



2023

# Outdoor Track

## Information

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- Tournament Dates



# 2023 Outdoor 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](http://www.directathletics.com)
2. For information and help setting up a Direct Athletics account go to [https://www.directathletics.com/new\\_coach\\_validate.html](https://www.directathletics.com/new_coach_validate.html)
3. Entries MUST include where and when the performance was achieved (Qualifying performances for the 2023 Outdoor Season can come only from MIAA sanctioned meets contested during the 2023 Outdoor 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. Fill-the-field qualifiers in the 100m, 200m, and 100/110m hurdles will come from FAT times only.
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. Saturday, May 20, 2023 (8:00 PM) - Deadline for pentathlon entries to be completed.
2. Sunday, May 21, 2023 (12:00 PM) - Pentathlon performance list posted on [www.miaa.net](http://www.miaa.net)
3. Monday, May 22, 2023 (8:00 PM) - Deadline for all other entries to be completed.
4. Tuesday, May 23, 2023 (5:00 PM) - Preliminary performance lists will be posted on [www.miaa.net](http://www.miaa.net).
5. Wednesday, May 24, 2023 (10:00 AM) - Deadline for "courtesy scratches" to allow the Tournament Director to refill the fields to the minimum number of athletes.
6. Wednesday, May 24, 2023 (2:00 PM) - Final performance lists posted.
7. Monday, May 29, 2023 (8:00 PM) - Deadline for all Meet of Champion entries to be completed on Direct Athletics.
8. Tuesday, May 30, 2023 (12:00 PM) – Meet of Champions Final performance lists posted.
9. **NO LATE ENTRIES** – Late entries will no longer be accepted for the Outdoor Track & Field tournament. The entry deadlines are noted above. 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. On the day of the meet, coaches must declare athletes for their events on their actual declaration sheet. 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.



# 2023 Outdoor Track Tournament Format

## Check-in Information - Day of Meet Responsibilities

### Facility Entry/Athlete Supervision:

1. 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.
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 meet director.
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. **Spikes:** Only ¼" Pyramid spikes are allowed. Use of illegal spikes may result in disqualification.
3. **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.
4. **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.
5. **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.  
**Para Athletes: (Para Format To Be Linked When Received)** 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). Rules and regulations regarding para athletes can be found at: <https://www.paralympic.org/athletics/events/rules-and-regulations>. Point of contact at Adaptive Sports New England: Joe Walsh, 617-690-9103.
6. **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, regardless of the flight to which they are assigned.
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.
4. **Equipment:** Starting blocks will be provided. Relay teams must bring their own batons. Throwers must bring their own NFHS compliant implements, which will be weighed/inspected.
5. **Pentathlon:**
  - a) Athletes must have certified performances in all five (5) events from the current outdoor track season only.
    - i. Boys: 110m HH, Long Jump, Shot Put, High Jump, 1500m (1 Mile time can be used)
    - ii. Girls: 100m HH, High Jump, Long Jump, Shot Put, 800m
  - b) No scratches are allowed from the Pentathlon if accepted to the Divisional meets. An athlete who qualifies for the Pentathlon in the Meet of Champions may scratch from the event through notification to the Tournament Director by 12pm on the Wednesday preceding the meet.
  - c) Will be considered as one event for team scoring and participation limits.
  - d) Athletes will have 30 minutes between events.
  - e) The high jump will progress in 5 cm increments. Athletes must declare their opening height. All heights in both genders will end with 0 or 5 cm (e.g. 1.20, 1.25...)



## 2023 Outdoor 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 Outdoor Track & Field Championship Meet - Saturday, June 10, 2023**

The New England Council voted on October 10, 2018 that all entries into the New England Outdoor Meet must come from the MIAA Meet of Champions. The top 6 in each event will automatically qualify for the New England Outdoor meet. 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 Meet of Champions. No changes/additions will be allowed after the Meet. The New England Entries will be posted on the New England Web-site.



# 2023 Outdoor Track Tournament Format

## DIVISION 1 CHAMPIONSHIP at Merrimack College (Thursday 5/25 & Saturday 5/27)

**ENTRY DEADLINE: Pentathlon - 5/20/23 (8:00 PM); All Other Events - 5/22/23 (8:00 PM) - NO LATE ENTRIES**

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
<b>Boys Pentathlon 110m H/ Girls Pentathlon 100m H</b>	<b>Thurs 3:00 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>All Pentathlon event start times after the hurdles are estimates only.</b>
<b>Boys Pentathlon LJ/Girls Pentathlon HJ</b>	<b>Thurs 3:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Girls Discus	Thurs 4:00 PM	24	94' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 4:00 PM	24	41' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pole Vault	Thurs 4:00 PM	16	11' 0"	Opens at height of lowest qualifier. Up in 6" increments.
<b>Boys Pentathlon Shot/ Girls Pentathlon LJ</b>	<b>Thurs 4:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys 200m Trials	Thurs 5:00 PM	32	22.86 FAT (22.4h)	Top 8 times to Finals
Girls 200m Trials	Thurs 5:10 PM	32	26.72 FAT (26.3h)	Top 8 times to Finals
Boys 400m Hurdles	Thurs 5:20 PM	32	1:00.49 (1:00.2h)	
Girls 400m Hurdles	Thurs 5:30 PM	32	1:11.18 (1:10.9h)	
Boys 800 meters (+ Para)	Thurs 5:40 PM	32	2:00.91 (2:00.6h)	
Girls 800 meters (+ Para)	Thurs 5:45 PM	32	2:24.43 (2:24.1h)	
<b>Boys Pentathlon HJ/Girls Pentathlon Shot</b>	<b>Thurs 5:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Discus	Thurs 6:00 PM	24	128' 1"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 6:00 PM	24	34' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Final/ Girls 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Thurs 6:15 PM	32	9:54.65 (9:54.4h)	
Girls 2 Mile Run	Thurs 6:45 PM	32	12:02.41 (12:02.1h)	
<b>Girls Pentathlon 800m/Boys Pentathlon 1500m</b>	<b>Thurs 6:40 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys High Jump	Sat 2:30 PM	24	6' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sat 2:30 PM	16	8' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sat 3:00 PM	24	47' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 3:00 PM	24	17' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 3:00 PM	24	98' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sat 4:00 PM	32	16.10 FAT (15.7h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sat 4:10 PM	32	16.75 FAT (16.3h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:20 PM	32	11.36 FAT (10.9h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:30 PM	32	13.03 FAT (12.6h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sat 4:30 PM	24	33' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 4:30 PM	24	20' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 4:30 PM	24	145' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sat 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sat 4:40 PM	32	4:29.95 (4:29.7h)	
Girls 1 Mile Run	Sat 4:55 PM	32	5:26.81 (5:26.5h)	
Boys 400 meters	Sat 5:10 PM	32	51.57 (51.3h)	
Girls 400 meters	Sat 5:20 PM	32	1:02.04 (1:01.8h)	
Boys 110m Hurdle Final/ Girls 100m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 100m Final (+ Para)/ Girls 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sat 5:50 PM	24	8:14.52 (8:14.2h)	
Girls 4x800m Relay	Sat 6:10 PM	24	10:04.11 (10:03.8h)	
Boys 4x100m Relay	Sat 6:30 PM	24	44.17 (43.9h)	
Girls 4x100m Relay	Sat 6:35 PM	24	51.46 (51.2h)	
Boys 4x400m Relay	Sat 6:40 PM	24	3:30.11 (3:29.8h)	
Girls 4x400m Relay	Sat 6:55 PM	24	4:12.18 (4:11.9h)	

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 races with trials and finals seeded fast to slow)

Meet will follow the time schedule—up to a 15 minute early allowance



# 2023 Outdoor Track Tournament Format

## DIVISION 2 CHAMPIONSHIP at Merrimack College (Friday 5/26 & Sunday 5/28)

**ENTRY DEADLINE: Pentathlon - 5/20/23 (8:00 PM); All Other Events - 5/22/23 (8:00 PM) - NO LATE ENTRIES**

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
<b>Boys Pentathlon 110m H/ Girls Pentathlon 100m H</b>	<b>Fri 3:00 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>All Pentathlon event start times after the hurdles are estimates only.</b>
<b>Boys Pentathlon LJ/Girls Pentathlon HJ</b>	<b>Fri 3:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Girls Discus	Fri 4:00 PM	24	98' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Fri 4:00 PM	24	41' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pole Vault	Fri 4:00 PM	16	10' 0"	Opens at height of lowest qualifier. Up in 6" increments.
<b>Boys Pentathlon Shot/ Girls Pentathlon LJ</b>	<b>Fri 4:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys 200m Trials	Fri 5:00 PM	32	23.29 FAT (22.8h)	Top 8 times to Finals
Girls 200m Trials	Fri 5:10 PM	32	26.99 FAT (26.5h)	Top 8 times to Finals
Boys 400m Hurdles	Fri 5:20 PM	32	1:00.42 (1:00.1h)	
Girls 400m Hurdles	Fri 5:30 PM	32	1:11.46 (1:11.2h)	
Boys 800 meters (+ Para)	Fri 5:40 PM	32	2:00.27 (2:00.0h)	
Girls 800 meters (+ Para)	Fri 5:45 PM	32	2:24.17 (2:23.9h)	
<b>Boys Pentathlon HJ/Girls Pentathlon Shot</b>	<b>Fri 5:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Discus	Fri 6:00 PM	24	129' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Fri 6:00 PM	24	34' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Final/ Girls 200m Final	Fri 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Fri 6:15 PM	32	9:54.36 (9:54.1h)	
Girls 2 Mile Run	Fri 6:45 PM	32	11:54.39 (11:54.1h)	
<b>Girls Pentathlon 800m/Boys Pentathlon 1500m</b>	<b>Fri 6:40 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys High Jump	Sun 2:30 PM	24	6' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sun 2:30 PM	16	8' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sun 3:00 PM	24	46' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sun 3:00 PM	24	16' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sun 3:00 PM	24	101' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sun 4:00 PM	32	16.18 FAT (15.7h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sun 4:10 PM	32	16.49 FAT (16.0h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sun 4:20 PM	32	11.53 FAT (11.1h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sun 4:30 PM	32	13.12 FAT (12.7h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sun 4:30 PM	24	32' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sun 4:30 PM	24	20' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sun 4:30 PM	24	149' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sun 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sun 4:40 PM	32	4:36.19 (4:35.9h)	
Girls 1 Mile Run	Sun 4:55 PM	32	5:28.19 (5:27.9h)	
Boys 400 meters	Sun 5:10 PM	32	52.75 (52.5h)	
Girls 400 meters	Sun 5:20 PM	32	1:02.19 (1:01.9h)	
Boys 110m Hurdle Final/ Girls 100m Hurdle Final	Sun 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 100m Final (+ Para)/ Girls 100m Final (+ Para)	Sun 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sun 5:50 PM	24	8:21.69 (8:21.4h)	
Girls 4x800m Relay	Sun 6:10 PM	24	10:07.58 (10:07.3h)	
Boys 4x100m Relay	Sun 6:30 PM	24	44.93 (44.6h)	
Girls 4x100m Relay	Sun 6:35 PM	24	51.86 (51.6h)	
Boys 4x400m Relay	Sun 6:40 PM	24	3:33.76 (3:33.5h)	
Girls 4x400m Relay	Sun 6:55 PM	24	4:15.03 (4:14.7h)	

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 races with trials and finals seeded fast to slow)

Meet will follow the time schedule—up to a 15 minute early allowance



# 2023 Outdoor Track Tournament Format

## DIVISION 3 CHAMPIONSHIP at Fitchburg State University (Thursday 5/25 & Saturday 5/27)

**ENTRY DEADLINE: Pentathlon - 5/20/23 (8:00 PM); All Other Events - 5/22/23 (8:00 PM) - NO LATE ENTRIES**

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Boys Pentathlon 110m H/ Girls Pentathlon 100m H	Thurs 3:00 PM	12 (Max)/12 (Max)	N/A	All Pentathlon event start times after the hurdles are estimates only.
Boys Pentathlon LJ/Girls Pentathlon HJ	Thurs 3:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Girls Discus	Thurs 4:00 PM	24	91' 4"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 4:00 PM	24	40' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pole Vault	Thurs 4:00 PM	16	10' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Pentathlon Shot/ Girls Pentathlon LJ	Thurs 4:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Boys 200m Trials	Thurs 5:00 PM	32	23.57 FAT (23.1h)	Top 8 times to Finals
Girls 200m Trials	Thurs 5:10 PM	32	27.30 FAT (26.9h)	Top 8 times to Finals
Boys 400m Hurdles	Thurs 5:20 PM	32	1:01.66 (1:01.4h)	
Girls 400m Hurdles	Thurs 5:30 PM	32	1:12.98 (1:12.7h)	
Boys 800 meters (+ Para)	Thurs 5:40 PM	32	2:04.58 (2:04.3h)	
Girls 800 meters (+ Para)	Thurs 5:45 PM	32	2:28.93 (2:28.6h)	
Boys Pentathlon HJ/Girls Pentathlon Shot	Thurs 5:45 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Boys Discus	Thurs 6:00 PM	24	123' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 6:00 PM	24	34' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Final/ Girls 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Thurs 6:15 PM	32	10:10.68 (10:10.4h)	
Girls 2 Mile Run	Thurs 6:45 PM	32	12:17.91 (12:17.6h)	
Girls Pentathlon 800m/Boys Pentathlon 1500m	Thurs 6:40 PM	12 (Max)/12 (Max)	N/A	30 minutes between events
Boys High Jump	Sat 2:30 PM	24	6' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sat 2:30 PM	16	7' 6"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sat 3:00 PM	24	44' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 3:00 PM	24	16' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 3:00 PM	24	98' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sat 4:00 PM	32	16.38 FAT (15.9h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sat 4:10 PM	32	16.82 FAT (16.4h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:20 PM	32	11.55 FAT (11.1h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:30 PM	32	13.13 FAT (12.7h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sat 4:30 PM	24	31' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 4:30 PM	24	20' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 4:30 PM	24	139' 11"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sat 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sat 4:40 PM	32	4:40.60 (4:40.3h)	
Girls 1 Mile Run	Sat 4:55 PM	32	5:36.12 (5:35.8h)	
Boys 400 meters	Sat 5:10 PM	32	52.76 (52.5h)	
Girls 400 meters	Sat 5:20 PM	32	1:02.91 (1:02.6h)	
Boys 110m Hurdle Final/ Girls 100m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 100m Final (+ Para)/ Girls 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sat 5:50 PM	24	8:32.55 (8:32.3h)	
Girls 4x800m Relay	Sat 6:10 PM	24	10:24.39 (10:24.1h)	
Boys 4x100m Relay	Sat 6:30 PM	24	45.19 (44.9h)	
Girls 4x100m Relay	Sat 6:35 PM	24	51.98 (51.7h)	
Boys 4x400m Relay	Sat 6:40 PM	24	3:35.82 (3:35.5h)	
Girls 4x400m Relay	Sat 6:55 PM	24	4:17.96 (4:17.7h)	

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 races with trials and finals seeded fast to slow)

Meet will follow the time schedule—up to a 15 minute early allowance



# 2023 Outdoor Track Tournament Format

## DIVISION 4 CHAMPIONSHIP at Notre Dame Academy Hingham (Friday 5/26 & Sunday 5/28)

**ENTRY DEADLINE: Pentathlon - 5/20/23 (8:00 PM); All Other Events - 5/22/23 (8:00 PM) - NO LATE ENTRIES**

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
<b>Boys Pentathlon 110m H/ Girls Pentathlon 100m H</b>	<b>Fri 3:00 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>All Pentathlon event start times after the hurdles are estimates only.</b>
<b>Boys Pentathlon LJ/Girls Pentathlon HJ</b>	<b>Fri 3:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Girls Discus	Fri 4:00 PM	24	94' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Fri 4:00 PM	24	40' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pole Vault	Fri 4:00 PM	16	9' 6"	Opens at height of lowest qualifier. Up in 6" increments.
<b>Boys Pentathlon Shot/ Girls Pentathlon LJ</b>	<b>Fri 4:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys 200m Trials	Fri 5:00 PM	32	23.69 FAT (23.2h)	Top 8 times to Finals
Girls 200m Trials	Fri 5:10 PM	32	27.33 FAT (26.9h)	Top 8 times to Finals
Boys 400m Hurdles	Fri 5:20 PM	32	1:01.96 (1:01.7h)	
Girls 400m Hurdles	Fri 5:30 PM	32	1:11.79 (1:11.5h)	
Boys 800 meters (+ Para)	Fri 5:40 PM	32	2:04.74 (2:04.5h)	
Girls 800 meters (+ Para)	Fri 5:45 PM	32	2:27.93 (2:27.6h)	
<b>Boys Pentathlon HJ/Girls Pentathlon Shot</b>	<b>Fri 5:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Discus	Fri 6:00 PM	24	120' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Fri 6:00 PM	24	33' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Final/ Girls 200m Final	Fri 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Fri 6:15 PM	32	10:14.06 (10:13.8h)	
Girls 2 Mile Run	Fri 6:45 PM	32	12:10.08 (12:09.8h)	
<b>Girls Pentathlon 800m/Boys Pentathlon 1500m</b>	<b>Fri 6:40 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys High Jump	Sun 2:30 PM	24	5' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sun 2:30 PM	16	8' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sun 3:00 PM	24	43' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sun 3:00 PM	24	16' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sun 3:00 PM	24	95' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sun 4:00 PM	32	16.71 FAT (16.3h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sun 4:10 PM	32	17.32 FAT (16.9h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sun 4:20 PM	32	11.60 FAT (11.2h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sun 4:30 PM	32	13.15 FAT (12.7h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sun 4:30 PM	24	31' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sun 4:30 PM	24	20' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sun 4:30 PM	24	140' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sun 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sun 4:40 PM	32	4:41.14 (4:40.9h)	
Girls 1 Mile Run	Sun 4:55 PM	32	5:32.69 (5:32.4h)	
Boys 400 meters	Sun 5:10 PM	32	52.74 (52.5h)	
Girls 400 meters	Sun 5:20 PM	32	1:03.00 (1:02.7h)	
Boys 110m Hurdle Final/ Girls 100m Hurdle Final	Sun 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 100m Final (+ Para)/ Girls 100m Final (+ Para)	Sun 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sun 5:50 PM	24	8:41.01 (8:40.7h)	
Girls 4x800m Relay	Sun 6:10 PM	24	10:27.97 (10:27.7h)	
Boys 4x100m Relay	Sun 6:30 PM	24	45.19 (44.9h)	
Girls 4x100m Relay	Sun 6:35 PM	24	52.03 (51.7h)	
Boys 4x400m Relay	Sun 6:40 PM	24	3:37.16 (3:36.9h)	
Girls 4x400m Relay	Sun 6:55 PM	24	4:16.76 (4:16.5h)	

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 races with trials and finals seeded fast to slow)

Meet will follow the time schedule—up to a 15 minute early allowance





# 2023 Outdoor Track Tournament Format

## DIVISION 5 CHAMPIONSHIP at Norwell High School (Thursday 5/25 & Saturday 5/27)

**ENTRY DEADLINE: Pentathlon - 5/20/23 (8:00 PM); All Other Events - 5/22/23 (8:00 PM) - NO LATE ENTRIES**

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
<b>Boys Pentathlon 110m H/ Girls Pentathlon 100m H</b>	<b>Thurs 3:00 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>All Pentathlon event start times after the hurdles are estimates only.</b>
<b>Boys Pentathlon LJ/Girls Pentathlon HJ</b>	<b>Thurs 3:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Girls Discus	Thurs 4:00 PM	24	88' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 4:00 PM	24	40' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pole Vault	Thurs 4:00 PM	16	10' 0"	Opens at height of lowest qualifier. Up in 6" increments.
<b>Boys Pentathlon Shot/ Girls Pentathlon LJ</b>	<b>Thurs 4:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys 200m Trials	Thurs 5:00 PM	32	23.85 FAT (23.3h)	Top 8 times to Finals
Girls 200m Trials	Thurs 5:10 PM	32	27.12 FAT (26.7h)	Top 8 times to Finals
Boys 400m Hurdles	Thurs 5:20 PM	32	1:02.26 (1:02.0h)	
Girls 400m Hurdles	Thurs 5:30 PM	32	1:11.46 (1:11.2h)	
Boys 800 meters (+ Para)	Thurs 5:40 PM	32	2:05.03 (2:04.7h)	
Girls 800 meters (+ Para)	Thurs 5:45 PM	32	2:30.04 (2:29.8h)	
<b>Boys Pentathlon HJ/Girls Pentathlon Shot</b>	<b>Thurs 5:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Discus	Thurs 6:00 PM	24	122' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 6:00 PM	24	33' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Final/ Girls 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Thurs 6:15 PM	32	10:35.45 (10:35.2h)	
Girls 2 Mile Run	Thurs 6:45 PM	32	12:23.28 (12:23.0h)	
<b>Girls Pentathlon 800m/Boys Pentathlon 1500m</b>	<b>Thurs 6:40 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys High Jump	Sat 2:30 PM	24	6' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sat 2:30 PM	16	8' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sat 3:00 PM	24	44' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 3:00 PM	24	16' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 3:00 PM	24	94' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sat 4:00 PM	32	17.16 FAT (16.7h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sat 4:10 PM	32	17.11 FAT (16.7h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:20 PM	32	11.73 FAT (11.3h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:30 PM	32	13.23 FAT (12.8h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sat 4:30 PM	24	32' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 4:30 PM	24	20' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 4:30 PM	24	147' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sat 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sat 4:40 PM	32	4:46.02 (4:45.7h)	
Girls 1 Mile Run	Sat 4:55 PM	32	5:41.04 (5:40.8h)	
Boys 400 meters	Sat 5:10 PM	32	53.25 (53.0h)	
Girls 400 meters	Sat 5:20 PM	32	1:03.03 (1:02.7h)	
Boys 110m Hurdle Final/ Girls 100m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 100m Final (+ Para)/ Girls 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sat 5:50 PM	24	8:48.65 (8:48.4h)	
Girls 4x800m Relay	Sat 6:10 PM	24	10:38.71 (10:38.4h)	
Boys 4x100m Relay	Sat 6:30 PM	24	45.61 (45.3h)	
Girls 4x100m Relay	Sat 6:35 PM	24	52.06 (51.8h)	
Boys 4x400m Relay	Sat 6:40 PM	24	3:39.07 (3:38.8h)	
Girls 4x400m Relay	Sat 6:55 PM	24	4:21.26 (4:21.0h)	

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 races with trials and finals seeded fast to slow)

Meet will follow the time schedule—up to a 15 minute early allowance



# 2023 Outdoor Track Tournament Format

## DIVISION 6 CHAMPIONSHIP at Westfield State University (Thursday 5/25 & Saturday 5/27)

**ENTRY DEADLINE: Pentathlon - 5/20/23 (8:00 PM); All Other Events - 5/22/23 (8:00 PM) - NO LATE ENTRIES**

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
<b>Boys Pentathlon 110m H/ Girls Pentathlon 100m H</b>	<b>Thurs 3:00 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>All Pentathlon event start times after the hurdles are estimates only.</b>
<b>Boys Pentathlon LJ/Girls Pentathlon HJ</b>	<b>Thurs 3:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Girls Discus	Thurs 4:00 PM	24	91' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 4:00 PM	24	39' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pole Vault	Thurs 4:00 PM	16	9' 6"	Opens at height of lowest qualifier. Up in 6" increments.
<b>Boys Pentathlon Shot/ Girls Pentathlon LJ</b>	<b>Thurs 4:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys 200m Trials	Thurs 5:00 PM	32	23.79 FAT (23.3h)	Top 8 times to Finals
Girls 200m Trials	Thurs 5:10 PM	32	27.47 FAT (27.0h)	Top 8 times to Finals
Boys 400m Hurdles	Thurs 5:20 PM	32	1:02.03 (1:01.7h)	
Girls 400m Hurdles	Thurs 5:30 PM	32	1:13.04 (1:12.8h)	
Boys 800 meters (+ Para)	Thurs 5:40 PM	32	2:08.76 (2:08.5h)	
Girls 800 meters (+ Para)	Thurs 5:45 PM	32	2:30.53 (2:30.2h)	
<b>Boys Pentathlon HJ/Girls Pentathlon Shot</b>	<b>Thurs 5:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Discus	Thurs 6:00 PM	24	124' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 6:00 PM	24	33' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Final/ Girls 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Thurs 6:15 PM	32	10:33.64 (10:33.4h)	
Girls 2 Mile Run	Thurs 6:45 PM	32	12:39.33 (12:39.0h)	
<b>Girls Pentathlon 800m/Boys Pentathlon 1500m</b>	<b>Thurs 6:40 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys High Jump	Sat 2:30 PM	24	5' 10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sat 2:30 PM	16	8' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sat 3:00 PM	24	41' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 3:00 PM	24	15' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 3:00 PM	24	94' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sat 4:00 PM	32	16.65 FAT (16.2h)	Top 8 times to Finals
Girls 100m Hurdle Trials	Sat 4:10 PM	32	17.46 FAT (17.0h)	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:20 PM	32	11.70 FAT (11.3h)	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:30 PM	32	13.27 FAT (12.8h)	Top 8 times to Finals
Girls Shot Put (+ Para)	Sat 4:30 PM	24	30' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 4:30 PM	24	20' 1"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 4:30 PM	24	141' 0"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sat 4:30 PM	24	5' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sat 4:40 PM	32	4:49.62 (4:49.3h)	
Girls 1 Mile Run	Sat 4:55 PM	32	5:46.66 (5:46.4h)	
Boys 400 meters	Sat 5:10 PM	32	53.60 (53.3h)	
Girls 400 meters	Sat 5:20 PM	32	1:02.81 (1:02.5h)	
Boys 110m Hurdle Final/ Girls 100m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 100m Final (+ Para)/ Girls 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sat 5:50 PM	24	8:47.12 (8:46.8h)	
Girls 4x800m Relay	Sat 6:10 PM	24	10:37.08 (10:36.8h)	
Boys 4x100m Relay	Sat 6:30 PM	24	45.86 (45.6h)	
Girls 4x100m Relay	Sat 6:35 PM	24	52.75 (52.5h)	
Boys 4x400m Relay	Sat 6:40 PM	24	3:40.31 (3:40.0h)	
Girls 4x400m Relay	Sat 6:55 PM	24	4:28.17 (4:27.9h)	

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 races with trials and finals seeded fast to slow)

Meet will follow the time schedule—up to a 15 minute early allowance



# 2023 Outdoor Track Tournament Format

## MEET OF CHAMPIONS QUALIFIERS & PERFORMANCE LISTS

### Qualifiers

- **Pentathlon** - **Top** place winner from each Divisional Championship (1, 2, 3, 4, 5, 6) plus the six highest scores entered from MIAA sanctioned pentathlon competitions during the 2023 outdoor season.
- **All Other Events** - **Top** place winner (1) from each Divisional Championship (1, 2, 3, 4, 5, 6) and any athlete who has obtained the Meet of Champions qualifying standard below are eligible for the competition at the Meet of Champions. 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, athletes who have NOT made the automatic qualifying standards may be entered via Direct Athletics.

**Note: Student-Athletes can only compete in the Meet of Champions if they win their respective Divisional Tournament event or they hold a Meet of Champions qualifying standard (see below) earned in an MIAA sanctioned meet throughout the 2023 spring season.**

**All entries, including top place winners, must be completed through Direct Athletics website: [www.directathletics.com](http://www.directathletics.com).** All entries must be submitted by Monday, May 29<sup>th</sup> at 8:00pm. Entries MUST include where and when the performance was achieved (Qualifying performances for the 2023 Outdoor Season can come only from MIAA sanctioned meets contested during the 2023 Outdoor Season). 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.

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 30, 2023 by 12pm. Individuals qualifying will be posted on MIAA website. If listed, you are in, no further information will be sent. The performance list will be declared final 24 hours after being released. Medals will be awarded to individuals for all eight scoring places in each event.

### Meet of Champions Qualifying Standards

Meet of Champions qualifying standards for respective events are listed below and have been determined based on the average of the 20<sup>th</sup> place All-State finisher for the previous three years for individual running events and the 12<sup>th</sup> place All State finisher average in all other events. **Please note, all athletes will be seeded according to where their qualifying performances place them within the overall field of qualifiers in their respective events.**

Automatic qualifier standards and minimum field size are listed below.

<b>Boys Event</b>	<b>2023Std.</b>	<b>Min. Entries</b>	<b>Girls Event</b>	<b>2023Std.</b>
110 Hurdles	15.81	32	100 Hurdles	16.04
400 Hurdles	58.73	32	400 Hurdles	01:08.36
100	11.35	32	100	12.76
200	22.92	32	200	26.34
400	51.27	32	400	60.18
800	01:59.96	32	800	02:22.71
Mile	04:28.73	32	Mile	05:17.64
Two Mile	09:49.92	32	Two Mile	11:41.90
Pole Vault	12' 0"	16	Pole Vault	10' 0"
Javelin	155' 5"	24	Javelin	108' 6"
Discus	135' 2"	24	Discus	103' 9"
Shot Put	48' 7"	24	Shot Put	35' 1"
High Jump	6' 2"	24	High Jump	5' 2"
Triple Jump	42' 10"	24	Triple Jump	35' 8"
Long Jump	21' 3"	24	Long Jump	17' 1"
4x100	43.93	24	4x100	50.76
4x400	03:28.15	24	4x400	04:07.98
4x800	08:11.15	24	4x800	09:47.72

**All running events qualifying times must be FAT**



# 2023 Outdoor Track Tournament Format

## MEET OF CHAMPIONS at Fitchburg State University (Thursday 6/1 & Saturday 6/3)

### ENTRY DEADLINE: All Events – 5/29/23 (8:00 PM) - NO LATE ENTRIES

Event	Day/Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
<b>Boys Pentathlon 110m H/ Girls Pentathlon 100m H</b>	<b>Thurs 3:00 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>All Pentathlon event start times after the hurdles are estimates only.</b>
<b>Boys Pentathlon LJ/Girls Pentathlon HJ</b>	<b>Thurs 3:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Girls Discus	Thurs 4:00 PM	24	103' 9"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Triple Jump	Thurs 4:00 PM	24	42' 10"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Pole Vault	Thurs 4:00 PM	16	12' 0"	Opens at height of lowest qualifier. Up in 6" increments.
<b>Boys Pentathlon Shot/ Girls Pentathlon LJ</b>	<b>Thurs 4:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys 200m Trials	Thurs 5:00 PM	32	22.92 FAT	Top 8 times to Finals
Girls 200m Trials	Thurs 5:10 PM	32	26.34 FAT	Top 8 times to Finals
Boys 400m Hurdles	Thurs 5:20 PM	32	58.73 FAT	
Girls 400m Hurdles	Thurs 5:30 PM	32	1:08.36 FAT	
Boys 800 meters (+ Para)	Thurs 5:40 PM	32	01:59.96 FAT	
Girls 800 meters (+ Para)	Thurs 5:45 PM	32	02:22.71 FAT	
<b>Boys Pentathlon HJ/Girls Pentathlon Shot</b>	<b>Thurs 5:45 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys Discus	Thurs 6:00 PM	24	135' 2"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Triple Jump	Thurs 6:00 PM	24	35' 8"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 200m Final/ Girls 200m Final	Thurs 6:00 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 2 Mile Run	Thurs 6:15 PM	32	09:49.92 FAT	
Girls 2 Mile Run	Thurs 6:45 PM	32	11:41.90 FAT	
<b>Girls Pentathlon 800m/Boys Pentathlon 1500m</b>	<b>Thurs 6:40 PM</b>	<b>12 (Max)/12 (Max)</b>	<b>N/A</b>	<b>30 minutes between events</b>
Boys High Jump	Sat 2:30 PM	24	6' 2"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Pole Vault	Sat 2:30 PM	16	10' 0"	Opens at height of lowest qualifier. Up in 6" increments.
Boys Shot Put (+ Para)	Sat 3:00 PM	24	48' 7"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Long Jump	Sat 3:00 PM	24	17' 1"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls Javelin	Sat 3:00 PM	24	108' 6"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys 110m Hurdle Trials	Sat 4:00 PM	32	15.81 FAT	Top 8 times to Finals
Girls 100m Hurdle Trials	Sat 4:10 PM	32	16.04 FAT	Top 8 times to Finals
Boys 100m Trials (+ Para)	Sat 4:20 PM	32	11.35 FAT	Top 8 times to Finals
Girls 100m Trials (+ Para)	Sat 4:30 PM	32	12.76 FAT	Top 8 times to Finals
Girls Shot Put (+ Para)	Sat 4:30 PM	24	35' 1"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Long Jump	Sat 4:30 PM	24	21' 3"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Boys Javelin	Sat 4:30 PM	24	155' 5"	3 attempts in trials; top 9 (+ties) to finals for 3 additional attempts
Girls High Jump	Sat 4:30 PM	24	5' 2"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Boys 1 Mile Run	Sat 4:40 PM	32	4:28.73 FAT	
Girls 1 Mile Run	Sat 4:55 PM	32	5:17.64 FAT	
Boys 400 meters	Sat 5:10 PM	32	51.27 FAT	
Girls 400 meters	Sat 5:20 PM	32	60.18 FAT	
Boys 110m Hurdle Final/ Girls 100m Hurdle Final	Sat 5:30 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 100m Final (+ Para)/ Girls 100m Final (+ Para)	Sat 5:40 PM	8		Top 8 Times from Trials/Top 8 Times from Trials
Boys 4x800m Relay	Sat 5:50 PM	24	8:11.15 FAT	
Girls 4x800m Relay	Sat 6:10 PM	24	9:47.72 FAT	
Boys 4x100m Relay	Sat 6:30 PM	24	43.93 FAT	
Girls 4x100m Relay	Sat 6:35 PM	24	50.76 FAT	
Boys 4x400m Relay	Sat 6:40 PM	24	3:28.15 FAT	
Girls 4x400m Relay	Sat 6:55 PM	24	4:07.98 FAT	

All running events qualifying times must be FAT

All races seeded slow to fast (except races with trials and finals seeded fast to slow)

Meet will follow the time schedule—up to a 15 minute early allowance



# 2023 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.





# 2023 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.