



*Special  
Olympics*  
Massachusetts



**Unified  
Champion  
Schools**

2024

# Unified Track & Field

## Information

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## 2024 Unified Track & Field Information

### Schedule and Season Commitment

|              |  |
|--------------|--|
| March 18:    | Practices Begin  |
| March 28:    | First Potential Meet Date  |
| April 12:    | Intent to Enter Postseason and Final Roster Number Deadline<br><i>Schools must submit this information to MIAA/Special Olympics MA by this date.<br/>Step 1 - Team rosters only must be entered into Athletic.net by this deadline.<br/>Step 2 - Times/distances must be entered by the deadlines below.</i> |
| May 2 and 9: | Sectional Meet Entry Deadline<br><i>Schools must submit meet entries via Athletic.net by 11:59pm on the deadlines.<br/>South Shore, Central, North and South Coast Meet Entry Deadline – May 2 at 11:59pm<br/>Metro and West Meet Entry Deadline – May 9 at 11:59pm</i>                                      |
| May 7:       | Team Sportsmanship Award Nomination Deadline<br><i>Click here for the nomination form</i>  |
| May 6-16:    | Sectional Meets*<br><i>See page 8 for dates and locations.</i>   |
| May 16-17:   | Notification of Advancement to State Meet<br><i>Advancement results from Sectional Meets will be posted on the MIAA website</i>  |
| May 23:      | State Championship Meet*<br><i>Natick High School<br/>Estimated start time 10:00am</i><br><br><i>*Decisions regarding meet postponements will be made by the MIAA staff, Special Olympics Massachusetts staff and Site Managers.</i>   |

### General Information

#### 1. Rules:

MIAA and Special Olympics Massachusetts rules will be followed.

#### 2. Divisions:

- A. Team divisions and sections will be developed based upon the number of competition slots available for each team. The competition slots are determined based upon roster sizes (partners and athletes) that must be reported to MIAA and Special Olympics MA **by April 12** (see page 4). Divisions 1 and 2 will be divided as evenly as possible after the competition slot data is finalized.
- B. Team scores will be calculated for both Division 1 and Division 2 at the Sectional Meets and State Championship Meets.

#### 3. Qualifying Standards:

- A. At the Sectional Meets the student-athletes will be placed into pre-defined tiers within each event based on submitted performances to Athletic.net.
- B. For the State Championship Meet student-athletes will qualify based on performances from the Sectional Meets.



## 2024 Unified Track & Field Information

### 4. Exhibition Competition

Exhibition races will be conducted for students that utilize wheelchairs or assistive devices that are not self-propelled.

### 5. Medical Coverage:

A licensed athletic trainer will be available at all MIAA/Special Olympics Massachusetts meets.

### 6. Responsibility of Participating Schools:

All schools are responsible before, during and after a meet for the proper conduct of their coaches, student-athletes and spectators.

### 7. Team Sportsmanship Award:

Nominations for the MIAA/Special Olympics Massachusetts Unified Track and Field Team Sportsmanship Award are due by May 7, 2024.

### 8. Contact Information:

MIAA Staff  
Peter Smith  
[psmith@miaa.net](mailto:psmith@miaa.net)  
508-541-9834

Special Olympics Massachusetts Staff  
Kathy Lutz  
[kathy.lutz@specialolympicsma.org](mailto:kathy.lutz@specialolympicsma.org)  
508-485-0986

### 9. Jury of Appeals:

Will be composed of three officials and two coaches.

### 10. Free Admission:

Admission will be free for spectators at all meets.

### 11. Media:

It is anticipated that newspaper and television reporters will be present to interview coaches and student-athletes. A media area will be setup.

### 12. Awards Ceremonies:

At both the Sectional Meets and the State Championship Meet:

- A. The individual events awards ceremonies will take place at the conclusion of each event.
- B. The team awards ceremonies will take place at the conclusion of the meet.



# 2024 Unified Track & Field Information

## Sectional Championship Meet Information

Sectional Meets will take place May 6-16, 2024.  
See page 8 for dates and locations.

### A. Entry Information

1. Meet entries (times/distances) are due via Athletic.net on Thursday, May 2 by 11:59pm or **Thursday, May 9** by 11:59pm depending upon sectional meet assignment.
2. Changes will not be permitted after the entry deadline – scratches only.
3. The defined tiers within each event are listed on Page 6 and submitted performances will be placed accordingly.

#### 4. Individual Entry Limitations

Participants may be entered in a maximum of 1 field event, 1 running event, and 1 relay event. Please see #6 and #7 below for additional details regarding the differences between *Athlete* and *Partner* entry limitations.

#### 5. Athlete Entries

All Athletes may be entered in 1 field event, 1 running event, and 1 relay event.

#### 6. Partner Entries

If a team roster includes more partners than athletes, the number of competition slots for *Partner* entries will be based upon the number of *Athletes* competing on a team multiplied by three (not to exceed a maximum of 1 field event, 1 running event and 1 relay event per *Partner*). Please see the chart below for additional guidance regarding *Partner* entries.

| Number of Athletes on Team | Maximum Competition Slots for Athletes | Maximum Competition Slots for Partners | Partner Participation Slots     |
|----------------------------|--|--|---------------------------------|
| 1                          | 2                                      | 2                                      | 1 Field, 1 Track                |
| 2                          | 4                                      | 6                                      | 3 Field, 3 Track                |
| 3                          | 6                                      | 9                                      | 5 Field, 4 Track (vice versa)   |
| 4                          | 8                                      | 12                                     | 6 Field, 6 Track                |
| 5                          | 10                                     | 15                                     | 8 Field, 7 Track (vice versa)   |
| 6                          | 12                                     | 18                                     | 9 Field, 9 Track                |
| 7                          | 14                                     | 21                                     | 11 Field, 10 Track (vice versa) |
| 8                          | 16                                     | 24                                     | 12 Field, 12 Track              |
| 9                          | 18                                     | 27                                     | 14 Field, 13 Track (vice versa) |
| 10                         | 20                                     | 30                                     | 15 Field, 15 Track              |
| 11                         | 22                                     | 33                                     | 17 Field, 16 Track (vice versa) |
| 12                         | 24                                     | 36                                     | 18 Field, 18 Track              |
| 13                         | 26                                     | 39                                     | 20 Field, 19 Track (vice versa) |
| 14                         | 28                                     | 42                                     | 21 Field, 21 Track              |
| 15                         | 30                                     | 45                                     | 23 Field, 22 Track (vice versa) |
| 16                         | 32                                     | 48                                     | 24 Field, 24 Track              |



## 2024 Unified Track & Field Information

|           |    |    |                                 |
|-----------|----|----|---------------------------------|
| <b>17</b> | 34 | 51 | 26 Field, 25 Track (vice versa) |
| <b>18</b> | 36 | 54 | 27 Field, 27 Track              |
| <b>19</b> | 38 | 57 | 29 Field, 28 Track (vice versa) |
| <b>20</b> | 40 | 60 | 30 Field, 30 Track              |
| <b>21</b> | 42 | 63 | 32 Field, 31 Track (vice versa) |
| <b>22</b> | 44 | 66 | 33 Field, 33 Track              |
| <b>23</b> | 46 | 69 | 35 Field, 34 Track (vice versa) |
| <b>24</b> | 48 | 72 | 36 Field, 36 Track              |
| <b>25</b> | 50 | 75 | 38 Field, 37 Track (vice versa) |

### 7. Relay Entries:

All schools may enter **one** 4 x 100 Meter Relay Team and **one** 4 x 400 Meter Relay Team. Relay teams must be comprised of two athletes and two partners.

### B. Events

The order of competition will be determined by division. Division 1 schools will begin with the Field Events and Division 2 schools will begin with the Running Events.

**Field Events:** Long Jump, Shot Put, and Javelin

**Running Events:** 800 Meter, 400 Meter, 100 Meter

**Relay Events:** 4 x 100 Meter Relay, 4 x 400 Meter Relay

### C. Individual and Team Awards

1. The top six places in **each tier within each event** in Division 1 and Division 2 will score. Points will be 10-8-6-4-2-1.
2. Award ceremonies will take place after the completion of each flight (field events) or heat (running events) throughout the entire meet. Ribbons will be awarded for up to 6 places for each flight or heat.
3. Medals will be awarded to the Champion and Finalist teams in Division 1 and Division 2.



## 2024 Unified Track & Field Information

### State Championship Meet Information Thursday, May 23, 2024 (rain date May 28) Natick High School 10:00am

#### A. State Championship Meet Advancement

1. A total of 12 students within each tier of each running event will advance to the State Meet.
2. A total of 8 students within each tier of each field event will advance to the State Meet.
3. The champions of each tier at the Sectional Meets automatically advance to the State Meet. If the tier champion's performance exceeds the tier range from the Sectional Meet, that student will be placed in the corresponding tier of their performance for the State Meet.
4. After sectional tier champions are placed in the State Meet, the remaining spaces within each tier of each event will be filled by the next fastest/farthest performances from the results of all Sectional Meets combined.
5. If a student performs better than the performance range of their entered tier during the Sectional Meet, that student will be pushed to the higher tier to determine qualification for the State Championship Meet.
  - A student's Sectional performance may bump that student into a higher performing tier for the State meet (example: from Tier 3 to Tier 4)
  - A student's Sectional performance will not bump the student into a lower performing tier for the State Meet. (example: if entered in Tier 6 for the Sectional meet – cannot move down to Tier 5 for the State Meet. The student will remain in Tier 6 if qualified).
6. Division 1 and Division 2 will compete separately.
7. All schools may enter one 4 x 100 Meter Relay Team and one 4 x 400 Meter Relay Team. **Relay teams must be comprised of two athletes and two partners.** All entered relay teams must have participated in at least one meet during the regular season. Teams are encouraged to practice the respective relays in advance of the state championship meet.
8. The heats and flights for the State Championship Meet will be posted by Friday, May 17.
9. All scratches are requested by **Saturday, May 18 at 12:00pm**. Scratches reported will provide an opportunity for the next eligible student from the overall list of results to advance to the state meet. No new advancements will take place after **Monday, May 20 at 10:00am**.

#### B. Order of Events (Times are Estimated)

- |         |            |   |
|---------|------------|---|
| 10:00am | Division 1 | Field Events: Long Jump, Shot Put, Javelin Throw                  |
|         | Division 2 | Running Events: 800 M, 400 M, 100 M, 4 x 100 Relay, 4 x 400 Relay |
| 11:30am | Division 2 | Field Events: Long Jump, Shot Put, Javelin Throw                  |
|         | Division 1 | Running Events: 800 M, 400 M, 100 M, 4 x 100 Relay, 4 x 400 Relay |

#### C. Individual and Team Awards

1. The top six places in **each tier within each event** in Division 1 and Division 2 will score. Points will be 10-8-6-4-2-1.
2. Award ceremonies will take place after the completion of each tier of each event.
3. Trophies and medals will be awarded to the Champion and Finalist teams in Division 1 and 2.



## 2024 Unified Track & Field Information

### Event Tiers for Sectional and State Championship Meets

|                 |                   |
|-----------------|-------------------|
| Shot Put Tier 1 | Under 9'          |
| Shot Put Tier 2 | 9' – Under 13'    |
| Shot Put Tier 3 | 13' – Under 16'6" |
| Shot Put Tier 4 | 16'6" – Under 20' |
| Shot Put Tier 5 | 20' – Under 26'   |
| Shot Put Tier 6 | 26' – Under 32'6" |
| Shot Put Tier 7 | 32'6" – Under 38" |
| Shot Put Tier 8 | 38' and over      |

|                  |                    |
|------------------|--------------------|
| Long Jump Tier 1 | Under 2'           |
| Long Jump Tier 2 | 2' – Under 3'6"    |
| Long Jump Tier 3 | 3'6" – Under 5'    |
| Long Jump Tier 4 | 5' – Under 6'6"    |
| Long Jump Tier 5 | 6'6" – Under 8'6"  |
| Long Jump Tier 6 | 8'6" – Under 10'6" |
| Long Jump Tier 7 | 10'6" – Under 13'  |
| Long Jump Tier 8 | 13' and over       |

|                      |                 |
|----------------------|-----------------|
| Javelin Throw Tier 1 | Under 13'       |
| Javelin Throw Tier 2 | 13' – Under 18' |
| Javelin Throw Tier 3 | 18' – Under 23' |
| Javelin Throw Tier 4 | 23' – Under 30' |
| Javelin Throw Tier 5 | 30' – Under 40' |
| Javelin Throw Tier 6 | 40' – Under 55' |
| Javelin Throw Tier 7 | 55' – Under 70' |
| Javelin Throw Tier 8 | 70' and over    |

|                       |              |
|-----------------------|--------------|
| 100 Meter Dash Tier 1 | 40.0+        |
| 100 Meter Dash Tier 2 | 32.0 – 39.99 |
| 100 Meter Dash Tier 3 | 27.0 – 31.99 |
| 100 Meter Dash Tier 4 | 23.0 – 26.99 |
| 100 Meter Dash Tier 5 | 20.0 – 22.99 |
| 100 Meter Dash Tier 6 | 18.0 – 19.99 |
| 100 Meter Dash Tier 7 | 16.0 – 17.99 |
| 100 Meter Dash Tier 8 | 14.0 – 15.99 |
| 100 Meter Dash Tier 9 | Up to 13.99  |

|                       |                |
|-----------------------|----------------|
| 400 Meter Dash Tier 1 | 2:00+          |
| 400 Meter Dash Tier 2 | 1:45 – 1:59.99 |
| 400 Meter Dash Tier 3 | 1:30 – 1:44.99 |
| 400 Meter Dash Tier 4 | 1:20 – 1:29.99 |
| 400 Meter Dash Tier 5 | Up to 1:19.99  |

|                      |                |
|----------------------|----------------|
| 800 Meter Run Tier 1 | 3:30+          |
| 800 Meter Run Tier 2 | 3:00 – 3:29.99 |
| 800 Meter Run Tier 3 | Up to 2:59.99  |

4x100 Meter Relay Tier 1

4x400 Meter Relay Tier 1



# 2024 Unified Track & Field Information

## Sectional Meets and Divisions

| <u>Section</u> | <u>Host School</u> | <u>Meet Date</u> | <u>Arrival</u> | <u>Meet</u> | <u>Rain Date</u> |
|----------------|--------------------|------------------|----------------|-------------|------------------|
| South Shore    | Middleborough HS   | May 6, 2024      | 2:15pm         | 3:00pm      | May 16           |
| Central        | Millbury HS        | May 7, 2024      | 12:30pm        | 1:15pm      | May 10/13        |
| North**        | Dracut HS          | May 9, 2024      | 1:00pm         | 2:00pm      | May 10/13        |
| South Coast    | Durfee HS          | May 9, 2024      | 2:30pm         | 3:15pm      | May 16           |
| Metro          | Walpole HS         | May 13, 2024     | 1:30pm         | 2:45pm      | TBD              |
| West**         | Holyoke HS         | May 15, 2024     | 2:30pm         | 3:00pm      | May 16           |
| State          | Natick HS          | May 23, 2024     | TBD            | 10:00am     | May 28           |

*\*\*The results of the Division 1 North and West Sectional Meets will be combined to determine advancement to the State Championship Meet.*

| <b>Division 1</b> |              |                 |                    |                    |             |
|-------------------|--------------|-----------------|--------------------|--------------------|-------------|
| <u>Central</u>    | <u>Metro</u> | <u>North</u>    | <u>South Coast</u> | <u>South Shore</u> | <u>West</u> |
| Franklin          | Milton       | Dracut          | Brockton           | Barnstable         | Palmer      |
| Millbury          | Needham      | Fitchburg       | Carver             | Duxbury            | Wahconah    |
| Natick            | Newton North | Haverhill       | Dartmouth          | Middleboro         |             |
| Shrewsbury        | Newton South | Lincoln-Sudbury | Durfee             | Plymouth North     |             |
|                   | Walpole      | Salem           | Mansfield          | Plymouth South     |             |
|                   | Weymouth     |                 | Norton             | Whitman-Hanson     |             |

| <b>Division 2</b> |              |                  |                    |                    |                |
|-------------------|--------------|------------------|--------------------|--------------------|----------------|
| <u>Central</u>    | <u>Metro</u> | <u>North</u>     | <u>South Coast</u> | <u>South Shore</u> | <u>West</u>    |
| Algonquin         | Ashland      | Acton-Boxborough | Apponequet         | Dennis-Yarmouth    | Chicopee       |
| Auburn            | Braintree    | Andover          | Bourne             | Hingham            | Chicopee Comp  |
| Ayer Shirley      | Canton       | Cambridge        | Dighton-Rehoboth   | Martha's Vineyard  | Hampshire      |
| Burncoat          | Foxborough   | Everett          | Fairhaven          | Nauset             | Holyoke        |
| Grafton           | Holliston    | Greater Lowell   | Joseph Case        | Riverview          | Mahar          |
| Hudson            | Hopkinton    | Groton-Dunstable | New Bedford        | Sandwich           | Mount Greylock |
| Leicester         | Milford      | Methuen          | Old Rochester      | Silver Lake        | Northampton    |
| Marlborough       | Wellesley    | Swampscott       | Seekonk            |                    | Southwick      |
| Northbridge       | Westwood     | Westford         | Somerset Berkley   |                    | Sci-Tech       |
| Westborough       |              |                  | Wareham            |                    | Westfield      |
| Worcester Tech    |              |                  |                    |                    |                |