJ	Fri 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls 200m Final/Boys 200m Final	Fri 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 2 Mile Run	Fri 6:15 PM	32	12:34.53 (12:34.2h)	
Boys 2 Mile Run	Fri 6:45 PM	32	10:35.03 (10:34.8h)	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Fri 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls High Jump	Sun 2:30 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys Pole Vault	Sun 2:30 PM	16	9' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Shot Put (+ Para)	Sun 3:00 PM	24	31' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sun 3:00 PM	24	20' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sun 3:00 PM	24	139' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 100m Hurdle Trials	Sun 4:00 PM	32	17.83 FAT (17.4h)	Top 8 times to Finals
Boys 110m Hurdle Trials	Sun 4:10 PM	32	17.99 FAT (17.5h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sun 4:20 PM	32	13.32 FAT (12.9h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sun 4:30 PM	32	11.58 FAT (11.1h)	Top 8 times to Finals
Boys Shot Put (+ Para)	Sun 4:30 PM	24	41' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sun 4:30 PM	24	16' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sun 4:30 PM	24	89' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys High Jump	Sun 4:30 PM	24	5' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls 1 Mile Run	Sun 4:40 PM	32	5:42.35 (5:42.1h)	
Boys 1 Mile Run	Sun 4:55 PM	32	4:46.14 (4:45.9h)	
Girls 400 meters	Sun 5:10 PM	32	1:04.07 (1:03.8h)	
Boys 400 meters	Sun 5:20 PM	32	54.36 (54.1h)	
Girls 100m Hurdle Final/Boys 110m Hurdle Final	Sun 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 100m Final (+ Para)/Boys 100m Final (+ Para)	Sun 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 4x800m Relay	Sun 5:50 PM	24	11:08.20 (11:07.9h)	
Boys 4x800m Relay	Sun 6:10 PM	24	9:03.66 (9:03.4h)	
Girls 4x100m Relay	Sun 6:30 PM	24	52.56 (52.3h)	
Boys 4x100m Relay	Sun 6:35 PM	24	45.36 (45.1h)	
Girls 4x400m Relay	Sun 6:40 PM	24	4:24.47 (4:24.2h)	
Boys 4x400m Relay	Sun 6:55 PM	24	3:43.90 (3:43.6h)	

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule--up to a 15 minute early allowance



2024 Outdoor Track Tournament Format

DIVISION 6 CHAMPIONSHIP at Merrimack College (Thursday 5/23 & Saturday 5/25)

ENTRY DEADLINE: Pentathlon - 5/18/24 (8:00 PM); All Other Events - 5/20/24 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Girls Pentathlon 100m H/ Boys Pentathlon 110m H	Thurs 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Boys Discus	Thurs 3:00 PM	24	122' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 3:00 PM	24	32' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Pentathlon HJ /Boys Pentathlon LJ	Thurs 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Pole Vault	Thurs 4:00 PM	16	7' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Pentathlon LJ/Boys Pentathlon Shot	Thurs 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Discus	Thurs 5:00 PM	24	89' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 5:00 PM	24	39' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 200m Trials	Thurs 5:00 PM	32	28.19 FAT (27.7h)	Top 8 times to Finals
Boys 200m Trials	Thurs 5:10 PM	32	23.87 FAT (23.4h)	Top 8 times to Finals
Girls 400m Hurdles	Thurs 5:20 PM	32	1:16.98 (1:16.7h)	
Boys 400m Hurdles	Thurs 5:30 PM	32	1:05.39 (1:05.1h)	
Girls 800 meters (+ Para)	Thurs 5:40 PM	32	2:33.73 (2:33.4h)	
Boys 800 meters (+ Para)	Thurs 5:45 PM	32	2:10.4 (2:10.1h)	
Girls Pentathlon Shot/Boys Pentathlon HJ	Thurs 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls 200m Final/Boys 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 2 Mile Run	Thurs 6:15 PM	32	12:57.71 (12:57.4h)	
Boys 2 Mile Run	Thurs 6:45 PM	32	10:53.09 (10:52.8h)	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Thurs 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls High Jump	Sat 2:30 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys Pole Vault	Sat 2:30 PM	16	8' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Girls Shot Put (+ Para)	Sat 3:00 PM	24	30' 1"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 3:00 PM	24	20' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 3:00 PM	24	131' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 100m Hurdle Trials	Sat 4:00 PM	32	18.04 FAT (17.6h)	Top 8 times to Finals
Boys 110m Hurdle Trials	Sat 4:10 PM	32	18:19 FAT (17.7h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:20 PM	32	13.54 FAT (13.1h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:30 PM	32	11.70 FAT (11.3h)	Top 8 times to Finals
Boys Shot Put (+ Para)	Sat 4:30 PM	24	39' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 4:30 PM	24	15' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 4:30 PM	24	88' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys High Jump	Sat 4:30 PM	24	5' 8"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls 1 Mile Run	Sat 4:40 PM	32	5:52.10 (5:51.8h)	
Boys 1 Mile Run	Sat 4:55 PM	32	4:52.38 (4:52.1h)	
Girls 400 meters	Sat 5:10 PM	32	1:06.70 (1:06.4h)	
Boys 400 meters	Sat 5:20 PM	32	54.16 (53.9h)	
Girls 100m Hurdle Final/Boys 110m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 100m Final (+ Para)/Boys 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Girls 4x800m Relay	Sat 5:50 PM	24	11:14.25 (11:14.0h)	
Boys 4x800m Relay	Sat 6:10 PM	24	9:09.25 (9:09.0h)	
Girls 4x100m Relay	Sat 6:30 PM	24	53.54 (53.2h)	
Boys 4x100m Relay	Sat 6:35 PM	24	45.85 (45.6h)	
Girls 4x400m Relay	Sat 6:40 PM	24	4:38.62 (4:38.3h)	
Boys 4x400m Relay	Sat 6:55 PM	24	3:46.20 (3:45.9h)	

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule--up to a 15 minute early allowance



2024 Outdoor Track Tournament Format

MEET OF CHAMPIONS QUALIFIERS & PERFORMANCE LISTS

Qualifiers

- Pentathlon - **Top** place winner from each Divisional Championship (1, 2, 3, 4, 5, 6) plus the six highest scores entered from MIAA sanctioned pentathlon competitions during the 2024 outdoor season.
- All Other Events - The **Top 16/24/32** entries in the respective events, including ties, will be selected for the Meet of Champions along with top place winner from each Divisional Championship (1, 2, 3, 4, 5, 6) if not within the top 16/24/32.

All entries, including top place winners, must be completed through Athletic.net: www.athletic.net. All entries must be submitted by Monday, May 27th at 8:00pm. Entries MUST include where and when the performance was achieved (Qualifying performances for the 2024 Outdoor Season can come only from MIAA sanctioned meets contested during the 2024 Outdoor Season). Performances without “where and when” info will be rejected. Additionally, qualifying performances can be challenged by coaches or the Meet Director prior to the start of the meet.

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 28, 2024 by 12pm. Individuals qualifying will be posted on MIAA website. If listed, you are in, no further information will be sent. The performance list will be declared final 24 hours after being released. Medals will be awarded to individuals for all eight scoring places in each event.



2024 Outdoor Track Tournament Format

MEET OF CHAMPIONS at Fitchburg State University (Thursday 5/30 & Saturday 6/1)

ENTRY DEADLINE: All Events – 5/27/24 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	ADDITIONAL INFO
Girls Pentathlon 100m H/ Boys Pentathlon 110m H	Thurs 3:00 PM	12 (Max)/12 (Max)	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Discus	Thurs 3:00 PM	24	All Pentathlon event start times after the hurdles are estimates only.
Girls Triple Jump	Thurs 3:00 PM	24	
Girls Pentathlon HJ /Boys Pentathlon LJ	Thurs 3:45 PM	12 (Max)/12 (Max)	
Girls Pole Vault	Thurs 4:00 PM	16	Opens at height of lowest qualifier. Up in 6" increments.
Girls Pentathlon LJ/Boys Pentathlon Shot	Thurs 4:45 PM	12 (Max)/12 (Max)	Top 8 times to Finals
Girls Discus	Thurs 5:00 PM	24	Top 8 times to Finals
Boys Triple Jump	Thurs 5:00 PM	24	
Girls 200m Trials	Thurs 5:00 PM	32	
Boys 200m Trials	Thurs 5:10 PM	32	30 minutes between events
Girls 400m Hurdles	Thurs 5:20 PM	32	
Boys 400m Hurdles	Thurs 5:30 PM	32	
Girls 800 meters (+ Para)	Thurs 5:40 PM	32	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 800 meters (+ Para)	Thurs 5:45 PM	32	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Pentathlon Shot/Boys Pentathlon HJ	Thurs 5:45 PM	12 (Max)/12 (Max)	Top 8 Times from Trials/Top 8 Times from Trials
Girls 200m Final/Boys 200m Final	Thurs 6:00 PM	8	
Girls 2 Mile Run	Thurs 6:15 PM	32	30 minutes between events
Boys 2 Mile Run	Thurs 6:45 PM	32	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Thurs 6:40 PM	12 (Max)/12 (Max)	30 minutes between events
Girls High Jump	Sat 2:30 PM	24	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys Pole Vault	Sat 2:30 PM	16	Opens at height of lowest qualifier. Up in 6" increments.
Girls Shot Put (+ Para)	Sat 3:00 PM	24	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 3:00 PM	24	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 3:00 PM	24	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls 100m Hurdle Trials	Sat 4:00 PM	32	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sat 4:10 PM	32	Heat winners and next 4 fastest times (8 in total) to the finals
Girls 100m Trials (+ Para)	Sat 4:20 PM	32	Heat winners and next 4 fastest times (8 in total) to the finals
Boys 100m Trials (+ Para)	Sat 4:30 PM	32	Heat winners and next 4 fastest times (8 in total) to the finals
Boys Shot Put (+ Para)	Sat 4:30 PM	24	Heat winners and next 4 fastest times (8 in total) to the finals
Girls Long Jump	Sat 4:30 PM	24	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 4:30 PM	24	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys High Jump	Sat 4:30 PM	24	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls 1 Mile Run	Sat 4:40 PM	32	
Boys 1 Mile Run	Sat 4:55 PM	32	
Girls 400 meters	Sat 5:10 PM	32	
Boys 400 meters	Sat 5:20 PM	32	
Girls 100m Hurdle Final/Boys 110m Hurdle Final	Sat 5:30 PM	8	Heat winners and next 4 fastest times (8 in total)
Girls 100m Final (+ Para)/Boys 100m Final (+ Para)	Sat 5:40 PM	8	Heat winners and next 4 fastest times (8 in total)
Girls 4x800m Relay	Sat 5:50 PM	24	
Boys 4x800m Relay	Sat 6:10 PM	24	
Girls 4x100m Relay	Sat 6:30 PM	24	
Boys 4x100m Relay	Sat 6:35 PM	24	
Girls 4x400m Relay	Sat 6:40 PM	24	
Boys 4x400m Relay	Sat 6:55 PM	24	

All running events qualifying times must be FAT

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule--up to a 15 minute early allowance



2024 Outdoor Track Tournament Format

MIAA POLE VAULTER'S WEIGHT CERTIFICATION – BOYS AND GIRLS

INSTRUCTIONS

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. 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.

Failure to bring this completed form will result in the athlete not being allowed to compete.

SCHOOL: _____

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

***Includes full competition uniform and footwear**

Pole Vault Coach Certification No. _____

POLE RATING

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.

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.

