



2022-2023

Indoor Track

Information

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2022-2023 Indoor Track Tournament Format

Entry Information - School's/Athletic Director's/Coach's Responsibilities:

Accuracy of Entries:

It is the athletic director's and/or the coach's responsibility to correctly submit all tournament entries. Inaccurate or incorrect entries will be rejected and the athlete will not be accepted into the meet. A violation of qualifying criteria will result in a follow up with school administration and may involve a hearing before the MIAA Cross Country/Track & Field Committee.

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 & Field. Further, we have received and read the entire Indoor Track & Field Format and agree to abide by all of the requirements contained therein. We alone are responsible for rule violations and realize that they will result in Tournament disqualification.*

Direct Athletics:

1. All entries must be completed through Direct Athletics website: www.directathletics.com
2. For information and help setting up a Direct Athletics account go to https://www.directathletics.com/new_coach_validate.html
3. Entries MUST include where and when the performance was achieved (Qualifying performances for the 2022-23 Indoor Season can come only from MIAA sanctioned meets contested during the 2022-23 Indoor Season).
4. Performances without "where and when" info will be rejected. Additionally, qualifying performances can be challenged by coaches or the Meet Director prior to the start of the meet.
5. If the field is not filled with automatic qualifiers, the tournament director will fill the field to the minimum number of athletes per event. Therefore, you may enter athletes who have NOT made the automatic qualifying standards.
6. Automatic qualifier standards and minimum field size are included in the Divisional Championship pages in this packet.
7. Entries are viewable on Direct Athletics and can be accessed through the "Upcoming Meets" section of the site—do NOT log-in to your account to view entries.
8. Seeding committees will assist the Tournament Directors in the vetting of entry performances. Coaches interested in serving on a seeding committee should contact the relevant Director.

Entry Deadline Dates and Times:

1. Sunday, February 12, 2023 (6:00 PM) - Deadline for entries to be completed.
2. Monday, February 13, 2023 (3:00 PM) - Preliminary performance lists will be posted on www.miaa.net.
3. Monday, February 13, 2023 (8:00 PM) - Deadline for "courtesy scratches" to allow the Tournament Director to refill the fields to the minimum number of athletes.
4. Tuesday, February 14, 2023 (12:00 PM) - Final performance lists posted.
5. **NO LATE ENTRIES** – Late entries will no longer be accepted for the Indoor Track & Field tournament. The entry deadline, as noted in #1 above, is 6:00 PM on Sunday, February 12, 2023. The Track & Field Committee will endeavor to send out reminders as the deadline approaches, but entries can be submitted any time prior to the deadline.

Entry Rules/Limits:

1. No athlete may be entered on Direct Athletics into more than three individual events for which they have made the automatic qualifier.
2. In the event of an athlete being accepted into more than three individual events due to filling of the fields, the coach MUST scratch the athlete down to no more than three individual events by contacting the Tournament Director after the posting of the preliminary performance list (relays do not count toward the 3 event maximum).
3. Prior to the start of the meet, coaches must declare athletes for their events. Athletes can be declared in up to three individual events with no relays; or fewer than three individual events with any number of relays. Any athlete with entries in excess of the above limits will be scratched by meet management from the excess events by following the listed order of events.
4. A school may enter up to 8 names for each relay team. Only one relay team per school is allowed. When relay teams check in for their race, they will submit a relay card that includes the 4 competing athletes. This will allow for the posting of accurate results and serve as a check on event limitations.



2022-2023 Indoor Track Tournament Format

Check-in Information - Day of Meet Responsibilities:

Building Entry/Athlete Supervision:

1. All meets will take place at the Reggie Lewis Track & Athletic Center, located on the campus of Roxbury Community College at 1350 Tremont Street, Roxbury, MA.
2. Coaches and athletes may only enter through the team entrance on Malcolm X Blvd.
3. Coaches entering without their team will need to show identification to be admitted.
4. All athletes must be accompanied by a coach or school representative. If non-school personnel accompany an athlete, they must bring a signed approval from the high school principal to chaperone and represent the competing athlete.

Packet Pick-up:

1. Team packets with entries, bib numbers, and declaration/scratch sheets should be picked up by a coach in the gymnasium.
2. Coaches will need to complete scratches at packet pick-up for any athletes not competing in an event for which they are entered and return to the official. If an athlete (or relay) needs to be scratched during the meet, please see the computer operator in the gymnasium.
3. Coaches will need to turn in a completed Emergency Contact Form (found on the last page of this packet) when they pick up their team packets.

MEET Management Information:

General Rules:

1. **All MIAA rules will be followed:** High school track and field in Massachusetts is governed by the latest edition of the National Federation (NFHS) rule book for Track & Field, except where modified within this document/by the Games Committee.
2. **Warm-ups:** Warm-ups should not be done on the infield. The gymnasium is available for warm-ups.
3. **Spikes:** Only ¼" Pyramid spikes are allowed. Spikes may only be worn inside the track area (not in the foyer, hallways, or gymnasium). Use of illegal spikes may result in disqualification.
4. **Restricted Areas/Coaching Boxes:** Non competitors are not allowed inside the track. Coaches are not allowed inside the track, with the exception of the designated coaches' boxes.
5. **Scoring/Awards:** In the Divisional meets, scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded to all scoring athletes and the top two teams will receive trophies. In the Meet of Champions, medals will be awarded to the top 8 athletes (and ties) in each event, but there will be no scoring or team trophies.
6. **Jury of Appeals:** A jury of appeals composed of 3 officials and 2 coaches will be assigned to hear written appeals submitted to the referee.
7. **Para Athletes:** Whenever possible, para athletes will be included in traditional heats/flights. Seeding procedures may be adjusted in such cases, as necessary (example: a hearing impaired athlete moved to an inner lane to recognize false starts). The 2023 Indoor Para Track Format can be found [here](#). In addition, rules and regulations regarding para athletes can be found at: <https://www.paralympic.org/athletics/events/rules-and-regulations>.
8. **Medical Coverage** – Medical coverage will follow local guidelines and policies. At least one licensed athletic trainer and at least one of the following: physician, physician's assistant, certified EMT, or nurse practitioner will be available at all MIAA Divisional Qualifier and State Championship Meets. The MIAA will compensate for this coverage at these sites.
9. **Drone Policy:** The MIAA prohibits the use of drones (Unmanned Aircraft Systems) throughout the entire facility being used as part of the MIAA event.

Event-Specific Rules:

1. **Field Events Sign-in:** All field event athletes must sign in before the first flight.
2. **Field Events Competition Order:** Field event athletes can be excused for a maximum of 15 minutes for competition in another event.
3. **High Jump Marks:** No high jump marks are permitted within 2 meters of either standard. Only white athletic tape may be used for marks.
4. **Equipment:** Shot puts and starting blocks will be provided. Relay teams must bring their own batons.



2022-2023 Indoor Track Tournament Format

MIAA Tournament Meets:

1. **Divisional Championships:** Each of the pages that follow includes all of the relevant information for the Divisional Meets, including date, time frame, minimum qualifiers per event, automatic qualifying standards and in-meet info like preferred lanes, trials and finals processes, etc.
2. **Meet of Champions:** Like the Divisional Championships, this page includes all of the same information for the Meet of Champions.

New England Indoor Track Meet Information

NEW ENGLAND INDOOR TRACK & FIELD CHAMPIONSHIP MEET to be held on Saturday, March 4, 2023 – beginning at 10:30 a.m. at the Reggie Lewis Center

The New England Council voted on October 10, 2018 that all entries into the New England Indoor Meet must come from the MIAA All-State Indoor Meet. We now will go back to the entry process that we used in prior years and you WILL NOT enter athletes via Direct Athletics for the New England Meet.

The top 6 in each event will automatically qualify, and if someone in the top six is unable to attend, then the field will be filled. All declarations MUST be made by the conclusion of the All-State Meet. No changes/additions will be allowed after the Meet. The New England Entries will be posted on the New England Web-site.



2022-2023 Indoor Track Tournament Format

DIVISION 4 CHAMPIONSHIP - Wednesday, February 15, 2023

ENTRY DEADLINE ON DIRECT ATHLETICS: 6PM Sunday, February 12, 2023 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Long Jump	4:30 PM	24	15' 10"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put	4:30 PM	24	30' 11"	
Boys Long Jump	Est. 6:00 PM	24	19' 1"	
Boys Shot Put	Est 5:45 PM	24	42' 1"	
Girls 55m Hurdles Trials	4:30-4:35 PM	32	9.87 FAT ONLY	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	4:40-4:45 PM	32	8.88 FAT ONLY	
Girls 55m Dash Trials	4:45-4:50 PM	32	7.87 FAT ONLY	
Boys 55m Dash Trials	4:50-4:55 PM	32	6.97 FAT ONLY	
Girls 55m Hurdles Final	4:55-5:00 PM	8		
Boys 55m Hurdles Final	5:00-5:05 PM	8		
Girls 55m Dash Final	5:05-5:08 PM	8		
Boys 55m Dash Final	5:08-5:10 PM	8		
Girls High Jump	5:15 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	5:15 PM	24	5' 8"	
Girls 1 Mile Final	5:10-5:25 PM	36	5:53.42 (5:53.1h)	Begins after infield races conclude
Boys 1 Mile Final	5:25-5:35 PM	36	4:53.75 (4:53.5h)	
Girls 600 meters Final	5:35-5:50 PM	36	1:51.32 (1:51.0h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	5:50-6:00 PM	36	1:31.19 (1:30.9h)	
Girls 1000 meters Final	6:00-6:10 PM	36	3:24.13 (3:23.8h)	
Boys 1000 meters Final	6:10-6:20 PM	36	2:49.11 (2:48.8h)	
Girls 300 meters Final	6:20-6:30 PM	32	45.45 FAT ONLY	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 300 meters Final	6:30- 6:40 PM	32	38.29 FAT ONLY	
Girls 2 Mile Final	6:40-7:10 PM	32	13:11.86 (13:11.6h)	
Boys 2 Mile Final	7:10-7:35 PM	32	11:04.31 (11:04.0h)	
Girls 4 x200m Relay	7:35-7:45 PM	24	1:53.75 (1:53.5h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	7:45-7:55 PM	24	1:38.18 (1:38.9h)	
Girls 4x800m Relay	7:55-8:15 PM	24	10:56.27 (10:56.0h)	2-turn stagger with a barrel start
Boys 4x800m Relay	8:15-8:35 PM	24	9:16.71 (9:16.4h)	
Girls 4x400m Relay	8:35-8:55 PM	24	4:26.37 (4:26.1h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	8:55-9:10 PM	24	3:44.22 (3:43.9h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have an FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

New: 300 meters will be run in lanes the entire way. There will be NO cut-in.



2022-2023 Indoor Track Tournament Format

DIVISION 5 CHAMPIONSHIP - Thursday, February 16, 2023

ENTRY DEADLINE ON DIRECT ATHLETICS: 6PM Sunday, February 12, 2023 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Long Jump	4:30 PM	24	15' 5"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put	4:30 PM	24	30' 3"	
Boys Long Jump	Est. 6:00 PM	24	18' 11"	
Boys Shot Put	Est 5:45 PM	24	41' 2"	
Girls 55m Hurdles Trials	4:30-4:35 PM	32	9.86 FAT ONLY	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	4:40-4:45 PM	32	9.20 FAT ONLY	
Girls 55m Dash Trials	4:45-4:50 PM	32	7.84 FAT ONLY	
Boys 55m Dash Trials	4:50-4:55 PM	32	7.01 FAT ONLY	
Girls 55m Hurdles Final	4:55-5:00 PM	8		
Boys 55m Hurdles Final	5:00-5:05 PM	8		
Girls 55m Dash Final	5:05-5:08 PM	8		
Boys 55m Dash Final	5:08-5:10 PM	8		
Girls High Jump	5:15 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	5:15 PM	24	5' 8"	
Girls 1 Mile Final	5:10-5:25 PM	36	5:53.27 (5:53.0h)	Begins after infield races conclude
Boys 1 Mile Final	5:25-5:35 PM	36	4:58.90 (4:58.6h)	
Girls 600 meters Final	5:35-5:50 PM	36	1:49.51 (1:49.2h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	5:50-6:00 PM	36	1:33.42 (1:33.1h)	
Girls 1000 meters Final	6:00-6:10 PM	36	3:28.95 (3:28.7h)	
Boys 1000 meters Final	6:10-6:20 PM	36	2:54.44 (2:54.2h)	
Girls 300 meters Final	6:20-6:30 PM	32	45.68 FAT ONLY	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 300 meters Final	6:30- 6:40 PM	32	38.75 FAT ONLY	
Girls 2 Mile Final	6:40-7:10 PM	32	13:28.25 (13:28.0h)	
Boys 2 Mile Final	7:10-7:35 PM	32	11:01.55 (11:01.3h)	
Girls 4 x200m Relay	7:35-7:45 PM	24	1:55.73 (1:55.4h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	7:45-7:55 PM	24	1:39.77 (1:39.5h)	
Girls 4x800m Relay	7:55-8:15 PM	24	11:06.82 (11:06.5h)	2-turn stagger with a barrel start
Boys 4x800m Relay	8:15-8:35 PM	24	9:05.20 (9:04.9h)	
Girls 4x400m Relay	8:35-8:55 PM	24	4:34.04 (4:33.8h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	8:55-9:10 PM	24	3:49.47 (3:49.2h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have an FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

New: 300 meters will be run in lanes the entire way. There will be NO cut-in.



2022-2023 Indoor Track Tournament Format

DIVISION 1 CHAMPIONSHIP - Friday, February 17, 2023

ENTRY DEADLINE ON DIRECT ATHLETICS: 6PM Sunday, February 12, 2023 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Long Jump	4:30 PM	24	15' 8"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put	4:30 PM	24	31' 4.5"	
Boys Long Jump	Est. 6:00 PM	24	19' 9"	
Boys Shot Put	Est 5:45 PM	24	44' 0"	
Girls 55m Hurdles Trials	4:30-4:35 PM	32	9.65 FAT ONLY	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	4:40-4:45 PM	32	8.48 FAT ONLY	
Girls 55m Dash Trials	4:45-4:50 PM	32	7.83 FAT ONLY	
Boys 55m Dash Trials	4:50-4:55 PM	32	6.88 FAT ONLY	
Girls 55m Hurdles Final	4:55-5:00 PM	8		
Boys 55m Hurdles Final	5:00-5:05 PM	8		
Girls 55m Dash Final	5:05-5:08 PM	8		
Boys 55m Dash Final	5:08-5:10 PM	8		
Girls High Jump	5:15 PM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	5:15 PM	24	5' 9"	
Girls 1 Mile Final	5:10-5:25 PM	36	5:44.02 (5:43.7h)	Begins after infield races conclude
Boys 1 Mile Final	5:25-5:35 PM	36	4:43.77 (4:43.5h)	
Girls 600 meters Final	5:35-5:50 PM	36	1:48.41 (1:48.1h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	5:50-6:00 PM	36	1:30.16 (1:29.9h)	
Girls 1000 meters Final	6:00-6:10 PM	36	3:25.56 (3:25.3h)	
Boys 1000 meters Final	6:10-6:20 PM	36	2:47.52 (2:47.2h)	
Girls 300 meters Final	6:20-6:30 PM	32	45.37 FAT ONLY	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 300 meters Final	6:30- 6:40 PM	32	37.80 FAT ONLY	
Girls 2 Mile Final	6:40-7:10 PM	32	12:42.70 (12:42.4h)	
Boys 2 Mile Final	7:10-7:35 PM	32	10:14.42 (10:14.1h)	
Girls 4 x200m Relay	7:35-7:45 PM	24	1:52.87 (1:52.6h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	7:45-7:55 PM	24	1:35.69 (1:35.4h)	
Girls 4x800m Relay	7:55-8:15 PM	24	10:42.33 (10:42.0h)	2-turn stagger with a barrel start
Boys 4x800m Relay	8:15-8:35 PM	24	8:31.73 (8:31.4h)	
Girls 4x400m Relay	8:35-8:55 PM	24	4:26.50 (4:26.2h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	8:55-9:10 PM	24	3:38.30 (3:38.0h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have an FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

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2022-2023 Indoor Track Tournament Format

DIVISION 2 CHAMPIONSHIP - Saturday, February 18, 2023

ENTRY DEADLINE ON DIRECT ATHLETICS: 6PM Sunday, February 12, 2023 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Long Jump	10:30 AM	24	15' 9.5"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put	10:30 AM	24	31' 0.25"	
Boys Long Jump	Est. 12:00 PM	24	19' 3"	
Boys Shot Put	Est. 11:45 AM	24	40' 8"	
Girls 55m Hurdles Trials	10:30-10:35 AM	32	9.67 FAT ONLY	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	10:40-10:45 AM	32	8.61 FAT ONLY	
Girls 55m Dash Trials	10:45-10:50 AM	32	7.78 FAT ONLY	
Boys 55m Dash Trials	10:50-10:55 AM	32	6.94 FAT ONLY	
Girls 55m Hurdles Final	10:55-11:00 AM	8		
Boys 55m Hurdles Final	11:00-11:05 AM	8		
Girls 55m Dash Final	11:05-11:08 AM	8		
Boys 55m Dash Final	11:08-11:10 AM	8		
Girls High Jump	11:15 AM	24	4' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	11:15 AM	24	5' 8"	
Girls 1 Mile Final	11:10-11:25 AM	36	5:46.97 (5:46.7h)	Begins after infield races conclude
Boys 1 Mile Final	11:25-11:35 AM	36	4:46.83 (4:46.5h)	
Girls 600 meters Final	11:35-11:50 AM	36	1:47.45 (1:47.2h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	11:50-12:00 PM	36	1:30.80 (1:30.5h)	
Girls 1000 meters Final	12:00-12:10 PM	36	3:20.09 (3:19.8h)	
Boys 1000 meters Final	12:10-12:20 PM	36	2:48.66 (2:48.4h)	
Girls 300 meters Final	12:20-12:30 PM	32	45.35 FAT ONLY	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 300 meters Final	12:30-12:40 PM	32	38.75 FAT ONLY	
Girls 2 Mile Final	12:40-1:10 PM	32	12:24.85 (12:24.6h)	
Boys 2 Mile Final	1:10-1:35 PM	32	10:23.06 (10:22.8h)	
Girls 4 x200m Relay	1:35-1:45 PM	24	1:52.88 (1:52.6h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	1:45-1:55 PM	24	1:37.25 (1:37.0h)	
Girls 4x800m Relay	1:55-2:15 PM	24	10:39.71 (10:39.4h)	2-turn stagger with a barrel start
Boys 4x800m Relay	2:15-2:35 PM	24	8:44.55 (8:44.3h)	
Girls 4x400m Relay	2:35-2:55 PM	24	4:25.97 (4:25.7h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	2:55-3:10 PM	24	3:49.79 (3:49.5h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have an FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

New: 300 meters will be run in lanes the entire way. There will be NO cut-in.



2022-2023 Indoor Track Tournament Format

DIVISION 3 CHAMPIONSHIP - Sunday, February 19, 2023

ENTRY DEADLINE ON DIRECT ATHLETICS: 6PM Sunday, February 12, 2023 (NO LATE ENTRIES)

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Girls Long Jump	1:00 PM	24	15' 4"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put	1:00 PM	24	29' 2"	
Boys Long Jump	Est. 2:30 PM	24	19' 5"	
Boys Shot Put	Est. 2:15 PM	24	39' 10.5"	
Girls 55m Hurdles Trials	1:00-1:05 PM	32	9.59 FAT ONLY	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only. Top 8 times from Trials advance to the Finals.
Boys 55m Hurdles Trials	1:10-1:15 PM	32	8.68 FAT ONLY	
Girls 55m Dash Trials	1:15-1:20 PM	32	7.78 FAT ONLY	
Boys 55m Dash Trials	1:20-1:25 PM	32	6.88 FAT ONLY	
Girls 55m Hurdles Final	1:25-1:30 PM	8		
Boys 55m Hurdles Final	1:30-1:35 PM	8		
Girls 55m Dash Final	1:35-1:38 PM	8		
Boys 55m Dash Final	1:38-1:40 PM	8		
Girls High Jump	1:45 PM	24	4' 9"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys High Jump	1:45 PM	24	5' 9"	
Girls 1 Mile Final	1:40-1:55 PM	36	5:46.77 (5:46.5h)	Begins after infield races conclude
Boys 1 Mile Final	1:55-2:05 PM	36	4:51.68 (4:51.4h)	
Girls 600 meters Final	2:05-2:20 PM	36	1:47.18 (1:46.9h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Boys 600 meters Final	2:20-2:30 PM	36	1:31.86 (1:31.6h)	
Girls 1000 meters Final	2:30-2:40 PM	36	3:21.07 (3:20.8h)	
Boys 1000 meters Final	2:40-2:50 PM	36	2:51.66 (2:51.4h)	
Girls 300 meters Final	2:50-3:00 PM	32	45.16 FAT ONLY	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Boys 300 meters Final	3:00-3:10 PM	32	38.36 FAT ONLY	
Girls 2 Mile Final	3:10-3:40 PM	32	13:06.79 (13:06.5h)	
Boys 2 Mile Final	3:40-4:05 PM	32	10:32.13 (10:31.8h)	
Girls 4 x200m Relay	4:05-4:15 PM	24	1:54.65 (1:54.4h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Boys 4x200m Relay	4:15-4:25 PM	24	1:37.28 (1:37.0h)	
Girls 4x800m Relay	4:25-4:45 PM	24	11:01.53 (11:01.2h)	2-turn stagger with a barrel start
Boys 4x800m Relay	4:45-5:05 PM	24	8:57.33 (8:57.0h)	
Girls 4x400m Relay	5:05-5:25 PM	24	4:32.21 (4:31.9h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Boys 4x400m Relay	5:25-5:40 PM	24	3:42.91 (3:42.6h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have an FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

New: 300 meters will be run in lanes the entire way. There will be NO cut-in.



2022-2023 Indoor Track Tournament Format

MEET OF CHAMPIONS

Saturday, February 25, 2023

Event	Approx. Time	Min Entries	SuperMax Qualifier	Divisional Qualifier	ADDITIONAL INFO
Girls Long Jump	10:30 AM	24	17' 4"	1st-3rd in Divisions 1-5	All field event athletes, regardless of flight, must sign in prior to the first flight of their gender/event. 9 (+ ties) to Finals
Girls Shot Put	10:30 AM	24	34' 11"	9 next best performances	
Boys Long Jump	Est. 12:00 PM	24	21' 02"	not in the top 3 in their division	
Boys Shot Put	Est. 11:45 AM	24	48' 2"		
Girls 55m Hurdles Trials	10:30-10:35 AM	24	8.84 FAT ONLY	1st-3rd in Divisions 1-5	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with heat winners + next best times to fill 8 advancing to finals. Heat winners advance and the remaining slots in the 8-athlete finals will be by best times from the trials after the heat winners.
Boys 55m Hurdles Trials	10:35-10:40 AM	24	8.02 FAT ONLY	9 next best performances	
Girls 55m Dash Trials	10:40-10:45 AM	24	7.48 FAT ONLY	not in the top 3 in their division	
Boys 55m Dash Trials	10:45-10:50 AM	24	6.68 FAT ONLY		
Girls 55m Hurdles Final	10:50-10:55 AM	8			
Boys 55m Hurdles Final	10:55-11:00 AM	8			
Girls 55m Dash Final	11:00-11:03 AM	8			
Boys 55m Dash Final	11:03-11:05 AM	8			
Girls High Jump	11:10 AM	24	5' 4"		Starts at height of lowest qualifier
Boys High Jump	11:10 AM	24	6' 2"		Up 2" (+1" first if odd opening height)
Girls 1 Mile Final	11:05-11:20 AM	24	5:16.41 FAT ONLY	1st-3rd in Divisions 1-5	Begins after infield races conclude
Boys 1 Mile Final	11:20-11:30 AM	24	4:27.78 FAT ONLY	9 next best performances	
Girls 600 meters Final	11:30-11:40 AM	24	1:39.48 FAT ONLY	not in the top 3 in their division	Preferred Lanes: 5-6-4-3-2-1
Boys 600 meters Final	11:40-11:50 AM	24	1:24.85 FAT ONLY		Preferred Lanes: 5-6-4-3-2-1
Girls 1000 meters Final	11:50-11:58 AM	24	3:04.50 FAT ONLY		Preferred Lanes: 5-6-4-3-2 (No 1)
Boys 1000 meters Final	11:58-12:05 PM	24	2:35.87 FAT ONLY		Preferred Lanes: 5-6-4-3-2 (No 1)
Girls 300 meters Final	12:05-12:10 PM	24	41.88 FAT ONLY		
Boys 300 meters Final	12:10-12:15 PM	24	36.36 FAT ONLY		
Girls 2 Mile Final	12:15-12:40 PM	24	11:26.18 FAT ONLY		
Boys 2 Mile Final	12:40-1:05 PM	24	9:31.68 FAT ONLY		
Girls 4 x200m Relay	1:05-1:20 PM	24	1:48.46 FAT ONLY		Preferred Lanes: 5-4-3-2 (No 1 or 6)
Boys 4x200m Relay	1:20-1:35 PM	24	1:35.09 FAT ONLY		Run with a 3-turn stagger
Girls 4x800m Relay	1:35-1:55 PM	24	9:52.10 FAT ONLY		2-turn stagger with a barrel start
Boys 4x800m Relay	1:55-2:15 PM	24	8:19.18 FAT ONLY		2-turn stagger with a barrel start
Girls 4x400m Relay	2:15-2:30 PM	24	4:10.96 FAT ONLY		Preferred Lanes: 5-6-4-3-2-1
Boys 4x400m Relay	2:30-2:45 PM	24	3:32.97 FAT ONLY		2-turn stagger in lanes

NOTES:

Athletes can compete in the Meet of Champions if they have qualified via their Divisional Championship, or they hold a SuperMax mark.

SuperMax qualifiers can be entered into Direct Athletics at any time during the season. Coaches must notify the Tournament Director of an athlete using the SuperMax qualifier by Sunday, February 19, 2023 at 8:00PM

Performance lists for the Meet of Champions will be posted on www.miaa.net on the day after the final Divisional Championship.

All races seeded slow to fast (except hurdles and dash trials will be serpentine seeding).

All event start times are approximations only--rolling schedule

New: 300 meters will be run in lanes the entire way. There will be NO cut-in.



2022-2023 Indoor Track Tournament Format

SCHOOL NAME: _____



MIAA Indoor Track & Field

Emergency Contact Form

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

What is your school's Rally point in case of evacuation?

1. Boston Police headquarters
2. Boston Police headquarters parking lot
3. Mosque across Malcom X Blvd
4. RCC parking Lot
5. Madison Park HS Main Entrance
6. Behind the Health Center

Is your school allowed to warm up/down outside? _____ YES _____ NO

IF YES IS ANSWERED: ALL ATHLETES MUST ADHERE TO THE FOLLOWING AREAS PER ORDER OF THE BOSTON POLICE:

**MALCOLM X BLVD UP TO MADISON PARK HS
OR
TREMONT ST UP TO BOSTON POLICE HEADQUARTERS**