



2022

Outdoor Track

Information

[TRACK SPORTS PAGE](#)

- Committee Member Listing
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- Tournament Dates



2022 Outdoor Track Tournament Format

IMPORTANT Entry Information – School's Responsibilities (Pre-Meet)

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.

Each school must have a Direct Athletics account valid for all three seasons - cross-country, indoor track, and outdoor track. A contact who is very accessible by phone or the current head coach must be listed as the contact on the Direct Athletics account. It is **critical** for the Direct Athletics contact to be easily accessible at all times – day, night and weekends - to confirm information and answer questions. The account information should include the contact's/coach's current e-mail and phone number(s). For information on setting up a Direct Athletics account, or to update account information, go to https://www.directathletics.com/new_coach_validate.html

Rosters need to be updated throughout the season. Updated rosters make the entry process smoother at the deadline time.

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 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.*

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

- Schools may enter athletes who qualify on Direct Athletics as soon as they like. Our goal is to have full fields in all events.
- Each school may enter as many competitors in an event as met the qualification standards this outdoor track season.
- Entries will need to list performance, date & meet from the current outdoor season only.
- When entering a hand-timed performance, **an "h" must be placed after time**. Example: 800m hand time of 2:01.7, enter 2:01.7h.
- If an athlete has met the Qualifying Standard posted in this format, that athlete has qualified and will automatically compete if entered and declared.
- If the field is not filled in an event, the tournament director will fill the field up to:
 - 32 in running events (plus ties)
 - 16 in pole vaults (plus ties)
 - 24 in all other field events (plus ties)
 - 24 in relays (plus ties)
- For entries in the 100m dash, 100m hurdles, 110m hurdles and 200m dash, the field will be filled in the following manner:
 - The Top 32 FAT-qualified entrants
 - Plus any hand-timed entrants whose converted hand time performances (i.e. adjusted with the currently applied +0.24 second conversion per NFHS Rule 3-9-8) falls within the top 32 FAT times.
- **Coaches should enter all athletes who have legitimate chance for acceptance in top 32, 24 or 16.** Example: Girls Mile - if only 10 entries have met the Qualifying Standard, the next 22 entered on www.directathletics.com will become entered into the tournament.
- How do coaches know if their athlete will make it in or not? All entries are immediately visible on www.directathletics.com for each meet, as they are entered under upcoming meets on the homepage. Provided all entries are verified, those athletes meeting the above criteria will be selected.
- Updates and adjustments to entries may be edited up to the deadline of 11:59pm on Monday May 23, 2022.

2. Entry Limitations and Participation Rules-

- Individual Entry Limitations - Each athlete will be entered with seed performance in no more than three individual events plus relays.
- Individual Participation Rule - Prior to the start of the meet, athletes must be declared for the meet and may participate in a maximum of 3 events, including relays. If a contestant is entered in more than the allowable number of events, Meet Management shall scratch the contestant from the excess events by following the listed order of events..
- Relay Entry Limitations - A school may enter up to 8 individual names for each relay team, listing the first 4 in order, followed by as many as 4 alternates. Any athlete may be entered in a relay.



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- Relay Participation Rule - An athlete's **actual participation** in a relay event is subject to the Individual Participation Rule above. Example: Joe Jones entered in: 1 Mile, 2 Mile, 100 meter, 4x100, 4x400 and 4x800 – If Joe is to run any relay, the coach would have to scratch Joe from either the 1 mile, 2 mile, or 100m prior to the first running event. If Joe scratches from one of his individual events, he can run one relay; from two individual events, he can run 2 relays. Scratched from all individual events, he can run in 3 relays.
 - 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 3 field events. If a coach anticipates a conflict, s/he may request a change in flight from the meet director. All such requests must be made by Wednesday at 6PM prior to the meet. Coaches should note that, in the horizontal field events, flights will consist of 12 athletes whenever possible. Top 9 will advance to the finals in all field events EXCEPT the HJ & PV.
3. **Entry Deadline and Changes: A cut-off date of Monday, May 23, 2022 has been established for the Outdoor Track & Field season.** Once entries are completed they must be rechecked for accuracy. Updates and edits can be made up to the deadline. After the deadline, the MIAA late entry fee process that is listed in this MIAA Outdoor Track Format (\$300/athlete/event) will be in effect. The entry deadline for pentathlon athletes is Saturday, May 21, 2022 at 11:59pm. Entry deadline for all other events is Monday, May 23, 2022 at 11:59pm.
4. **Preliminary performance lists will be posted on <http://www.miaa.net> by 5:00pm Tuesday, May 24, 2022.**
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 done with the Tournament Director. All corrections must be completed by 8:00am on Wednesday, May 25 2022 and done 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 by the cut-off date. Final Performance List will be posted by 12pm on Wednesday, May 25, 2022. Pentathlon Performance Lists will be posted by 2pm on Sunday May 22, 2022.

IMPORTANT Check-in Information – School's Responsibilities (Day of Meet)

1. ARRIVAL

- Coaches check-in immediately at MIAA Outdoor Divisional Meets & Meet of Champions. Upon arrival, coaches will be given her/his declaration sheet. Coaches will, at that time, scratch any athlete who is not competing in an event in which s/he is entered, and will return the declaration sheet to the check-in official.
 - All running and field event scratches must be made on the declaration sheet at check in.
- Coaches with Pole Vault participants must have for each – their pole rating verification sheet with them for submission at the Divisional and All-State Meets (a copy of the form is available in this format). Failure to submit this form will result in the athletes not being allowed to compete.
- Emergency contact form must be completed and turned in during check to receive team packet and bib numbers (see last page of this format for the form).

2. CERTIFICATION OF ATHLETES AND PERFORMANCES

- 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 sanctioned MIAA high school track meet, officiated by certified track officials **during the current outdoor track season.**
- Any qualifying performances can be challenged throughout the meet.
- A violation of qualifying criteria will involve follow up with school administration and may involve a hearing before the MIAA Cross Country and Track Committee.

3. STUDENT ATHLETE SUPERVISION

- All competitors must be accompanied by a coach or school representative. If non-school personnel accompany an athlete, they must bring signed approval from the high school principal to chaperone and represent the competing athlete. All school representatives must remain at the meet or the competitor(s) may be disqualified.
- Coaches are responsible for all athletes they bring to the meet.



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IMPORTANT Games Committee & Meet Management Information – (In-Meet)

1. **ALL MIAA RULES WILL BE FOLLOWED:** High School Track and Field in Massachusetts is governed by the National Federation (NFHS) latest edition of Track and Field Rules 2021-22.
2. **RULES OF NOTE:**
 - **UNIFORM RULE** – refer to NFHS Rules 4.3.1, 4.3.2, and 4.3.3
 - **ELECTRONIC DEVICES** – refer to NFHS 3.2.8...Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.
 - Electronic devices shall not be used to transmit information to the competitor during the race or trial.
 - Electronic devices shall not be used for any review of an official's decision
 - **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.
 - **RELAY ZONES** – refer to NFHS Rule 5.3.3, 5.3.4 and 5.10.16 thru 11 – In the 4x100 meter relay and 4x200 meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.
3. **STARTING BLOCKS** – Starting blocks will be furnished.
4. **HIGH JUMP MARKS** - Each athlete may use a maximum of two marks with each mark no greater than 6 inches x 1 ½ inches. No mark may be within 2 meters of either standard. Athletes will be asked to remove any illegal marks and failure to remove them will result in removal by the event official. Meet management also requests coaches to tell their athletes to remove marks when the athlete is no longer in the competition.
5. **STARTING HEIGHT HIGH JUMP** - High Jump will go up 1" to get to even inches if starting at odd inch increment, then will go up by 2" increments. High Jump will start at height of lowest qualifier.
6. **STARTING HEIGHT POLE VAULT** – Pole Vault will go up by 6" increments at Divisional Meets and at All-State Meets. Pole Vault will start at height of lowest qualifier.
7. **FIELD EVENTS:** All Field Event competitors **MUST** sign in prior to the *first flight of their event*, regardless of the flight to which they are assigned.
8. **FIELD EVENTS: Competition order changes & excused time** - Only reason for changing the order is for a multi-event competitor in conflicts with another event.
 - A competitor's personal convenience or other reasons are not acceptable and will not be accommodated.
 - Maximum excused time will be 15 minutes.
9. **RESTRICTED AREAS** - Non-competitors and coaches will **NOT** be allowed inside the track, with the exception of the designated Coaches' Box (see below). If long jump pit is next to fence, no coach's box will be available. 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.
10. **COACHES' BOX** – will be in a designated area on the infield and may be used as follows:
 - Only 1 coach per school
 - No Competitors in Coaching Box
11. **SCORING/AWARDS** - In the Divisional meets only, scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded to the Top 8 finishers in each event for both the Divisional Meets and Meet of Champions. Trophies will be awarded to the Division Meet winning teams and finalists. Only MIAA awards may be presented at any tournament site. Awards will be given out at the conclusion of races/events and is



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the responsibility of each individual winner to be at the ceremony or to pick up after presentation. Field event awards will be presented at the event venue immediately following the completion of the event.

12. **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.
 13. **JURY OF APPEALS:** Will be composed of three (3) officials and two (2) coaches.
 14. **HEARING IMPAIRED ATHLETES** who are entered in any running event, CANNOT be in the outside lane in case of a false start. These athletes need to see others in the race stop since they are unable to hear a second gun fired. Hearing impaired athletes will be using a light connected to the starter's gun that will allow them an even start.
 15. **PROCESS FOR DETERMINING QUALIFYING STANDARDS** – Tournament Director will fill the field up to 32 for all running events, up to 16 (plus ties) in the Pole Vault, up to 24 (plus ties) in all other field events and up to 24 in relays (plus ties). The automatic standard for all events in the first year of the statewide tournament will be a hybrid average of the previous season. Please visit link above.
 16. **SEEDING COMMITTEES** – Outdoor Track Tournament Directors will use seeding committees consisting of a minimum of 8 coaches per division to assist with vetting of entry performances as follows:
 - Each member will review events assigned by the TD, and monitor respective entries beginning at least 10 days prior to the MIAA meet entry deadline.
 - Any questionable entries, infractions or other violations found prior to the deadline will be reported to the TD - who will maintain a log and contact the school in question.
 - TD's will make all final decisions and report to MIAA Liaison.
- Note: The MIAA will seek active coaches who would like to nominate themselves for these committees by MIAA Divisions 1 through 6. Tournament Director's will serve as chair of each Sectional Seeding Committee. Final selection decisions will be done by the Tournament Director & MIAA Liaison. Any coach interested in volunteering should contact their Divisional Tournament Director via email by May 1, 2022.
17. **SITE SELECTION** – Site selection criteria will prioritize an 8-lane track for Divisional meets and mandate an 8-lane track for the Meet of Champions. Site selection will also prioritize on-site pole vault areas, level sand pits, adequate parking, restrooms, gate management and other use amenities.
 18. **OFFICIALS** – will be assigned by the Official's Assignor and approved by Tournament Director.
 19. **MEDICAL COVERAGE** – A licensed athletic trainer, physician, physician's assistant, certified EMT, or nurse practitioner will be available at all MIAA Divisional and All-State Track meets.
 20. **MIAA DRONE POLICY** – Prohibiting the Use of Drones (Unmanned Aircraft Systems or UAS's)
Unless granted special permissions by the MIAA Executive Director, the use of drones (UAS), for any purpose, is not permitted at any MIAA tournament event. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the MIAA event, including the spectator stands and parking areas.
 21. **2022 PARA OUTDOOR TRACK & FIELD COMPETITION** - The following events will be available to our para athletes:
 - a. 100m dash
 - b. 800m
 - c. Shotput

[Click here for the 2021-22 MIAA Para Outdoor Track & Field Format with Qualifying Times.](#)

Point of contact at Adaptive Sports New England: Joe Walsh, 617-690-9103.



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2022 PENTATHLON OUTDOOR TRACK & FIELD COMPETITION

- a. All meets on Thursday, May 26, 2022 and/or Friday May 27, 2022.
- b. Will be open to the top 12 Boys and Girls in each division – schools will submit certified performances in the 5 events, **from the current outdoor track season only.**

Boys: LJ, HJ, 110m H, SP, & 1500m;
 Girls: 100m H, HJ, SP, LJ, & 800m.

School must enter by 11:59pm on Saturday, May 21, 2022. Final performance lists will be posted by Sunday, May 22, 2022 at 2:00pm. Top 12 will be allowed to participate in two other events at the Divisional Meets if qualify. No pentathlon scratches allowed at Divisional if selected.

- c. Will be considered as one event for team scoring (10-8-6-5-4-3-2-1).
- d. Top qualifier from each division and the next top six place scorers will advance to the Meet of Champions. If scratching from Meet of Champions Pentathlon, MUST notify Tournament Director by Wednesday, June 1, 2021 by 12pm.
- e. Time between events – minimum of 30 minutes.
- f. Order of events
 - 1) Hurdles – G/B
 - 2) B – long jump & G – high jump
 - 3) B – shot put & G – long jump
 - 4) B – high jump & G shot put
 - 5) B -1500 & G – 800
- g. If entered in the Pentathlon at the Divisional Meet and do not qualify for the Meet of Champions, all are allowed to run for your team in a Meet of Champions relay that your school qualified for. Will be an alternate and coach would need to notify All-State Tournament Director and Divisional Tournament Director by Noon on Wednesday, June 1, 2022 via email.
- h. High Jump Progression

| GIRLS | | | | | | | | | |
|---------|---------|----------|---------|---------|---------|---------|---------|---------|---------|
| 1.21m | 1.26m | 1.31m | 1.36m | 1.41m | 1.46m | 1.51m | 1.56m | 1.61m | 1.66m |
| 3'11.5" | 4'1.5" | 4'3.5" | 4'5.5" | 4'7.5" | 4'9.5" | 4'11.5" | 5'1.25" | 5'3.25" | 5'5.25" |
| BOYS | | | | | | | | | |
| 1.42m | 1.47m | 1.52m | 1.57m | 1.62m | 1.67m | 1.72m | 1.77m | 1.82m | 1.87m |
| 4'7.75" | 4'9.75" | 4'11.75" | 5'1.75" | 5'3.75" | 5'5.75" | 5'7.75" | 5'9.75" | 5'11.5" | 6'1.5" |

Opening heights can be determined by the field. Athletes should declare opening height, using 5cm progressions, working backwards from the lowest progression listed above.



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| Boys' Qualifying Standards 2022 | | | | | | |
|-----------------------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | <i>Division 1</i> | <i>Division 2</i> | <i>Division 3</i> | <i>Division 4</i> | <i>Division 5</i> | <i>Division 6</i> |
| Shot Put | 46'10" | 45'8" | 43'9" | 43'8" | 44'9" | 43'0" |
| Discus | 131'1" | 126'5" | 119'3" | 120'6" | 124'1" | 121'3" |
| Javelin | 150'1" | 148'0" | 144'8" | 145'9" | 145'9" | 144'6" |
| Long Jump | 20'10" | 20'9" | 20'4" | 20'9" | 20'3" | 19'10" |
| Triple Jump | 42'6" | 42'1" | 41'8" | 41'7" | 40'11" | 40'7" |
| High Jump | 6'0" | 6'0" | 6'0" | 6'0" | 6'0" | 5'10" |
| Pole Vault | 10'6" | 10'0" | 10'0" | 9'6" | 9'6" | 10'0" |
| 100 | 11.41 | 11.54 | 11.57 | 11.54 | 11.82 | 11.82 |
| 200 | 23.18 | 23.35 | 23.56 | 23.58 | 23.85 | 24.05 |
| 400 | 51.77 | 52.10 | 52.43 | 52.58 | 53.43 | 53.82 |
| 800 | 02:01.03 | 02:01.97 | 02:03.69 | 02:04.76 | 02:05.85 | 02:07.25 |
| Mile | 04:29.79 | 04:33.77 | 04:39.75 | 04:44.44 | 04:49.01 | 04:50.25 |
| Two Mile | 09:48.13 | 09:54.91 | 10:15.28 | 10:20.86 | 10:38.21 | 10:35.85 |
| 110 Hurdles | 15.87 | 16.04 | 16.34 | 16.25 | 16.87 | 16.99 |
| 400 Hurdles | 59.41 | 59.53 | 60.95 | 61.41 | 61.17 | 61.46 |
| 4 x 100 Relay | 44.33 | 44.53 | 44.88 | 44.98 | 46.07 | 46.29 |
| 4 x 400 Relay | 03:30.66 | 03:32.14 | 03:35.61 | 03:37.11 | 03:38.64 | 03:40.12 |
| 4 x 800 Relay | 08:14.16 | 08:19.10 | 08:31.24 | 08:33.23 | 08:45.95 | 08:46.32 |
| | | | | | | |
| | | | | | | |
| Girls' Qualifying Standards 2022 | | | | | | |
| | <i>Division 1</i> | <i>Division 2</i> | <i>Division 3</i> | <i>Division 4</i> | <i>Division 5</i> | <i>Division 6</i> |
| Shot Put | 33'1" | 32'6" | 32'3" | 33'2" | 32'5" | 31'0" |
| Discus | 96'10" | 96'5" | 95'2" | 101'2" | 90'6" | 90'10" |
| Javelin | 102'8" | 104'2" | 100'5" | 98'6" | 100'9" | 100'0" |
| Long Jump | 16'9" | 16'10" | 16'7" | 16'11" | 16'0" | 16'1" |
| Triple Jump | 34'7" | 34'10" | 34'4" | 34'5" | 33'7" | 33'7" |
| High Jump | 5'0" | 5'0" | 5'0" | 5'0" | 5'0" | 5'0" |
| Pole Vault | 8'0" | 8'0" | 8'0" | 8'0" | 7'6" | 8'0" |
| 100 | 13.02 | 13.08 | 13.20 | 13.17 | 13.31 | 13.32 |
| 200 | 26.83 | 26.99 | 27.49 | 27.45 | 27.17 | 27.33 |
| 400 | 61.98 | 61.60 | 62.06 | 62.08 | 63.29 | 63.58 |
| 800 | 02:23.52 | 02:25.76 | 02:28.09 | 02:26.81 | 02:29.42 | 02:30.18 |
| Mile | 05:31.20 | 05:28.66 | 05:35.72 | 05:38.17 | 05:45.91 | 05:44.69 |
| Two Mile | 11:56.30 | 12:00.88 | 12:19.78 | 12:21.49 | 12:49.88 | 12:37.09 |
| 100 Hurdles | 16.47 | 16.41 | 16.95 | 17.04 | 17.13 | 17.35 |
| 400 Hurdles | 01:10.43 | 01:10.24 | 01:11.15 | 01:10.66 | 01:10.86 | 01:11.31 |
| 4 x 100 Relay | 51.18 | 51.30 | 51.61 | 51.60 | 52.11 | 52.51 |
| 4 x 400 Relay | 04:13.29 | 04:12.85 | 04:16.48 | 04:16.26 | 04:23.03 | 04:25.86 |
| 4 x 800 Relay | 09:54.16 | 10:00.45 | 10:18.41 | 10:16.33 | 10:36.45 | 10:34.70 |

* When entering a performance with a **hand time** - put an "h" after time. **Example:** 100m hand time of 12.1, enter 12.1h; 800m hand time of 2:10.9, enter 2:10.9h. Tournament Directors will add the .24 to all entered hand-performance times.



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DIVISIONAL CHAMPIONSHIPS DATES & ORDER OF EVENTS

| | <u>Division 1</u> | <u>Division 2</u> | <u>Division 3</u> | <u>Division 4</u> | <u>Division 5</u> | <u>Division 6</u> |
|-----------------------|---------------------------|---------------------------|---------------------------|----------------------------|----------------------------|----------------------------|
| Day 1 | Fri. 5/27/22 @ 3:00 PM | Fri. 5/27/22 @ 3:00 PM | Fri. 5/27/22 @ 3:00 PM | Thur. 5/26/22 @ 3:00 PM | Thur. 5/26/22 @ 3:00 PM | Thur. 5/26/22 @ 3:00 PM |
| Day 2 | Sun. 5/29/22 @ 2:30 pm | Sun. 5/29/22 @ 2:30 pm | Sun. 5/29/22 @ 2:30 pm | Sat. 5/28/22 @ 2:30 pm | Sat. 5/28/22 @ 2:30 pm | Sat. 5/28/22 @ 2:30 pm |
| Location/Venue | Shrewsbury HS | Hingham HS | Westfield State | NDA Hingham | Weston HS | Westfield State |

Thursday, May 26 / Friday May 27

| | |
|---------|---------------------------------------------|
| 3:00 PM | Boys' & Girls' Pentathlon – 110/100m HH |
| 3:45 PM | Pentathlon Field #1 |
| 4:00 PM | Discus (b), triple jump (g), pole vault (g) |
| 4:45 PM | Pentathlon Field #2 |
| 5:00 PM | 200m trials |
| 5:20 PM | 400m hurdles |
| 5:40 PM | 800 meters / Para 800 meters |
| 5:45 PM | Pentathlon Field #3 |
| 6:00 PM | Discus (g), triple jump (b) |
| 6:00 PM | 200m finals |
| 6:30 PM | 2 mile run |
| 6:45 PM | Pentathlon 1500/800m* |

Track in Field Clerking

| |
|---------|
| 2:45 PM |
| 3:30 PM |
| 4:00 PM |
| - |
| 4:45 PM |
| 5:05 PM |
| 5:25 PM |
| - |
| 5:45 PM |
| 5:45 PM |
| 6:15 PM |
| 6:30 PM |

*Pentathlon 800 & 1500 will be fit into the order as needed based on the conclusion of pentathlon field events

Saturday, May 28 / Sunday May 29

| | |
|---------|-----------------------------------------------------------------------------|
| 2:30 PM | High Jump (g), Pole Vault (b) |
| 3:00 PM | Shot Put (g) / Para Shot Put (g), Long Jump (b), Javelin (b) |
| 4:00 PM | 110/100m hurdle trials |
| 4:20 PM | 100m dash trials / Para 100m trials |
| 4:30 PM | Shot Put (b) / Para Shot Put (b), Long Jump (g), Javelin (g), High Jump (b) |
| 4:40 PM | 1 mile run |
| 5:20 PM | 400 meter dash |
| 5:30 PM | 110/100m hurdle final |
| 5:40 PM | 100m dash final / Para 100m finals |
| 5:50 PM | 4x800m relay |
| 6:30 PM | 4x100m relay |
| 6:40 PM | 4x400m relay |

Track in Field Clerking

| |
|---------|
| 2:15 PM |
| 2:45 PM |
| 3:45 PM |
| 4:05 PM |
| 4:15 PM |
| 4:25 PM |
| 5:05 PM |
| 5:15 PM |
| 5:25 PM |
| 5:35 PM |
| 6:15 PM |
| 6:25 PM |

All Track events - Girls followed by Boys (flip flopped yearly – 2023 will be B-G)

* Advancing in the 100M Dash, 200M Dash, 100M Hurdles and 110M Hurdles: TRIALS will be on FAT ONLY at the Divisional Championships. Heat winners PLUS times advance to the Meet of Champions.

Triple Jump will have a minimum of three boards of 28' 32' 36' at Divisional Meets and Meet of Champions.



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MEET OF CHAMPIONS - DATES & ORDER OF EVENTS

Westfield State University - Day 1 - (B&G)

Thursday, June 2, 2022 @ 3:00 PM

Westfield State University - Day 2 - (B&G)

Saturday, June 4, 2022 @ 2:30 PM

Thursday, June 2

| | | <u>Track in Field Clerking</u> |
|---------|---------------------------------------------|--------------------------------|
| 3:00 PM | Boys' & Girls' Pentathlon – 110/100m HH | 2:45 PM |
| 3:45 PM | Pentathlon Field #1 | 3:30 PM |
| 4:00 PM | Discus (b), triple jump (g), pole vault (g) | 4:00 PM |
| 4:45 PM | Pentathlon Field #2 | - |
| 5:00 PM | 200m trials | 4:45 PM |
| 5:20 PM | 400m hurdles | 5:05 PM |
| 5:40 PM | 800 meters /Para 800 meters | 5:25 PM |
| 5:45 PM | Pentathlon Field #3 | - |
| 6:00 PM | Discus (g), triple jump (b) | 5:45 PM |
| 6:00 PM | 200m finals | 5:45 PM |
| 6:30 PM | 2 mile run | 6:15 PM |
| 6:45 PM | Pentathlon 1500/800m | 6:30 PM |

Pentathlon 800 & 1500 will be fit into the order as needed based on the conclusion of pentathlon field events

Saturday, June 4

| | | <u>Track in Field Clerking</u> |
|---------|---------------------------------------------------------|--------------------------------|
| 2:30 PM | High Jump (g), Pole Vault (b) | 2:15 PM |
| 3:00 PM | Shot Put (g), Long Jump (b), Javelin (b) | 2:45 PM |
| 4:00 PM | 110/100m hurdle trials | 3:45 PM |
| 4:20 PM | 100m dash trials / Para 100m trials | 4:05 PM |
| 4:30 PM | Shot Put (b), Long Jump (g), Javelin (g), High Jump (b) | 4:15 PM |
| 4:40 PM | 1 mile run | 4:25 PM |
| 5:20 PM | 400 meter dash | 5:05 PM |
| 5:30 PM | 110/100m hurdle final | 5:15 PM |
| 5:40 PM | 100m dash final / Para 100m finals | 5:25 PM |
| 5:50 PM | 4x800m relay | 5:35 PM |
| 6:30 PM | 4x100m relay | 6:15 PM |
| 6:40 PM | 4x400m relay | 6:25 PM |

All Track events - Girls followed by Boys (flip flopped yearly – 2023 will be B-G)

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 constructed of cement. High Jump, Pole Vault, Triple Jump, Javelin and Long Jump Runways are composition (maximum ¼" spikes). Throwing implements will be weighed in one (1) hour before the competition.

An athlete may participate in a maximum of any three (3) events, including relays (relays count as a running event). Winners of their Outdoor Divisional Meet in the 800, 1 mile, 2 mile, and 4x800 have the chance to opt into the fast heat at the Meet of Champions & MUST notify Tournament Director by Wednesday of that week. Athletes who win heats at the Meet of Champions will move on to the finals.



2022 Outdoor Track Tournament Format

MEET OF CHAMPIONS QUALIFIERS & PERFORMANCE LISTS

Qualifiers

- Running Events (non-relays) - **Four (4)** place winners (Divisions 1, 2, 3, 4, 5, 6) and the next top **8** performances in the finals are eligible for the competition at the Meet of Champions. Competitors must score in the top 8 of their Divisional to advance to the Meet of Champions.
- Pole Vault - **First two (2)** place winners (Divisions 1, 2, 3, 4, 5, 6) and the next top **4** performances in the finals are eligible for the competition at the Meet of Champions.
- All Other Field Events - **First three (3)** place winners (Divisions 1, 2, 3, 4, 5, 6) and the next top **6** performances in the finals are eligible for the competition at the Meet of Champions. Competitors must score in the top 6 of their Divisional to advance to the Meet of Champions.
- Relays - **First three (3)** place winners (Divisions 1, 2, 3, 4, 5, 6) and the next top **6** performances in the finals are eligible for the competition at the Meet of Champions. Competitors must score in the top 8 of their Divisional to advance to the Meet of Champions.

Note: Student-Athletes can only compete in the Meet of Champions if they qualify via their Divisional Tournament or they hold a SuperMax qualification standard (see below). There will be no individual notification made for athletes who have qualified to compete in the MIAA Meet of Champions. If an athlete has qualified for the Meet of Champions at a Divisional Meet, there are no other entry requirements.

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 31, 2022 by 12pm.
Medals will be awarded to individuals for all eight scoring places in each event.

Additional Qualifiers

Beginning in 2022, an athlete may be entered into a Meet of Champions event, exclusive of any event s/he has already qualified for per Divisional Meet placement and advancement criteria, if s/he has met the SuperMax qualification standard. SuperMax standards for respective events are listed below and have been determined based on the average of the 8th place All-State finisher for the previous three years for individual running events and the 6th place All State finisher average in all other events. **Please note, all athletes entered using SuperMax qualification will be seeded according to where their qualifying performances place them within the overall field of qualifiers in their respective events.**

Coaches must notify the State Tournament Director via email of any athlete using the SuperMax qualifier and **MUST** enter the SuperMax qualifier in Direct Athletics by Sunday May 29th at 11:59 pm. Absolutely no late entries will be accepted.

| <u>Boys Event</u> | <u>2022 Std.</u> | <u>Girls Event</u> | <u>2022 Std.</u> |
|-------------------|------------------|--------------------|------------------|
| 110 Hurdles | 15.03 | 100 Hurdles | 15.45 |
| 400 Hurdles | 56.34 | 400 Hurdles | 1:05.70 |
| 100 | 11.12 | 100 | 12.56 |
| 200 | 22.43 | 200 | 25.70 |
| 400 | 50.21 | 400 | 59.03 |
| 800 | 1:56.32 | 800 | 2:15.33 |
| Mile | 4:21.29 | Mile | 5:09.02 |
| Two Mile | 9:33.06 | Two Mile | 11:21.57 |
| Pole Vault | 12' 6" | Pole Vault | 10' 0" |
| Javelin | 170' 0" | Javelin | 118' 2" |
| Discus | 146' 0" | Discus | 113' 3" |
| Shot Put | 49' 8" | Shot Put | 38' 0" |
| High Jump | 6' 6" | High Jump | 5' 4" |
| Triple Jump | 44' 6" | Triple Jump | 36' 10" |
| Long Jump | 22' 0" | Long Jump | 17' 8" |

All running events qualifying times must be FAT



2022 Outdoor Track Tournament Format

MIAA POLE VAULTER'S WEIGHT CERTIFICATION – BOYS AND GIRLS

INSTRUCTIONS

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. 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.

Failure to bring this completed form will result in the athlete 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. _____

POLE RATING

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.

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.





2022 Outdoor Track Tournament Format

SCHOOL NAME: _____

Emergency Contact Form

| | Full Name | Cell Phone # |
|------------------|-----------|--------------|
| Girls Head Coach | | |
| Boys Head Coach | | |
| Assistant Coach | | |
| Assistant Coach | | |
| Assistant Coach | | |

Each school is responsible to have a rally point for their team in case of any emergency exit, including weather. Please make sure all of your student-athletes are aware of your plan.

This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes and they will contact the coach.

In case of a medical situation that requires 911 to be accessed, the Meet may be put on hold until the situation subsides by local public safety.

In case of inclement weather-all teams will evacuate under the direction of the Meet Director and or Police to the closest facility or bus.

Prior to the start of the Meet, each coaching staff must be represented at the coaches meeting - the Meet Director will review the site's emergency evacuation procedures.