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**#OneTeamOneMIAA**

**Division 4**

# **Outdoor Track Championship**

**May 30 & June 1, 2025**  
*Merrimack College*

*Growing Courageous Leaders™*



## DIVISION 4 CHAMPIONSHIP at Merrimack College (Friday 5/30 & Sunday 6/1)

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
<b>Boys Pentathlon 110m H/ Girls Pentathlon 100m H</b>	<b>Fri 3:00 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>All Pentathlon event start times after the hurdles are estimates only.</b>
Girls Discus	Fri 3:00 PM	24	85' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Fri 3:00 PM	24	40' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
<b>Boys Pentathlon HJ /Girls Pentathlon LJ</b>	<b>Fri 3:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Pole Vault	Fri 4:00 PM	16	9' 6"	Opens at height of lowest qualifier. Up in 6" increments.
<b>Boys Pentathlon LJ/Girls Pentathlon Shot</b>	<b>Fri 4:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Discus	Fri 5:00 PM	24	118' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Fri 5:00 PM	24	32' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Trials	Fri 5:00 PM	32	23.84 FAT (23.4h)	Top 8 times to Finals
Girls 200m Trials	Fri 5:10 PM	32	27.62 FAT (27.2h)	Top 8 times to Finals
Boys 400m Hurdles	Fri 5:20 PM	32	64.71 (64.4h)	
Girls 400m Hurdles	Fri 5:30 PM	32	1:15.86 (1:15.6h)	
Boys 800 meters	Fri 5:40 PM	32	2:04.38 (2:04.1h)	
Girls 800 meters	Fri 5:45 PM	32	2:33.11 (2:32.8h)	
<b>Boys Pentathlon Shot/Girls Pentathlon HJ</b>	<b>Fri 5:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys 200m Final/Girls 200m Final	Fri 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Fri 6:15 PM	32	10:21.70 (10:21.4h)	
Girls 2 Mile Run	Fri 6:45 PM	32	12:33.57 (12:23.3h)	
<b>Boys Pentathlon 1500m/Girls Pentathlon 800m</b>	<b>Fri 6:40 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys High Jump	Sun 2:30 PM	24	5' 8"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sun 2:30 PM	16	7' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sun 3:00 PM	24	41' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sun 3:00 PM	24	16' 1"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sun 3:00 PM	24	87' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sun 4:00 PM	32	17.17 FAT (16.7h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sun 4:10 PM	32	17.95 FAT (17.5h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sun 4:20 PM	32	11.63 FAT (11.2h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sun 4:30 PM	32	13.33 FAT (12.9h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sun 4:30 PM	24	30' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sun 4:30 PM	24	19' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sun 4:30 PM	24	135' 1"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sun 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sun 4:40 PM	32	4:41.85 (4:41.6h)	
Girls 1 Mile Run	Sun 4:55 PM	32	5:37.92 (5:37.6h)	
Boys 400 meters (+ Para)	Sun 5:10 PM	32	53.99 (53.7h)	
Girls 400 meters (+ Para)	Sun 5:20 PM	32	64.37 (64.1h)	
Boys 110m Hurdle Final/Girls 100m Hurdle Final	Sun 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 110m Final (+ Para)/Girls 100m Final (+ Para)	Sun 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sun 5:50 PM	24	8:50.94 (8:50.7h))	
Girls 4x800m Relay	Sun 6:10 PM	24	10:47.65 (10:47.4h)	
Boys 4x100m Relay	Sun 6:30 PM	24	45.48 (45.2h)	
Girls 4x100m Relay	Sun 6:35 PM	24	52.65 (52.4h)	
Boys 4x400m Relay	Sun 6:40 PM	24	3:39.51 (3:39.2h)	
Girls 4x400m Relay	Sun 6:55 PM	24	4:24.73 (4:24.4h)	

**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**







compiled by Mike Richard

Year	Class A	Class B				
1934	Andover	Brockton				
1935	Watertown	Everett				
1936	Newton	Brighton/Roxbury Memorial				
1937	Newton	Lexington				
1938	Newton	Worcester Commerce				
1939	Newton	Worcester Commerce				
1940	Mechanical Arts	Rindge Tech				
1941	Mechanical Arts	Belmont				
1942	Newton	Concord				
1943	Newton	Concord				
1944	Malden	Melrose				
1945	Newton	Cambridge Latin				
1946	Newton	Weymouth				
	Class A	Class B	Class C	Class D		
1948	Newton	Watertown	Belmont	Winchester		
1949	Brockton	Watertown	Belmont	Wellesley		
1950	Boston English	Watertown	Belmont	Brandeis		
1951	Boston English	Watertown	St. John's Prep	Milton		
1952	Newton	Watertown	Braintree	Concord		
1953	Newton	Watertown	Belmont	Natick		
1954	Newton	Concord	Belmont	Natick		
1955	Newton	Watertown	Belmont	Attleboro		
1956	Newton	Watertown	Belmont	Concord		
1957	Newton	Belmont	St. John's Prep	Concord		
1958	Newton	Watertown	St. John's Prep	Hingham		
1959	Newton	Belmont	St. John's Prep	Concord		
1960	Boston English	Lexington	St. John's Prep	Concord		
1961	Boston Tech	Belmont	St. John's Prep	Andover		
1968	Hamilton-Wenham		1986	North Attleboro	2004	Hopkinton
1969	Brockton		1987	Lexington	2005	Andover
1970	No State Meet		1988	Norwell	2006	Lincoln-Sudbury
1971	No State Meet		1989	Shrewsbury	2007	Lincoln-Sudbury
1972	No State Meet		1990	Chelmsford	2008	Newton South
1973	Brookline		1991	Shrewsbury	2009	Mansfield
1974	Falmouth		1992	Falmouth	2010	Newton North
1975	Falmouth		1993	Falmouth	2011	Newton North
1976	Falmouth		1994	Falmouth	2012	Newton North
1977	Brockton		1995	Methuen	2013	Hingham
1978	Danvers		1996	Reading	2014	Woburn
1979	Danvers		1997	Medfield	2015	Cambridge Rindge & Latin
1980	Billerica		1998	Div- Springfield Cathedral; D2 – Foxboro	2016	Tewksbury
1981	Falmouth		1999	D1 – Brookline; D2 – Stoneham	2017	Milton
1982	No State Track Meet – Proposition 2 ½		2000	Hopkinton	2018	Wellesley
1983	Shrewsbury		2001	Hopkinton	2019	Wellesley
1984	Norwell		2002	Hopkinton	2020	No Tournament – COVID
1985	Norwell		2003	Hopkinton	2021	Westford Academy
2022	D1 Newton North	D2 Wellesley	D3 Mansfield	D4 Wilmington	D5 Weston	D6 Whitinsville Christian
2023	D1 Andover	D2 Wellesley	D3 Billerica	D4 Newburyport	D5 N. Reading	D6 Whitinsville Christian
2024	D1 Franklin	D2 Wellesley	D3 Mansfield	D4 Nashoba	D5 N. Reading	D6 Mt. Greylock





# Outdoor Track and Field State Championship History Team Records

compiled by Mike Richard

## Girls:

### Most State Championships

- 7 – Falmouth
- 5 – Hopkinton, Wellesley
- 4 – Newton North
- 3 – Norwell, Shrewsbury

### Consecutive State Championships

- 5 – Hopkinton (2000-04)
- 3 – Falmouth (1974-76; 1992-94), Newton North (2010-12), Wellesley (2022-24)

## Boys:

### Most State Championships

- 9 – Andover
- 7 – Newton North
- 6 – Brockton, Cambridge Rindge & Latin, New Bedford
- 3 – Boston English, North Andover

### Consecutive State Championships

- 5 – Cambridge Rindge & Latin (1986-90)
- 3 – Boston English (1963-65), Newton North (2003-05), North Andover (2022-24)
- 2 – Amesbury (2023-24), Andover (2009-10), Brockton (1991-92), Mansfield (2011-12)

**Thank you to our host sites**



MERRIMACK COLLEGE





# Outdoor Track and Field Individual History

compiled by Mike Richard

Boys State Track Records
(h = hand-held stopwatch)
100 Meter Dash
10.4h – Michael Morris, Ayer High, 1981
10.4 – Jonas Clarke, South Hadley, 2022
200 Meter Dash
21.01 – Jeffrey Smith, Silver Lake Regional, 2006
400 Meter Dash
47.52 – Mike Greene, Boston College High, 1983
800 Meter Run
1:51.17 – Andrew Ernst, Marblehead, 2016
1 Mile Run
4:05.14 – Victor Gras, Belmont High, 2004
2 Mile Run
9:00.52 – Thomas Ratcliffe, Concord-Carlisle, 2016
9:00.00 – Alberto Salazar, Wayland High, 1975
100 Meter Hurdles
13.8h – Jeff Baker, Methuen High, 1985
400 Meter Hurdles
53.53 – Aaron Araujo, New Bedford High, 2010
300 Meter Hurdles
37.4h – Dan Clark, Tewksbury High, 1996
4x800 Meter Relay
7:47.73 – Amherst-Pelham, 2015
4x100 Meter Relay
42.13 – Newton South, 2016
4x400 Meter Relay
3:18.51 – Natick, 2016
High Jump
7-00.50 – Jean Washington Morisset, Quincy High, 2003
Pole Vault
17-1 1/2 – Jack Vecellio, Frontier, 2022
Long Jump
23-10.50 - Greg Ouellette, Wareham High, 1965
Triple Jump
49-06.00 - Neal Connor, Ayer High, 1981
Discus
178-00 – Andrew Tallman, Boston College High, 2009
Javelin
209-11 – Kyle Quinn, Somerset High, 2011
224-02 – Tom Meyer, Lexington High (Old Javelin), 1977
Shot Put
67-10.75 - Jeff Chakouian, Seekonk High, 2000
Outdoor Pentathlon
3592 - Danny Renwick, Old Rochester, 2017

Girls State Track Records
(h = hand-held stopwatch)
100 Meter Dash
11.8h – Tasha Downing, Boston Technical High, 1987
200 Meter Dash
24.43 – Amanda Henson, Barnstable, 2013
24.5h – Kathy Guiney, Needham, 1970
24.5h – Martha White, Shrewsbury, 1983
400 Meter Dash
54.51 – Sierra Irvin, Hingham, 2014
800 Meter Run
2:07.14 – Karina Shepard, Dracut, 2014
1 Mile Run
4:37.23 – Ari Lambie, Bromfield School, 2003
2 Mile Run
10:24.21 – Shalane Flanagan, Marblehead High, 1999
100 Meter Hurdles
14.25 – Vanessa Clevereaux, Brockton, 2011
14.3h – Anne Jennings, Falmouth High, 1980
400 Meter Hurdles
59.52 – Alex Stanton, Medfield, 2011
300 Meter Hurdles
43.25 – Colleen Farley, Mt. Greylock Regional, 2003
4x800 Meter Relay
9:15.13 – Newton North High, 2007
4x100 Meter Relay
47.92 – North Attleboro High, 2009
4x400 Meter Relay
3:50.14 – Mansfield, 2014
High Jump
5-10.00 – Becky Bryan, Lexington High, 1987
Pole Vault
13-00.00 – Anna McFarlane, Concord-Carlisle, 2003
Long Jump
20-03.50 - Aranxta King, Medford High, 2007
Triple Jump
42-00.00 – Aranxta King, Medford High, 2006
Discus
157-05 – Pia Iacova, Brockton High, 1979
Javelin Throw
156-10 – Shira Stoller, Sharon, 2018
150-10 – Kathy Nelson, Wachusett Regional (Old Javelin), 1980
Shot Put
45-05.75 – Abbie Mokwuah, Longmeadow (4K), 2017
47-02.00 – Pam Hall, Weston High (8 lb.), 1978
Outdoor Pentathlon
3529 – Jada Johnson, Sharon, 2018



## Nominate Outstanding Individuals from Your School



**Submit Your Nominations!**

**Coach of the Year Award**

**MIAA Coach of the Year Award**  
recognizes and honors “teacher coaches” who have had an impact on the lives of student-athletes by encouraging them to succeed.



**Submit Your Nominations!**

**Official of the Year Award**

**MIAA Official of the Year Award**  
recognizes and honors officials who have displayed character, integrity and dignity, while displaying the highest standards of ethical conduct.



**Submit Your Nominations!**

**Student-Athlete of the Month Award**

*Deadline: Last Day of Each Month*

**Student-Athlete of the Month Award**  
The MIAA Student-Athlete of the Month Award is presented on a monthly basis to two student-athletes who display excellence in the areas of academics, athletics and community service.

### Diversity Equity and Inclusion (DEI)



The mission of the MIAA/MSAA Diversity, Equity & Inclusion Committee is to foster diversity among member schools, athletic administrators, coaches and student-athletes by promoting inclusiveness, awareness, and acceptance. The focus is to celebrate all differences by creating associations that are welcoming and engaging for all.

### Appreciation of Service Certificate



The MIAA and MSAA extend sincere gratitude and appreciation to senior students who have committed to joining the Armed Forces of the United States of America after their graduation. In the 2021-22 year of this program, school leadership recognized 156 students. We commend their dedication and service!

### 2024 MIAA Sportsmanship Essay/Multimedia Contest

#### Multi Media Contest Winners First Place

Thomas Stachowicz, Thomas Waldron,  
Leah Rivers-Wright, and Henry Waguespack  
Maynard High School

#### Second Place

Samuel Jansen and Michael Rapson  
Dartmouth High School

#### Essay Contest Winners First Place

Zachary Iannacone  
Ayer Shirley Regional High School

#### Second Place

Harris Fagan  
Oakmont Regional High School

### Student Advisory Committee 2024-2025

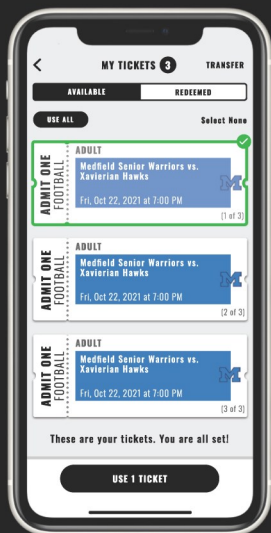
**STUDENT ADVISORY COMMITTEE (SAC)**  
is comprised of student leaders from MIAA member schools across the state. These students attend seasonal meetings and help facilitate student and captains leadership workshops throughout the school year. They participate in various association activities and provide continual feedback from the perspective of students on how to improve the Educational Athletic offerings of the MIAA.







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**to teach** respect for self, team, opponents, officials, rules, and the game itself

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## COACHES' EDUCATION

**to provide** resources for teacher-coaches who serve as curriculum instructors of educational athletics

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## LEADERSHIP

**to promote** the power of positive influence that student athletes and teacher-coaches share as role models

---

## COMMUNITY SERVICE

**to recognize** the privilege of athletic participation and the responsibility of giving back to the community

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MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

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