

2013 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

Sport Specific Information

2012- 2013 CROSS COUNTRY & TRACK COMMITTEE MEMBERS



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

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

Dist. G Mr. Vinnie Regan, Principal
Hoosac Valley Reg. H.S. (Cheshire)

Ms. Lindsey von Holtz, A.D.
Mt. Greylock Reg. (Williamstown)

Dist. B

Ms. Darlene Knight, A.A.D.
Boston Public Schools

Dist. H Mr. Stephen Czarnecki, A.P.
Bishop Fenwick H.S. (Peabody)

Mr. James Von Euw, A.D.
St. Joseph Prep (Boston)

Dist. C Dr. Jose Libano, Principal
Sharon High School

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

Officials' Representative
Mr. Thomas Meagher
Mr. Chris Lane

Dist. D Ms. Debbie Sarrey, Principal
Dighton-Rehoboth Reg. HS

Mr. Leonard Sylvia, A.D.
Gr. New Bedford RVTHS

Coaches' Representatives
Mr. James Hoar
Mr. Frank Mooney

Dist. E Mrs. Tara Bennett, Principal
Uxbridge HS

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

Consultant
Mr. John Monz

At-Large
Mr. Joseph LeMar

Dist. F Ms. Cathy Meader, A.D.
West Springfield HS

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

MASS

MASC
Mr. Tass Filledes

MIAA Staff Liaison
Mr. Dick Baker
Assistant Director

2013 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
Entry Deadline: Date and time when the entry must be posted electronically on Direct Athletics . All performances must be attained by cut-off date. <i>See P. on page 5 for possible conflicts</i>	Tuesday, May 21, 2013 @ Noon Electronic Entries Only	Tournament Director contact information is available in the "Members Only" section of the MIAA website Electronic entries are automatically forwarded to your Divisional Tournament Director Emass Divisional Directors Div 1 – Michael Meagher Div 2 – Rick Kates Div 3 – Irwin Cohen Div 4 – Ed Hichborn
Cut-off Date	Monday, May 20, 2013	
Performance List Date performance lists will be posted on http://www.miaa.net	Wednesday, May 22, 2013 @ noon	
Late Entries (If school 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 Thursday, May 23 rd . No changes will be allowed on the switching of events for any athlete.	
Final Deadline: Date and time after which no new athlete entries will be accepted by the Tournament Director.	Thursday, May 23, 2013 @ noon	
Tournament Dates*: Divisional Meets: (weekend before first Saturday in June)	Saturday, May 25, 2013 @ 9:30 AM East: Division 1 – Andover HS Division 2 – Notre Dame Acad-Hingham C/W: Division 1 - Fitchburg State University C/W: Division 2 - Westfield State University Sunday, May 26, 2013 at 1:00 PM East: Division 3 – Pembroke HS Division 4 – No. Reading HS	Central Mass. Charlie Butterfield West Mass. Tom Stewart ALL-STATE Tom Stewart
*Postponements	<ul style="list-style-type: none"> • Final decision made by T.D. & MIAA Liaison • If possible decision will be made by noon the day before, if unable, will use a 6AM deadline. • First option for Divisional will be to move from Saturday/Sunday to Monday at 2:00 pm. • Second option will be to move to Tuesday. • First option for All-State will be to move to Sunday & second option to Monday. • Check the MIAA website for postponements. 	EAST ROTATION: Div. 1,2 - 2013: 5/25/13 (Sat.) Div. 3,4 - 2013: 5/26/13 (Sun.) Div. 3, 4 – 2014: 5/31/14 (Sat.) Div. 1, 2 - 2014: 6/1/14 (Sun.)
All-State Meet (always 1 st Saturday in June)	Saturday, June 1, 2013 @ Westfield State Univ. - see times & directions on page 10 & 11	ALL STATE ROTATION: '14-East '15 – Central '16 – West
New England Track Meet:	Saturday, June 8, 2013 @ Willowbrook Park, New Britain, CT http://cnesspa.ezstream.com/	

	Deadline
Boys' & Girls' Official Outdoor Track Entry through Direct Athletics website (see process on page 4)	Tuesday, May 21, 2013 @ Noon
Pole Vault Certification	MUST BRING TO DIVISIONAL & ALL-STATE MEETS
Qualifying Certification – East Only	Bring to Meet
Sportsmanship Award	May 10, 2013

~2013 MIAA OUTDOOR TRACK RULES~

- A. **DIVISIONS:** *Schools will compete in divisions listed on the MIAA Alignments 2009-2013 Web Site, <http://www.miaa.net/alignments-09-13-home.htm>*
- B. All MIAA rules will be followed. High School Track and Field in Massachusetts for both boys and girls is governed by the National Federation Edition of Track and Field rules.
- C. Competitors must wear the proper school uniforms or they will not be permitted to compete in the meet. When other apparel is worn under the school uniform it must be a solid color. All relay team members must wear the same color and design school uniform. In a relay, when other apparel is worn in addition to the school uniform, it shall be of the same solid color for all teammates choosing to wear them. The uniform and jewelry rules will be strictly enforced. **JEWELRY/UNIFORM RULE: All teams – via their coach – will be issued a team warning (as a final reminder to coaches & competitors to check for jewelry and to remove it prior to the competition) prior to the meet from the Tournament Director. After the team warning, any new violations will result in that individual being disqualified from the event.**
- 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 – 1 per team. 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.
- 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.
- L. **Coaches with Pole Vault participants must have for each – their pole rating verification sheet with them 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.**
- M. **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.*
- N. **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.
- O. Relays: All names must be turned in for eligibility - four names & 4 alternates. Coach must verify actual names by 2 mile final.

ALERT: IMPORTANT ENTRY FORM INFORMATION

It is the athletic director and/or coaches' responsibility to correctly submit all tournament entries. Tournament directors will make courtesy calls identifying errors whenever possible. However, this in NO WAY places the responsibility for the entry correctness

with the tournament director. 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 Indoor Track. Further, we have received and read the entire Indoor Track Format and agree to abide by all the requirements contained therein. We alone are responsible for Schedule/Rule violations and we realize that rule violations will result in Tournament Disqualification.

Your entry must be posted on the Direct Athletics website by Tuesday, May 21, 2013 at noon. Failure to post this entry on time will result in a late fee of \$300 per athlete per event. (see page 2 of format for Late Entry Information). **(All changes, if made, must be completed by noon on Wednesday, May 22nd with your Tournament Director).** You can not access Direct Athletics after noon on Tuesday, May 21st.

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

- 1 – Each school must have a user name and password for Cross Country, Indoor Track, and Outdoor Track. Schools have the option of setting up one account for all three seasons, or 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.
- 2 – 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, since most meets occur on weekends.
- 3 – **Rosters need to be updated as the season goes along, this will make the entry process go smoother at the deadline time.**
- 4 – 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. After the deadline there is still the MIAA late entry fee process that is listed in this MIAA Indoor Track Format (\$300/athlete/event). Entry deadline is Tuesday, May 21, 2013 at noon.
- 5 – 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.
- 6 – **When entering athletes keep these rules in mind:**

I. PARTICIPATION RULE

An athlete may participate in a maximum of three (3) events with the following limitation:

Two Track and One Field Event

Or

Two Field and One Track Event (relays are track 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, 4x400, 4x800 – If Joe is to run a relay, the coach would have to scratch Joe from either the 1 or 2 mile prior to the final call for the 2 mile. If Joe scratches from one of his individual events, he can run one relay; from both individual events, he can run 2 relays. Under no circumstances can an athlete run 3 relays.

II. 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.

III. RELAY TEAMS

All names must be turned in for eligibility – four names & 4 alternates (coach must verify actual names by beginning of meet).

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. **(All corrections must be completed by noon on Thursday, May 23rd with the Tournament Director).** 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 prior to the cut-off date.**

**** 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!
- **CERTIFICATIONS WILL BE PRESENTED PRIOR TO BEING ABLE TO PICK UP THE SCHOOL'S PACKETS.**
- Acceptable forms of verification include a certification form (as found in the format) signed by the certified meet official working at that meet, HYTEK Team Performance list results signed by a certified meet official at the meet, meet results sheet signed by a certified official at the meet, or official league performance list signed by a certified official at the meet.
- Failure to produce verification when asked will result in competitors not being allowed to compete in the meet.
- Performances, that do not meet qualifying standard, will be challenged by the meet director.
- 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. **You are responsible for bringing your athlete's certification forms to the divisional meet.**

P. **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 2 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.

Q. **EXCUSED TIME FROM FIELD EVENTS**

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 (from time excused until available for trial/attempt). Athlete must check out with official.**

R. **College Board Examinations**

There shall be no postponements of games/meets because of conflict with College Board Examinations. ***Athletes that feel they have a chance of qualifying for the State Meet should be encouraged to take the SAT examinations in May.*** In addition, please note the College Board has established an SAT testing date of May 4, 2013.

QUALIFYING STANDARDS

Listed below are Qualifying Standards which have been determined by the Track Committee. Coaches must enter only those athletes who have achieved these standards.

EASTERN MASSACHUSETTS 2013 BOYS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	44' 3"		43'6"		42'		41"	
DISCUS	126'		124'		119'		115'	
JAVELIN	158'		150'		147'		140'	
L.J.	20' 2"		20'2"		20'		19'6"	
T.J.	40'5"		40'6"		39'		38'2"	
H.J.	6'0"		5'10"		5'10"		5'9"	
P.V.	10'6"		10'		9'6"		10'	
100 M	11.2	11.44	11.2	11.44	11.4	11.64	11.7	11.94
200 M	23.2	23.44	23.4	23.64	23.9	24.14	24.0	24.24
400 M	52.4	52.64	53.0	53.24	53.5	53.74	54.5	54.74
800 M	2:02.0	2:02.24	2:04.0	2:04.24	2:05.0	2:05.24	2:09.0	2:09.24
MILE	4:39.0	4:39.24	4:40.0	4:40.24	4:46.0	4:46.24	4:54.0	4:54.24
TWO MILE	10:05.0	10:05.24	10:15.0	10:15.24	10:24.0	10:24.24	10:44.0	10:44.24
110 HURDLE	16.0	16.24	16.60	16.84	16.5	16.74	17.8	18.04
400 HURDLE	61.00	61.24	62.00	62.24	62.50	62.74	62.8	63.04
4x100 RELAY	46.4	46.64	46.40	46.64	46.6	46.84	47.9	48.14
4x400 RELAY	3:40.0	3:40.24	3:40.0	3:40.24	3:41.0	3:41.24	3:49.0	3:49.24
4x800 RELAY	8:30.0	8:30.24	8:32.0	8:32.24	8:49.0	8:49.24	9:11.0	9:11.24

EASTERN MASSACHUSETTS 2013 GIRLS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	31'		30'5"		30'		29'4"	
DISCUS	87'		87'		86'		86'	
JAVELIN	93'		93'		93'		91'	
L.J.	15' 9"		15' 6"		15' 8"		15' 4"	
H.J.	4' 11"		4'11"		4'11"		4'10"	
T.J.	33' 0"		33'		32'		31'6"	
P.V.	8'0"		7'6"		7'6"		7'0"	
100 M	13.3	13.54	13.1	13.34	13.1	13.34	13.4	13.64
200 M	27.5	27.74	27.5	27.74	27.1	27.34	28.0	28.24
400 M	63.5	63.74	63.0	63.24	64.0	64.24	65.0	65.24
800 M	2:28.0	2:28.24	2:29.0	2:29.24	2:33.0	2:33.24	2:35.0	2:35.24
MILE	5:34.0	5:34.24	5:35.0	5:35.24	5:44.0	5:44.24	5:50.0	5:50.24
TWO MILE	12:10.0	12:10.24	12:20.0	12:20.24	12:40.0	12:40.24	12:45.0	12:45.24
100 MH	17.3	17.54	17.30	17.54	17.4	17.64	17.5	17.74
400 MH	71.00	71.24	71.00	71.24	71.00	71.24	73.5	73.74
4x100 RELAY	55.5	55.74	54.50	54.74	54.0	54.24	55.7	55.94
4x400 RELAY	4:30.0	4:30.24	4:28.0	4:28.24	4:32.0	4:32.24	4:38.5	4:38.74
4x800 RELAY	10:32.0	10:32.24	10:35.0	10:35.24	10:48.0	10:48.24	11:08.0	11:08.24

**CENTRAL/WEST MASSACHUSETTS
2013 BOYS QUALIFYING STANDARDS**

EVENT	DIVISION I		DIVISION II	
	STANDARD	FAT	STANDARD	FAT
100 METER	11.60	11.84	11.70	11.94
200 METER	24.30	24.54	24.30	24.54
400 METER	54.30	54.54	54.70	54.94
800 METER	2:07.0	2:07.24	2:07.00	2:07.24
ONE MILE	4:50.0	4:50.24	4:50.00	4:50.24
TWO MILE	10:32.0	10:32.24	10:39.00	10:39.24
110 METER HURDLE	17.50	17.74	17.70	17.94
400 METER HURDLE	1:03.00	1:03.24	1:03.00	1:03.24
4x800 METER RELAY	9:10.0	9:10.24	9:10.00	9:10.24
4x100 METER RELAY	47.30	47.54	47.30	47.54
4x400 METER RELAY	3:49.0	3:49.24	3:49.00	3:49.24
H.J.	5'8"		5'8"	
P.V.	10'6"		10'0"	
L.J.	19' 0"		18'10"	
T.J.	39'0"		39'0"	
DISCUS	112'0"		112'0"	
JAVELIN	140'0"		140'0"	
SHOT PUT	39' 0"		38'0"	

**CENTRAL/WEST MASSACHUSETTS
2013 GIRLS QUALIFYING STANDARDS**

EVENT	DIVISION I		DIVISION II	
	STANDARD	FAT	STANDARD	FAT
100 METER	13.40	13.64	13.50	13.74
200 METER	28.0	28.24	28.40	28.64
400 METER	1:04.00	1:04.24	1:05.00	1:05.24
800 METER	2:35.0	2:35.24	2:36.00	2:36.24
ONE MILE	5:52.0	5:52.24	5:54.00	5:54.24
TWO MILE	12:45.0	12:45.24	12:50.00	12:50.24
100 METER HURDLE	17.70	17.94	18.00	18.24
400 METER HURDLE	1:13.00	1:13.24	1:14.00	1:14.24
4x800 METER RELAY	11:35.00	11:35.24	11:35.00	11:35.24
4x100 METER RELAY	55.00	55.24	55.00	55.24
4x400 METER RELAY	4:44.00	4:44.24	4:44.00	4:44.24
H.J.	4'10"		4'10"	
P.V.	8'0"		7'6"	
L.J.	15' 0"		15'0"	
T.J.	32'0"		32'0"	
DISCUS	84' 0"		84'0"	
JAVELIN	90' 0"		84'0"	
SHOT PUT	29' 0"		28'0"	

DIVISION CHAMPIONSHIPS ORDER OF EVENTS ~ Saturday, May 25, 2013 (East, Division 1 & 2 AND Central /West)

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

8:30 AM – Weigh-in for all Throwing Implements - Preference will be given to order of events & gender.

		(2013)	(2014)
9:30 AM - FIELD EVENTS	POLE VAULT	(B-G)	(G-B)
	TRIPLE JUMP	(B-G)	(G-B)
	HIGH JUMP	(G-B)	(B-G)
	SHOT PUT	(G-B)	(B-G)
	DISCUS	(B-G)	(G-B)
	JAVELIN	(B-G)	(G-B)
	LONG JUMP	(G-B)	(B-G)
10:00 AM - RUNNING EVENTS	BOYS FOLLOWED BY GIRLS	(2014 will be Girls followed by Boys)	
	TWO MILE RUN	FINAL ON TIME (10AM)	
	400 METER HURDLES	FINAL ON TIME (10:40)	
	*200 METER DASH	TRIALS (11:00)	
	ONE MILE RUN	FINAL ON TIME (11:10)	
	*100 METER HURDLES	TRIALS (11:30)	
	*110 METER HURDLES	TRIALS (11:40)	
	*100 METER DASH	TRIALS (11:50)	
	400 METER RUN	FINAL ON TIME (12:00)	
	200 METER DASH	FINALS (12:20)	
	800 METER RUN	FINAL ON TIME (12:30)	
	110 METER HURDLES	FINAL (12:35)	
	100 METER HIGH HURDLES	FINAL (12:40)	
	100 METER DASH	FINALS (12:45)	
	4x100 METER RELAY	FINAL ON TIME (12:50)	
	4x800 METER RELAY	FINAL ON TIME (1:20)	
	4x400 METER RELAY	FINAL ON TIME (1:45)	

An athlete may participate in a maximum of three (3) events with the following limitation: TWO TRACK EVENTS, ONE FIELD EVENT OR TWO FIELD EVENTS, ONE TRACK EVENT. Relays are defined as track events.

* Advancing in the 100M Dash, 200 M Dash, 100M Hurdles and 110M Hurdles: TRIALS will be on FAT ONLY

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

DIVISION CHAMPIONSHIPS ORDER OF EVENTS~ Sunday, May, 26, 2013 (East Division 3 & 4)

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

12:00 PM – Weigh-in for all Throwing Implements - Preference will be given to order of events & gender.

1:00 PM - FIELD EVENTS	POLE VAULT	(2013)	(2014)
		(B-G)	(G-B)
	TRIPLE JUMP	(B-G)	(G-B)
	HIGH JUMP	(G-B)	(B-G)
	SHOT PUT	(G-B)	(B-G)
	DISCUS	(B-G)	(G-B)
	JAVELIN	(B-G)	(G-B)
	LONG JUMP	(G-B)	(B-G)
1:30 PM - RUNNING EVENTS	BOYS FOLLOWED BY GIRLS (2014 will be Girls followed by Boys)		
	TWO MILE RUN	FINAL ON TIME (1:30PM)	
	400 METER HURDLES	FINAL ON TIME (2:10)	
	*200 METER DASH	TRIALS (2:30)	
	ONE MILE RUN	FINAL ON TIME (2:40)	
	*100 METER HURDLES	TRIALS (3:00)	
	*110 METER HURDLES	TRIALS (3:10)	
	*100 METER DASH	TRIALS (3:20)	
	400 METER RUN	FINAL ON TIME (3:30)	
	200 METER DASH	FINAL ON TIME (3:50)	
	800 METER RUN	FINAL ON TIME (4:00)	
	110 METER HURDLES	FINAL (4:05)	
	100 METER HIGH HURDLES	FINAL (4:10)	
	100 METER DASH	FINAL (4:15)	
	4x100 METER RELAY	FINAL ON TIME (4:20)	
	4x800 METER RELAY	FINAL ON TIME (4:50)	
	4x400 METER RELAY	FINAL ON TIME (5:15)	

An athlete may participate in a maximum of three (3) events with the following limitation: TWO TRACK EVENTS, ONE FIELD EVENT OR TWO FIELD EVENTS, ONE TRACK EVENT. Relays are defined as track events.

* Advancing in the 100M Dash, 200M Dash, 100M Hurdles and 110M Hurdles: TRIALS will be on FAT ONLY

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

ALL-STATE MEET: Westfield State University
Saturday, June 1, 2013

Directions: [Westfield State University](http://www.westfield.edu)

Pole Vault will start at 1:30. All other field events will start at 2:30 P.M. Running Events will begin at 3:00 P.M.

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, are eligible for the competition in the All-State meet. In pole vault and high jump, must score in top 6 to advance.

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 28, 2013.

Additional entries will be added if a non-qualifying athlete has a top 15 performance in an event based on the results of all divisional meets combined. Coaches should review the All-State Performance List posted on Tuesday, May 28th, on the MIAA website to see if they have athletes in this category. Athletes added because of a Top 15 Performance will be designated with an "X".

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 8, 2013 @ Willowbrook Park, New Britain, CT.

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

The school scoring the most points on Saturday, June 1, 2013 will be the 2013 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, and Long Jump Runways are composition (maximum ¼" spikes). Javelin area is artificial surface. Throwing implements will be weighed in one (1) hour before the competition.

An athlete may participate in a maximum of three (3) events with the following limitation: TWO TRACK EVENTS, ONE FIELD EVENT OR TWO FIELD EVENTS, ONE TRACK EVENT. Relays are defined as track events. Violation of this rule will result in disqualification of that athlete from the last event(s) in which he/she was entered (also see P. on page 5 of format).

*Note: The N.E. High School Championship Meet will be held Saturday, June 8, 2013 @ Willowbrook Park, New Britain, CT. Places 1-6 from the All-State Meet qualify for the New England's. Athletes **MUST** declare with the NE Representative whether attending New England's or not **IMMEDIATELY** after the Award Presentations in their event. Places 7-8 will move up accordingly if any placed 1-6 cannot attend. No other additions will be made. You must place in the All-State Meet to compete in the New England's.*

-ALL-STATE MEET-
ORDER OF EVENTS 2013 – Saturday, June 1, 2013 – [Westfield State University](http://www.westfieldstate.edu)

(Approximate start time for event in parenthesis – times are approximate and will vary according to the number of participants & heats).

12:30 PM – Weigh in for all throwing implements - Preference will be given to order of events & gender.

		(2013)	(2014)
1:30 PM	POLE VAULT	(B-G)	(G-B)
2:30 PM - FIELD EVENTS	TRIPLE JUMP	(B-G)	(G-B)
	HIGH JUMP	(G-B)	(B-G)
	SHOT PUT	(G-B)	(B-G)
	DISCUS	(B-G)	(G-B)
	***JAVELIN	(B-G)	(G-B)
	LONG JUMP	(G-B)	(B-G)

3:00 PM – RUNNING EVENTS	BOYS FOLLOWED BY GIRLS (2014 will be Girls followed by Boys)	
	TWO MILE RUN	FINAL ON TIME (3:00)
	400 METER HURDLES	FINAL ON TIME (3:40)
	*200 METER DASH	TRIALS (4:00)
	ONE MILE RUN	FINAL ON TIME (4:10)
	*100 METER HURDLES	TRIALS (4:30)
	*110 METER HURDLES	TRIALS (4:40)
	*100 METER DASH	TRIALS (4:50)
	400 METER RUN	FINAL ON TIME (5:00)
	200 METER DASH	FINALS (5:20)
	800 METER RUN	FINAL ON TIME (5:30)
	100 METER HURDLES	FINAL (6:00)
	110 METER HIGH HURDLES	FINAL (6:05)
	100 METER DASH	FINALS (6:10)
	4x100 METER RELAY	FINAL ON TIME (6:15)
	4x800 METER RELAY	FINAL ON TIME (6:45)
	4x400 METER RELAY	FINAL ON TIME (7:15)

* Advancing in the 100M Dash, 200M Dash, 100M Hurdles and 110M Hurdles: TRIALS will be on FAT ONLY

*** Javelin runway is an artificial surface.

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

MIAA TRACK & FIELD CHAMPIONSHIPS
Qualifying Standard Achievement Notification

EVENT: _____ (Meter)

PERFORMANCE: _____ Hand
FAT

ATHLETE'S NAME: _____

SCHOOL: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL (present at Event):

Print name legibly: _____

SIGNATURE: _____ OFFICIAL'S BOARD _____

NOTE: COACHES MUST BRING SOME FORM OF CERTIFICATION TO THE DIVISIONAL MEET. FAILURE TO DO SO WILL RESULT IN ATHLETES NOT BEING ALLOWED TO COMPETE IN THE MEET.

EAST MASS ONLY

MIAA TRACK & FIELD CHAMPIONSHIPS
Qualifying Standard Achievement Notification

EVENT: _____ (Meter)

PERFORMANCE: _____ Hand
FAT

ATHLETE'S NAME: _____

SCHOOL: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL (present at Event):

Print name legibly: _____

SIGNATURE: _____ OFFICIAL'S BOARD _____

NOTE: COACHES MUST BRING SOME FORM OF CERTIFICATION TO THE DIVISIONAL MEET. FAILURE TO DO SO WILL RESULT IN ATHLETES NOT BEING ALLOWED TO COMPETE IN THE MEET.

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.

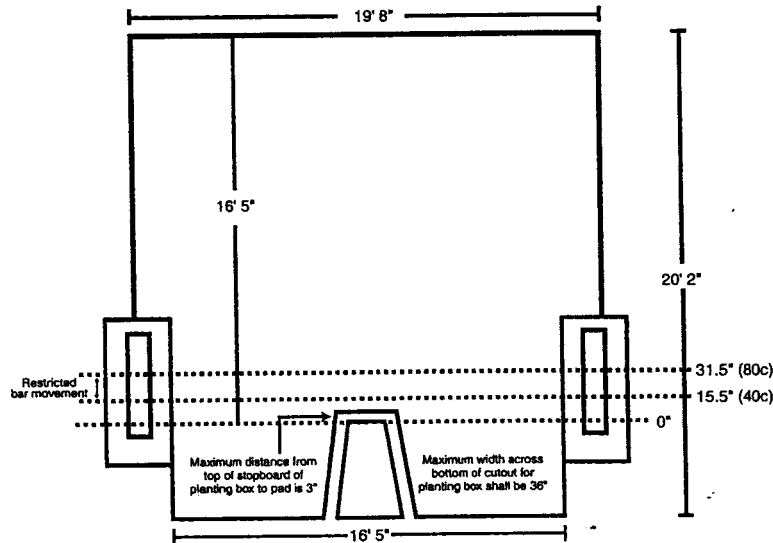
MIAA POLE VAULT LANDING PAD CERTIFICATION

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.



Boys and Girls Outdoor Track Sportsmanship Award



The MIAA Tournament Management Committee has approved an Annual Sportsmanship Award to be presented to a school in every sport at the MIAA Championship. Outdoor Track will recognize one boy's and one girl's team in each division (1-4).

We would like to encourage you to nominate a boys or girls outdoor track team for consideration by the MIAA Track Committee for recognition at the MIAA State Divisional Championships. Nominated teams do not have to be tournament teams but should exemplify the tenets of good sportsmanship to the highest degree. Self-nominations are acceptable.

I would like to nominate the following team for consideration of the MIAA Boys or Girls (circle one please) Outdoor Track Sportsmanship Award:

School: _____ Section: E C W (please circle)

Boys Division: 1 2 3 4 (please circle)

Girls Division: 1 2 3 4 (please circle)

City/Town: _____

Phone: _____ Fax: _____

Principal: _____

Athletic Director: _____ School Phone: _____

AD Email: _____ Home Phone: _____

Coach: _____ Email: _____

Please provide a brief statement with regard to the reasons for this nomination below!

Your Name _____ **Signature** _____

Position _____ **School** _____

Date _____ **Phone** _____

Send to: ___ **Kristen Hoar, 12 Acorn Ct., Malden, MA 02148**

APPLICATIONS MUST BE RECEIVED NO LATER THAN May 10, 2013