

2009 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

Sport Specific Information



2008- 2009 CROSS COUNTRY & TRACK COMMITTEE MEMBERS

Dist. A	Mr. Tom Gallagher A.D., Ipswich H.S.	Dist. G	Mr. Douglas McNally Principal, Taconic HS (Pittsfield)
	Mr. Philip Sheridan A.D., Peabody Vet. Memorial H.S.		Ms. Lindsey von Holtz A.D., Mt. Greylock Reg. (Williamstown)
Dist. B	Mr. Anthony Porter A.D., Lexington H.S.	Dist. H	Mr. Paul Moran Principal, Austin Preparatory (Reading)
			Mr. Rick Kates Asst. A.D., Notre Dame Academy(Hingham)
Dist. C	Mr. Jeffrey Sperling A.P., Medfield HS		Coaches' Representatives Mr. James Hoar Mr. Frank Mooney
	Mr. James VonEuw A.D., Oliver Ames HS (No. Easton)		Officials' Representative Mr. Thomas Meagher Mr. Chris Lane
Dist. D	Mr. Leonard Sylvia A.D., Gr. New Bedford RVTHS		MASC Mr. Tass Filledes
Dist. E	Mr. David Champigny A.P., Hudson HS		Consultant Mr. John Monz
	Mr. Mike Barney, Principal Lunenburg HS		At-Large Mr. Joseph LeMar Ms. Jennifer Lynch
	Mr. Pete McCauliff A.D., Lunenburg HS		
	Mr. Tim McCormick, A.D. North Middlesex Reg. (Townsend)		
Dist. F	Ms. Gina Johnson, A.D. Pioneer Valley Tech (Northfield)		MASS Mr. Tony Pierantozzi
	Ms. Cathy Meader, A.D. West Springfield H.S.		

MIAA Staff Liaison
Mr. Dick Baker
Assistant Director

2009 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
Entry Deadline: Date and time when entry must be posted <u>electronically</u> on the MIAA website by your Athletic Director. There are no provisional entries Electronic Entries Only	Tuesday, May 26, 2009 @ Noon (please note – normally due on Monday, but since a holiday, given extra day – PLEASE submit in advance if possible)	Tournament Director contact information is available in the "Members Only" section of the MIAA website Entries should be given to your Athletic Director for Electronic posting to the MIAA website. Electronic Entries are automatically forwarded to your Tournament Director. Emass Divisional Directors Div 1 – Michael Meagher Div 2 – Rick Kates Div 3 – Irwin Cohen Div 4 – Ed Hichborn
Cut-off Date	Sunday, May 24, 2009	
Performance List Date performance lists will be posted on http://www.miaa.net	Wednesday, May 27, 2009 @ 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. All corrections must be completed by noon on Thursday, May 28 th . 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 28, 2009 @ noon	
Seeding Meeting: Beginning of seeding meeting is last time performances can be updated.	Central: Wednesday, May 27, 2009 at 7:00 P.M. At Fitchburg High School West: Wednesday, May 27, 2009 at 7:00 P.M. At Holyoke Community College - Bartley Center	
Tournament Dates*: Divisional Meets: (weekend before first Saturday in June)	Friday, May 29, 2009 East: Division 3 – Ipswich HS @ 3:30PM Division 4 – Weston HS @ 3:30PM Saturday, May 30, 2009 at 9:30 AM East: Division 1 – Andover High School Division 2 – Notre Dame -Hingham Central: Fitchburg State College West: Westfield State College	Central Mass. Charlie Butterfield West Mass. Tom Stewart ALL-STATE Charlie Butterfield
*Postponements	<ul style="list-style-type: none"> • Final decision made by T.D. & MIAA Liaison • If possible decision will be made the night before, if unable, will use a 6AM deadline. • First option will be to move from Friday/Saturday to Monday at 2:00 pm. • Second option will be to move to Tuesday. • Check the MIAA website for postponements. 	ALL STATE ROTATION: '09 – Central '10 – West '11 – East
All-State Meet (always 1 st Saturday in June)	Saturday, June 6, 2009 @ Fitchburg State College Field Events 10:00 a.m. - Track Events 11:00 a.m.	
New England Track Meet:	Saturday, June 13, 2009 @ Burlington H.S. – Burlington, Vermont http://cnesspa.ezstream.com/	

Forms	Deadline
Outdoor Track Entry Form & Tournament Code of Conduct Form	Tuesday, May 26, 2009 @ Noon
Pole Vault Certification Form – <i>electronic entry</i>	Tuesday, May 26, 2009 @ Noon
Qualifying Certification Form – East Only	Bring to Meet
Sportsmanship Award Form	May 16, 2009

~2009 MIAA OUTDOOR TRACK RULES~

- A. **DIVISIONS:** Schools will compete in divisions listed on the MIAA Alignments 2006-2010 Web Site, <http://www.miaa.net/alignments-06-09-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.**
- 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. There cannot be any coaching or aiding an athlete once the event has started.
- H. **Awards:** Medals will be awarded for all scoring places in each event. Plaques will be awarded to division winning teams and runner-ups. Scoring will be 10-8-6-4-2-1.
- I. **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 completion of that particular event.
- J. **Jury of Appeals:** Will be composed of three (3) officials and two (2) coaches.
- K. Each school may enter as many competitors in an event as have met the QUALIFYING STANDARDS.
- L. An athlete may participate in a maximum of three (3) events with the following limitation: ONE FIELD EVENT, ONE RUNNING EVENT, ONE RELAY; ONE FIELD EVENT AND TWO RELAYS; OR TWO FIELD EVENTS. Violation of this rule will result in disqualification of that athlete from the last event(s) in which he/she was entered.
- M. **Electronic Entries:** Electronic Entries are **required**. The Athletic Director needs to submit the electronic entry, the Tournament Code of Conduct Form, and the Pole Vault Weight Certification form before the deadline (**including pole vault coaches certification number**).
- N. **Schools must do the Pole Vault Weight Certification Form via electronic entry. Failure to submit this form in will result in the athletes not being allowed to compete.**
- O. **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.*
- P. **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.

Q. **ALERT: IMPORTANT ENTRY FORM INFORMATION**

It is the athletic director and/or coach's responsibility to correctly fill out all tournament entry forms. Tournament directors will make courtesy calls identifying errors whenever possible. However, this in NO WAY places the responsibility for the entry form 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 MIAA website certifies that you **have read and agree** to the following: We have read, understand, and will abide by the MIAA Handbook as well as the rules for Outdoor Track. Further, we have received and read the entire Outdoor Track Format and agree to abide by all the requirements contained therein. We alone are responsible for Schedule/Rule violations and we realize that rule violations will result in Tournament Disqualification.

Your entry must be posted on the MIAA website by Tuesday, May 26, 2009 at 12:00 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 Thursday, May 28th.

**** 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 2009 Outdoor season only. ***Yard times are no longer accepted, only those times run on a metric track will be accepted (except the Mile and Two Mile).***
- The coach or official school representative **must** be able to provide performance verification at the meet. ***ATTENTION TO ALL DIVISION 4 COACHES - AFTER REVIEWING RESULTS FROM THE 2008 SPRING MEET - ALL COACHES WILL BE REQUIRED TO PHYSICALLY PASS IN THEIR CERTIFICATIONS FOR PERSONAL REVIEW BY THE DIRECTOR (NOT JUST HAVE THEM FOR ANY CHALLENGES) FOR ALL PERFORMANCES THEY HAVE ENTERED FOR THEIR ATHLETES - 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 a certified official, HYTEK results list, meet results signed by certified official, or official league results list.
- Failure to produce verification will result in competitors not being allowed to compete in the meet.
- Performances, that do not meet minimum qualifying standards, 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 will involve follow up with school administration and may involve a hearing before the Track Committee.
- ***The Standard for the 400 hurdles will be posted on the MIAA website on Monday, May 18th – since this is a new event we need information on this event to set the standard.***

R. **College Board Examinations**

There shall be no postponements of games/meets because of conflict with College Board Examinations. Schools that feel they have a chance of making the play-offs should encourage their students to take the SAT examination in May. In addition, please note the College Board has established SAT testing dates of May 2 & June 6, 2009.

S. **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 28th. 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.**

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 2009 BOYS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	44' 6"		44'		43'		42'	
DISCUS	123'		125'		122'		120'	
JAVELIN	152'		150'		150'		145'	
L.J.	20' 3"		20' 2"		20' 2"		19' 3"	
T.J.	40' 3"		40' 1"		40'		38' 6"	
H.J.	5' 11"		5' 10"		5' 10"		5' 9"	
P.V.	10' 6"		10' 6"		10'		10'	
100 M	11.2	11.44	11.2	11.44	11.4	11.64	11.6	11.84
200 M	23.4	23.64	23.4	23.64	24.0	24.24	24.2	24.44
400 M	53.2	53.44	53.2	53.44	53.0	53.24	54.3	54.54
800 M	2:04.0	2:04.24	2:05.0	2:05.24	2:06.0	2:06.24	2:08.0	2:08.24
MILE	4:40.0	4:40.24	4:42.0	4:42.24	4:44.0	4:44.24	4:55.0	4:55.24
TWO MILE	10:10.0	10:10.24	10:17.0	10:17.24	10:22.0	10:22.24	10:42.0	10:42.24
110 HURDLE	16.3	16.54	16.60	16.84	16.8	17.04	17.3	17.54
400 HURDLE	61.00	61.24	61.00	61.24	61.00	61.24	61.5	61.74
400 RELAY	46.4	46.64	46.40	46.64	46.6	46.84	47.6	47.84
1600 RELAY	3:40.0	3:40.24	3:40.0	3:40.24	3:41.0	3:41.24	3:47.5	3:47.74
3200 RELAY	8:40.0	8:40.24	8:40.0	8:40.24	8:49.0	8:49.24	9:05.0	9:05.24

EASTERN MASSACHUSETTS 2009 GIRLS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	31'		29' 05"		32'		29' 6"	
DISCUS	87'		87'		93'		87'	
JAVELIN	93'		93'		98'		91'	
L.J.	15' 9"		15' 8"		15' 10"		15' 4"	
H.J.	4' 11"		4' 11"		4' 11"		4' 10"	
T.J.	33' 0"		32' 6"		32' 10"		31' 6"	
P.V.	8' 0"		7' 6"		8' 0"		7' 0"	
100 M	13.1	13.34	13.1	13.34	13.2	13.44	13.2	13.44
200 M	27.8	28.04	27.7	27.94	27.7	27.94	28.2	28.44
400 M	63.5	63.74	63.5	63.74	63.9	64.14	64.3	64.54
800 M	2:32.0	2:32.24	2:34.0	2:34.24	2:33.0	2:33.24	2:35.0	2:35.24
MILE	5:35.0	5:35.24	5:43.0	5:43.24	5:45.0	5:45.24	5:54.0	5:54.24
TWO MILE	12:30.0	12:30.24	12:35.0	12:35.24	12:30.0	12:30.24	12:54.0	12:54.24
100 MH	17.3	17.54	17.10	17.34	17.3	17.54	17.5	17.74
400 MH	71.00	71.24	71.00	71.24	71.00	71.24	71.5	71.74
400 RELAY	55.5	55.74	55.0	55.24	54.0	54.24	55.6	55.84
1600 RELAY	4:30.0	4:30.24	4:30.0	4:30.24	4:34.0	4:34.24	4:37.0	4:37.24
3200 RELAY	10:40.0	10:40.24	10:40.0	10:40.24	10:48.0	10:48.24	11:03.0	11:03.24

* The Standard for the 400 hurdles will be posted on the MIAA website on Monday, May 18th – since this is a new event we need info on this event to set the standard.

**CENTRAL MASSACHUSETTS
QUALIFYING STANDARDS 2009**

Event	Boys		Girls	
	STANDARD	FAT	STANDARD	FAT
100 METERS	11.8	12.04	13.4	13.64
200 METERS	24.4	24.64	28.0	28.24
400 METERS	54.0	54.24	65.0	65.24
800 METERS	2:07.0	2:07.24	2:35.0	2:35.24
ONE MILE	4:50.0	4:50.24	5:50.0	5:50.24
TWO MILES	10:25.0	10:25.24	12:38.6	12:38.84
100 METER HURDLES			17.9	18.14
110 METER HIGH HURDLES	17.5	17.74		
400 METER HURDLES	63.0	63.24	73.0	73.24
400 METER RELAY	One per school		One per school	
1600 METER RELAY	One per school		One per school	
3200 METER RELAY	One per school		One per school	
POLE VAULT	10'0"		8'0"	
JAVELIN	140'		90'	
SHOT PUT	42'		29'6"	
DISCUS	110'		84'	
LONG JUMP	19'0"		15'0"	
HIGH JUMP	5'8"		4'10"	
TRIPLE JUMP	38'		32'	

**WESTERN MASSACHUSETTS
QUALIFYING STANDARDS 2009**

EVENT	BOYS	GIRLS
	STANDARD	STANDARD
100 METERS	:11.7	:13.5
100 HURDLES		:18.0
110 HURDLES	:17.7	
200 METERS	:24.4	:28.4
400 METER HURDLES	63.0	73.0
400 METERS	:54.7	:66.0
800 METERS	2:08.3	2:36.3
ONE MILE	4:50.0	5:57.0
TWO MILE	10:50	13:00
400 METER RELAY	One per school	One per school
1600 METER RELAY	One per school	One per school
3200 METER RELAY	One per school	One per school
LONG JUMP	18' 10"	15' 0"
TRIPLE JUMP	39' 0"	32' 0"
HIGH JUMP	5' 8"	4' 8"
POLE VAULT	10' 6"	7' 6"
SHOT PUT	41' 6"	28' 0"
DISCUS	118' 0"	84' 0"
JAVELIN	145' 0"	85' 0"

* The Standard for the 400 hurdles will be posted on the MIAA website on Monday, May 18th – since this is a new event we need info on this event to set the standard.

DIVISION CHAMPIONSHIPS ORDER OF EVENTS ~ Friday, May 29, 2009 (East, Division 3 & 4)

3:00 PM – Weigh-in for all Throwing Implements - Preference will be given to girls shot, boys discus & girls javelin.

3:30 PM - FIELD EVENTS	TRIPLE JUMP	(B-G)
	HIGH JUMP	(G-B)
	SHOT PUT	(G-B)
	DISCUS	(B-G)
	JAVELIN	(B-G)
	LONG JUMP	(G-B)
	POLE VAULT	(G-B)

4:00 PM - RUNNING EVENTS **GIRLS FOLLOWED BY BOYS**

TWO MILE RUN	FINAL ON TIME
800 METER RUN	FINAL ON TIME
400 METER HURDLES	FINAL ON TIME
400 METER RUN	FINAL ON TIME
*100 METER DASH	TRIALS
*100 METER HURDLES	TRIALS
*110 METER HURDLES	TRIALS
**200 METER DASH	TRIALS
ONE MILE RUN	FINAL ON TIME
*100 METER DASH	SEMI FINALS IF NECESSARY
*110 METER HIGH HURDLES	SEMI FINAL IF NECESSARY
*100 METER HURDLES	SEMI FINAL IF NECESSARY
200 METER DASH	FINALS
100 METER DASH	FINALS
100 METER HURDLES	FINAL
110 METER HIGH HURDLES	FINAL
***3200 METER RELAY	FINAL ON TIME
400 METER RELAY	FINAL ON TIME
1600 METER RELAY	FINAL ON TIME

An athlete may be entered in one field event, one running event & one relay; one field event & two relays; or two field events.

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

SEMI FINALS: Advancing will be the heat winners plus the next fastest times needed to fill the Final Heat.

The decisions as to whether semi-final heats are needed will be made at the meet once scratches have been made.

** Advancing in the 200M Dash: TRIALS: Advancing will be on FAT ONLY. There will NOT be a semi-final round in the 200M Dash.

*** The 3200M Relay will not start until at least 30 minutes after the last runner has finished the One-Mile Run.

DIVISION CHAMPIONSHIPS ORDER OF EVENTS~ Saturday, May, 30, 2009 (East Division 1 & 2, Central & West)

8:00 AM – Weigh-in for all Throwing Implements - Preference will be given to boys shot, girls discus & girls javelin.

9:30 AM - FIELD EVENTS	TRIPLE JUMP	(B-G)
	HIGH JUMP	(G-B)
	SHOT PUT	(G-B)
	DISCUS	(B-G)
	JAVELIN	(B-G)
	LONG JUMP	(G-B)
	POLE VAULT	(G-B)

10:00 AM - RUNNING EVENTS GIRLS FOLLOWED BY BOYS

TWO MILE RUN	FINAL ON TIME
800 METER RUN	FINAL ON TIME
400 METER HURDLES	FINAL ON TIME
400 METER RUN	FINAL ON TIME
*100 METER DASH	TRIALS
*100 METER HURDLES	TRIALS
*110 METER HURDLES	TRIALS
**200 METER DASH	TRIALS
ONE MILE RUN	FINAL ON TIME
*100 METER DASH	SEMI FINALS IF NECESSARY
*110 METER HIGH HURDLES	SEMI FINAL IF NECESSARY
*100 METER HURDLES	SEMI FINAL IF NECESSARY
200 METER DASH	FINALS
100 METER DASH	FINALS
100 METER HURDLES	FINAL
110 METER HIGH HURDLES	FINAL
***3200 METER RELAY	FINAL ON TIME
400 METER RELAY	FINAL ON TIME
1600 METER RELAY	FINAL ON TIME

An athlete may be entered in one field event, one running event & one relay; one field event & two relays; or two field events.

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

SEMI FINALS: Advancing will be the heat winners plus the next fastest times needed to fill the Final Heat.

The decisions as to whether semi-final heats are needed will be made at the meet once scratches have been made.

** Advancing in the 200M Dash: TRIALS: Advancing will be on FAT ONLY. There will NOT be a semi-final round in the 200M Dash.

*** The 3200M Relay will not start until at least 30 minutes after the last runner has finished the One-Mile Run.

ALL-STATE MEET: Fitchburg State College
Saturday, June 6, 2009

Field events will start at 10:00 A.M. Track events will start at 11:00 A.M.

QUALIFIERS:

First four place winners (Division I, II, III, IV) including relays in all four divisions in the Eastern Mass. Meet as well as the first four best performances in the Central and Western Mass Track Meets are eligible for the competition in the State meet.

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, June 2, 2009.

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, June 3rd, 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 13, 2009 @ Burlington High School, 52 Institute Road, Burlington, Vermont (see note below)

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

The school scoring the most points on Saturday, June 6, 2009 will be the 2009 State Outdoor Track and Field Champion (boys and girls), scoring will be 10-8-6-5-4-3-2-1.

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 grass. Throwing implements will be weighed in one (1) hour before the competition.

An athlete may participate in a maximum of three events with the following limitations: **One field event, one running event, one relay; one field event, and two relays; or two field events.** Violation of this rule will result in disqualification of that athlete from the last event in which he/she competed.

Note: The N.E. High School Championship Meet will be held Saturday, June 13, 2009 @ Burlington High School, 52 Institute Road, Burlington, Vermont. 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 2009 – Saturday, June 6, 2009

9:00 AM – Weigh in for all throwing implements - Preference will be given to boys shot, girls discus and girls javelin.

<i>10:00 AM - FIELD EVENTS</i>	TRIPLE JUMP	(G-B)
	HIGH JUMP	(B-G)
	SHOT PUT	(B-G)
	DISCUS	(G-B)
	JAVELIN	(G-B)
	LONG JUMP	(B-G)
	POLE VAULT	(G-B)
<i>10:30 AM – RUNNING EVENT</i>	TWO MILE RUN (G-B)	FINAL ON TIME
<i>11:00 AM - RUNNING EVENTS</i>	GIRLS FOLLOWED BY BOYS (G-B)	
	*200 METER DASH	TRIALS
	800 METER RUN	FINAL ON TIME
	400 METER HURDLES	FINAL ON TIME
	400 METER RUN	FINAL ON TIME
	ONE MILE RUN	FINAL ON TIME
	*100 METER DASH	TRIALS
	*100 METER HURDLES	TRIALS
	*110 METER HURDLES	TRIALS
	200 METER DASH	FINALS
	100 METER DASH	FINALS
	110 METER HURDLES	FINAL
	100 METER HURDLES	FINAL
	**3200 METER RELAY	FINAL ON TIME
	400 METER RELAY	FINAL ON TIME
	1600 METER RELAY	FINAL ON TIME

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

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:

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:

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

ON-LINE FORM INSTRUCTIONS

TO ALL MEMBER SCHOOLS: Member schools will be required to process the *Pole Vaulters' Weight Certification Form* listing each athlete to be entered in MIAA state competition in the pole vault event. **This must be submitted via electronic entry and is due at the same time as your Tournament Entry Form. Failure to do so will result in the athletes 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. _____

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!

Copies of this form must be submitted to the Meet Director, **via electronic entry**, 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.

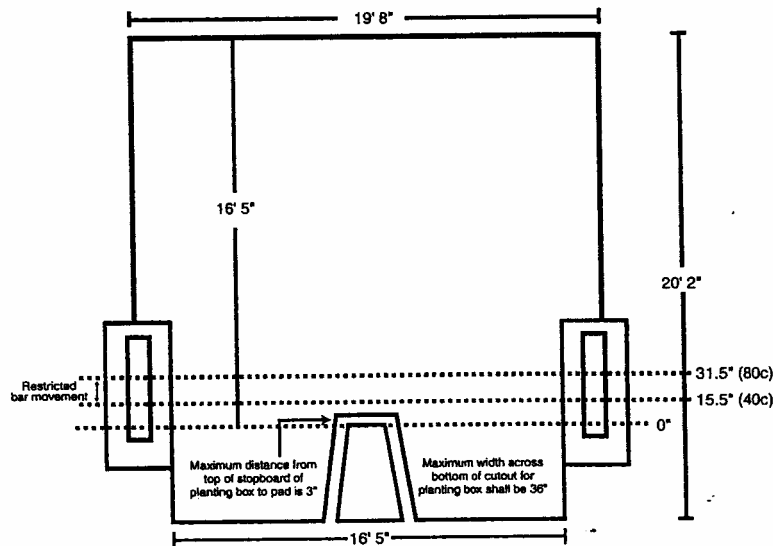
MIAA POLE VAULT LANDING PAD CERTIFICATION FORM

ALL MEMBER SCHOOLS THAT PARTICIPATE IN POLE VAULT will be required to process the Pole Vault Landing Pad Certification Form 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 form should be available at the competition site.

THE ORIGINAL FORM 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: _____ Division: _____

City/Town: _____

Phone: _____ Fax: _____

Principal: _____

Athletic Director: _____ School Phone: _____

Home Phone: _____

Coach: _____ Home Phone: _____

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

Your Name _____ **Signature** _____

Position _____ **School** _____

Date _____ **Phone** _____

Send to: Frank Mooney
Mass State Track Coaches Assoc.
60 Cynthia Road
Seekonk, MA 02771

APPLICATIONS MUST BE RECEIVED NO LATER THAN May 16, 2009