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Division 5

Outdoor Track Championship

May 29 & May 31, 2025
Westfield State University

Growing Courageous Leaders™



DIVISION 5 CHAMPIONSHIP at Westfield State University (Thursday 5/29 & Saturday 5/31)

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Boys Pentathlon 110m H/ Girls Pentathlon 100m H	Thurs 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Girls Discus	Thurs 3:00 PM	24	87' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 3:00 PM	24	40' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pentathlon HJ /Girls Pentathlon LJ	Thurs 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Boys Pole Vault	Thurs 4:00 PM	16	9' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Pentathlon LJ/Girls Pentathlon Shot	Thurs 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Boys Discus	Thurs 5:00 PM	24	121' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 5:00 PM	24	32' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Trials	Thurs 5:00 PM	32	23.96 FAT (23.5h)	Top 8 times to Finals
Girls 200m Trials	Thurs 5:10 PM	32	28.12 FAT (27.7h)	Top 8 times to Finals
Boys 400m Hurdles	Thurs 5:20 PM	32	63.65 (63.4h)	
Girls 400m Hurdles	Thurs 5:30 PM	32	1:13.38 (1:13.1h)	
Boys 800 meters	Thurs 5:40 PM	32	2:07.27 (2:07.0h)	
Girls 800 meters	Thurs 5:45 PM	32	2:34.13 (2:33.8h)	
Boys Pentathlon Shot/Girls Pentathlon HJ	Thurs 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Boys 200m Final/Girls 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Thurs 6:15 PM	32	10:40.15 (10:39.9h)	
Girls 2 Mile Run	Thurs 6:45 PM	32	12:57.86 (12:57.6h)	
Boys Pentathlon 1500m/Girls Pentathlon 800m	Thurs 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Boys High Jump	Sat 2:30 PM	24	5' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sat 2:30 PM	16	7' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sat 3:00 PM	24	41' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 3:00 PM	24	16' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 3:00 PM	24	89' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sat 4:00 PM	32	17.75 FAT (17.3h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sat 4:10 PM	32	18.06 FAT (17.6h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:20 PM	32	11.67 FAT (11.2h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:30 PM	32	13.42 FAT (13.0h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sat 4:30 PM	24	31' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 4:30 PM	24	19' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 4:30 PM	24	139' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sat 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sat 4:40 PM	32	4:46.89 (4:46.6h)	
Girls 1 Mile Run	Sat 4:55 PM	32	5:43.33 (5:43.1h)	
Boys 400 meters (+ Para)	Sat 5:10 PM	32	53.82 (53.5h)	
Girls 400 meters (+ Para)	Sat 5:20 PM	32	64.11 (63.8h)	
Boys 110m Hurdle Final/Girls 100m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 110m Final (+ Para)/Girls 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sat 5:50 PM	24	8:57.64 (8:57.4h)	
Girls 4x800m Relay	Sat 6:10 PM	24	11:07.52 (11:07.4h)	
Boys 4x100m Relay	Sat 6:30 PM	24	45.27 (45.0h)	
Girls 4x100m Relay	Sat 6:35 PM	24	52.60 (52.3h)	
Boys 4x400m Relay	Sat 6:40 PM	24	3:41.78 (3:41.5h)	
Girls 4x400m Relay	Sat 6:55 PM	24	4:25.77 (4:25.5h)	

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



Boys Outdoor Track and Field State Championship History

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			
Year	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	
1962	Boston Trade	1982 No State Track Meet – Proposition 2 ½		2002 New Bedford	
1963	Boston English	1983 New Bedford		2003 Newton North	
1964	Boston English	1984 Andover		2004 Newton North	
1965	Boston English	1985 Methuen		2005 Newton North	
1966	Andover	1986 Cambridge Rindge & Latin		2006 Xaverian	
1967	Melrose	1987 Cambridge Rindge & Latin		2007 Lexington	
1968	Andover	1988 Cambridge Rindge & Latin		2008 Charlestown	
1969	Melrose	1989 Cambridge Rindge & Latin		2009 Andover	
1970	Andover	1990 Cambridge Rindge & Latin		2010 Andover	
1971	Hingham/Needham	1991 Brockton		2011 Mansfield	
1972	Belmont	1992 Brockton		2012 Mansfield	
1973	Andover	1993 New Bedford		2013 Newton North	
1974	Brockton	1994 Lexington		2014 Newton North	
1975	Reading	1995 New Bedford		2015 Andover	
1976	New Bedford	1996 Brockton		2016 Newton North	
1977	Newton North	1997 Gloucester		2017 Newton North	
1978	Brockton	1998 D1 – Haverhill; D2 – Foxboro/Martha's Vineyard		2018 Lowell	
1979	Ayer / Andover	1999 D1 – Cambridge Rindge & Latin; D2 – Seekonk		2019 Lowell	
1980	New Bedford	2000 Brockton		2020 No Tournament – COVID	
1981	Ayer	2001 Xaverian		2021 Acton-Boxboro	
2022	D1 Newton North	D2 North Andover	D3 Wakefield	D4 Newburyport	D5 North Reading
2023	D1 Lexington	D2 Wellesley	D3 Westborough	D4 Burlington	D5 Pentucket
2024	D1 Acton-Boxborough	D2 North Andover	D3 Walpole	D4 Wakefield	D5 Weston
					D6 Littleton
					D6 Amesbury
					D5 Amesbury/Littleton



Girls Outdoor Track and Field State Championship History

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				
1969	Brockton				
1970	No State Meet				
1971	No State Meet				
1972	No State Meet				
1973	Brookline				
1974	Falmouth				
1975	Falmouth				
1976	Falmouth				
1977	Brockton				
1978	Danvers				
1979	Danvers				
1980	Billerica				
1981	Falmouth				
1982	No State Track Meet – Proposition 2 ½				
1983	Shrewsbury				
1984	Norwell				
1985	Norwell				
1986	North Attleboro				
1987	Lexington				
1988	Norwell				
1989	Shrewsbury				
1990	Chelmsford				
1991	Shrewsbury				
1992	Falmouth				
1993	Falmouth				
1994	Falmouth				
1995	Methuen				
1996	Reading				
1997	Medfield				
1998	Div– Springfield Cathedral; D2 – Foxboro				
1999	D1 – Brookline; D2 – Stoneham				
2000	Hopkinton				
2001	Hopkinton				
2002	Hopkinton				
2003	Hopkinton				
2004	Hopkinton				
2005	Andover				
2006	Lincoln-Sudbury				
2007	Lincoln-Sudbury				
2008	Newton South				
2009	Mansfield				
2010	Newton North				
2011	Newton North				
2012	Newton North				
2013	Hingham				
2014	Woburn				
2015	Cambridge Rindge & Latin				
2016	Tewksbury				
2017	Milton				
2018	Wellesley				
2019	Wellesley				
2020	No Tournament – COVID				
2021	Westford Academy				
2022	D1 Newton North	D2 Wellesley	D3 Mansfield	D4 Wilmington	D5 Weston
2023	D1 Andover	D2 Wellesley	D3 Billerica	D4 Newburyport	D5 N. Reading
2024	D1 Franklin	D2 Wellesley	D3 Mansfield	D4 Nashoba	D5 N. Reading
					D6 Whitinsville Christian
					D6 Whitinsville Christian
					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



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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

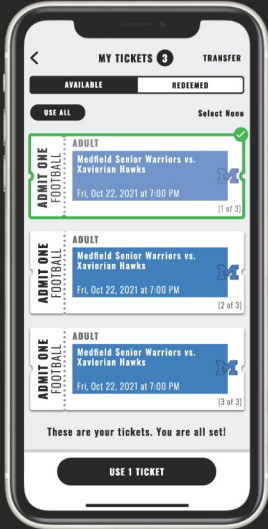
STUDENT ADVISORY COMMITTEE (SAC)

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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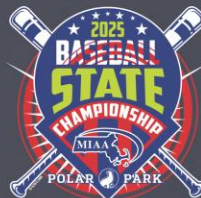
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COACHES' EDUCATION

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

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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