



2023-2024

# Indoor Track

Information

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# 2023-2024 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 Athletic.net 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.*

### Athletic.net:

1. All entries must be completed through Athletic.net website: <https://www.athletic.net/>
2. For information and help setting up an Athletic.net account please visit the [Quick Start Guide](#).
3. Entries MUST include where and when the performance was achieved (Qualifying performances for the 2023-24 Indoor Season can come only from MIAA sanctioned meets contested during the 2023-24 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 Athletic.net and can be accessed by selecting the meet on your team's schedule, choose "Meet Info," then select "Entries" for each event.
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 11, 2024 (6:00 PM) - Deadline for entries to be completed.
2. Monday, February 12, 2024 (3:00 PM) - Preliminary performance lists will be posted on [www.miaa.net](http://www.miaa.net).
3. Monday, February 12, 2024 (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 13, 2024 (12:00 PM) - Final performance lists posted.
5. Sunday, February 18, 2024 (6:00 PM) - Deadline for Meet of Champions (The top 24 entries in each event, including ties, along with each Division winner if not within the top 24 will be selected for the Meet of Champions. The weight throw at the Meet of Champions will consist of a maximum of 15 entries each for both boys and girls.
6. **NO LATE ENTRIES** – Late entries will not be accepted for the Indoor Track & Field tournament. The entry deadline for the Divisional Meets is 6:00 PM on Sunday, February 11, 2024. The entry deadline for the Meet of Champions is 6:00 PM on Sunday, February 18, 2024. Entries can be submitted any time prior to the deadline. **NO LATE ENTRIES WILL BE ACCEPTED.**

### Entry Rules/Limits:

1. No athlete may be entered on Athletic.net 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.



# 2023-2024 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 complete the electronic Emergency Contact Google Form prior to the start of the meet.

## 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 2024 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 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.



## 2023-2024 Indoor Track Tournament Format

### **MIAA Tournament Meets:**

1. **Divisional Championships:** Each of the pages that follow includes all the relevant information for the Divisional Meets, including date, time frame, minimum qualifiers per event, 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 2, 2024 – 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 Meet of Champions Indoor Meet.

The top 6 in each event from the Meet of Champions will be eligible for the New England Championships. Athletes **MUST** register on Athletic.net by Sunday, February 25<sup>th</sup> at 6pm. If someone in the top six is unable to attend, then the field will be filled with the next best entry submitted on Athletic.net. **NO LATE ENTRIES WILL BE ACCEPTED.**

The New England Entries will be posted on the New England Website.



# 2023-2024 Indoor Track Tournament Format

## DIVISION 5 CHAMPIONSHIP - Wednesday, February 14, 2024

**ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 11, 2024 (NO LATE ENTRIES)**

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>	
Boys Shot Put	4:30 PM	24	41' 9"	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	Est 5:45 PM	24	29' 11"		
Boys 55m Hurdles Trials	4:30-4:35 PM	32	9.19 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.	
Girls 55m Hurdles Trials	4:40-4:45 PM	32	9.94 FAT ONLY		
Boys 55m Dash Trials	4:45-4:50 PM	32	7.00 FAT ONLY		
Girls 55m Dash Trials	4:50-4:55 PM	32	7.87 FAT ONLY		
Boys 55m Hurdles Final	4:55-5:00 PM	8			
Girls 55m Hurdles Final	5:00-5:05 PM	8			
Boys 55m Dash Final	5:05-5:08 PM	8			
Girls 55m Dash Final	5:08-5:10 PM	8			
Boys Long Jump	5:15 PM	24	18' 10"		Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Long Jump	5:15 PM	24	15' 3"		
Boys High Jump	5:15 PM	24	5' 8"		
Girls High Jump	5:15 PM	24	4' 10"		
Boys 1 Mile Final	5:10-5:25 PM	36	4:58.28 (4:58.0h)	Begins after infield races conclude	
Girls 1 Mile Final	5:25-5:35 PM	36	5:54.77 (5:54.5h)		
Boys 600 meters Final	5:35-5:50 PM	36	1:32.58 (1:32.3h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger	
Girls 600 meters Final	5:50-6:00 PM	36	1:49.92 (1:49.6h)		
Boys 1000 meters Final	6:00-6:10 PM	36	2:53.28 (2:53.0h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)	
Girls 1000 meters Final	6:10-6:20 PM	36	3:28.84 (3:28.6h)		
Boys 300 meters Final	6:20-6:30 PM	32	38.48 FAT ONLY		
Girls 300 meters Final	6:30- 6:40 PM	32	45.63 FAT ONLY		
Boys 2 Mile Final	6:40-7:10 PM	32	11:04.11 (11:03.8h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.	
Girls 2 Mile Final	7:10-7:35 PM	32	13:31.60 (13.31.3h)		
Boys 4 x200m Relay	7:35-7:45 PM	24	1:39.66 (1:39.4h)	2-turn stagger with a barrel start	
Girls 4x200m Relay	7:45-7:55 PM	24	1:55.83 (1:55.5h)		
Boys 4x800m Relay	7:55-8:15 PM	24	9:13.87 (9:13.6h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.	
Girls 4x800m Relay	8:15-8:35 PM	24	11:19.67 (11:19.4h)		
Boys 4x400m Relay	8:35-8:55 PM	24	3:47.83 (3:47.5h)		
Girls 4x400m Relay	8:55-9:10 PM	24	4:32.16 (4:31.9h)		

### NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a 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

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



# 2023-2024 Indoor Track Tournament Format

## DIVISION 1 CHAMPIONSHIP - Thursday, February 15, 2024

**ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 11, 2024 (NO LATE ENTRIES)**

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Boys Shot Put	4:30 PM	24	43' 9"	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	Est 5:45 PM	24	31' 6"	
Boys 55m Hurdles Trials	4:30-4:35 PM	32	8.44 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.
Girls 55m Hurdles Trials	4:40-4:45 PM	32	9.72 FAT ONLY	
Boys 55m Dash Trials	4:45-4:50 PM	32	6.82 FAT ONLY	
Girls 55m Dash Trials	4:50-4:55 PM	32	7.79 FAT ONLY	
Boys 55m Hurdles Final	4:55-5:00 PM	8		
Girls 55m Hurdles Final	5:00-5:05 PM	8		
Boys 55m Dash Final	5:05-5:08 PM	8		
Girls 55m Dash Final	5:08-5:10 PM	8		
Boys Long Jump	5:15 PM	24	20' 0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Long Jump	5:15 PM	24	15' 11"	
Boys High Jump	5:15 PM	24	5' 10"	
Girls High Jump	5:15 PM	24	5' 0"	
Boys 1 Mile Final	5:10-5:25 PM	36	4:38.26 (4:38.0h)	Begins after infield races conclude
Girls 1 Mile Final	5:25-5:35 PM	36	5:37.70 (5:37.4h)	
Boys 600 meters Final	5:35-5:50 PM	36	1:28.34 (1:28.1h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	5:50-6:00 PM	36	1:46.26 (1:46.0h)	
Boys 1000 meters Final	6:00-6:10 PM	36	2:45.04 (2:44.8h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 1000 meters Final	6:10-6:20 PM	36	3:18.38 (3:18.1h)	
Boys 300 meters Final	6:20-6:30 PM	32	37.52 FAT ONLY	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 300 meters Final	6:30- 6:40 PM	32	44.65 FAT ONLY	
Boys 2 Mile Final	6:40-7:10 PM	32	10:09.07 (10:08.8h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 2 Mile Final	7:10-7:35 PM	32	12:38.25 (12:38.0h)	
Boys 4 x200m Relay	7:35-7:45 PM	24	1:35.61 (1:35.3h)	2-turn stagger with a barrel start
Girls 4x200m Relay	7:45-7:55 PM	24	1:53.05 (1:52.8h)	
Boys 4x800m Relay	7:55-8:15 PM	24	8:37.87 (8:37.6h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x800m Relay	8:15-8:35 PM	24	10:36.88 (10:36.6h)	
Boys 4x400m Relay	8:35-8:55 PM	24	3:39.56 (3:39.3h)	
Girls 4x400m Relay	8:55-9:10 PM	24	4:27.13 (4:26.8h)	

### NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a 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

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



# 2023-2024 Indoor Track Tournament Format

## DIVISION 2 CHAMPIONSHIP - Friday, February 17, 2024

**ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 11, 2024 (NO LATE ENTRIES)**

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>	
Boys Shot Put	4:30 PM	24	43' 3"	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	Est 5:45 PM	24	32' 1"		
Boys 55m Hurdles Trials	4:30-4:35 PM	32	8.67 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.	
Girls 55m Hurdles Trials	4:40-4:45 PM	32	9.60 FAT ONLY		
Boys 55m Dash Trials	4:45-4:50 PM	32	6.91 FAT ONLY		
Girls 55m Dash Trials	4:50-4:55 PM	32	7.78 FAT ONLY		
Boys 55m Hurdles Final	4:55-5:00 PM	8			
Girls 55m Hurdles Final	5:00-5:05 PM	8			
Boys 55m Dash Final	5:05-5:08 PM	8			
Girls 55m Dash Final	5:08-5:10 PM	8			
Boys Long Jump	5:15 PM	24	19' 9"		Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Long Jump	5:15 PM	24	16' 2"		
Boys High Jump	5:15 PM	24	5' 8"		
Girls High Jump	5:15 PM	24	4' 10"		
Boys 1 Mile Final	5:10-5:25 PM	36	4:47.97 (4:47.7h)	Begins after infield races conclude	
Girls 1 Mile Final	5:25-5:35 PM	36	5:39.38 (5:39.1h)		
Boys 600 meters Final	5:35-5:50 PM	36	1:29.87 (1:29.6h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger	
Girls 600 meters Final	5:50-6:00 PM	36	1:46.59 (1:46.3h)		
Boys 1000 meters Final	6:00-6:10 PM	36	2:45.07 (2:44.8h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)	
Girls 1000 meters Final	6:10-6:20 PM	36	3:19.09 (3:18.8h)		
Boys 300 meters Final	6:20-6:30 PM	32	38.27 FAT ONLY		
Girls 300 meters Final	6:30- 6:40 PM	32	44.64 FAT ONLY		
Boys 2 Mile Final	6:40-7:10 PM	32	10:23.37 (10:23.1h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.	
Girls 2 Mile Final	7:10-7:35 PM	32	12:17.05 (12:16.8h)		
Boys 4 x200m Relay	7:35-7:45 PM	24	1:36.93 (1:36.6h)	2-turn stagger with a barrel start	
Girls 4x200m Relay	7:45-7:55 PM	24	1:52.53 (1:52.2h)		
Boys 4x800m Relay	7:55-8:15 PM	24	8:48.59 (8:48.3h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.	
Girls 4x800m Relay	8:15-8:35 PM	24	10:36.02 (10:35.7h)		
Boys 4x400m Relay	8:35-8:55 PM	24	3:42.54 (3:42.3h)		
Girls 4x400m Relay	8:55-9:10 PM	24	4:25.72 (4:25.4h)		

### NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a 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

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





# 2023-2024 Indoor Track Tournament Format

## DIVISION 3 CHAMPIONSHIP - Saturday, February 17, 2024

**ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 11, 2024 (NO LATE ENTRIES)**

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Boys Shot Put	10:30 AM	24	41' 1"	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	Est. 11:45 AM	24	28' 11"	
Boys 55m Hurdles Trials	10:30-10:35 AM	32	8.79 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.
Girls 55m Hurdles Trials	10:40-10:45 AM	32	9.66 FAT ONLY	
Boys 55m Dash Trials	10:45-10:50 AM	32	6.89 FAT ONLY	
Girls 55m Dash Trials	10:50-10:55 AM	32	7.77 FAT ONLY	
Boys 55m Hurdles Final	10:55-11:00 AM	8		
Girls 55m Hurdles Final	11:00-11:05 AM	8		
Boys 55m Dash Final	11:05-11:08 AM	8		
Girls 55m Dash Final	11:08-11:10 AM	8		
Boys Long Jump	11:15 AM	24	19' 4"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Long Jump	11:15 AM	24	15' 9"	
Boys High Jump	11:15 AM	24	5' 8"	
Girls High Jump	11:15 AM	24	4' 10"	
Boys 1 Mile Final	11:10-11:25 AM	36	4:49.05 (4:48.8h)	Begins after infield races conclude
Girls 1 Mile Final	11:25-11:35 AM	36	5:52.04 (5:51.8h)	
Boys 600 meters Final	11:35-11:50 AM	36	1:30.71 (1:30.4h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	11:50-12:00 PM	36	1:47.27 (1:47.0h)	
Boys 1000 meters Final	12:00-12:10 PM	36	2:48.58 (2:48.3h)	
Girls 1000 meters Final	12:10-12:20 PM	36	3:20.71 (3:20.4h)	
Boys 300 meters Final	12:20-12:30 PM	32	38.13 FAT ONLY	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 300 meters Final	12:30-12:40 PM	32	45.02 FAT ONLY	
Boys 2 Mile Final	12:40-1:10 PM	32	10:27.66 (10:27.4h)	
Girls 2 Mile Final	1:10-1:35 PM	32	12:47.49 (12:47.2h)	
Boys 4 x200m Relay	1:35-1:45 PM	24	1:37.84 (1:37.6h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 4x200m Relay	1:45-1:55 PM	24	1:54.19 (1:53.9h)	
Boys 4x800m Relay	1:55-2:15 PM	24	9:01.74 (9:01.5h)	2-turn stagger with a barrel start
Girls 4x800m Relay	2:15-2:35 PM	24	10:53.21 (10:52.9h)	
Boys 4x400m Relay	2:35-2:55 PM	24	3:43.25 (3:43.0h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x400m Relay	2:55-3:10 PM	24	4:30.71 (4:30.4h)	

### NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a 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

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





# 2023-2024 Indoor Track Tournament Format

## DIVISION 4 CHAMPIONSHIP - Sunday, February 18, 2024

**ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 11, 2024 (NO LATE ENTRIES)**

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Boys Shot Put	1:00 PM	24	41' 2"	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	Est. 2:15 PM	24	30' 8"	
Boys 55m Hurdles Trials	1:00-1:05 PM	32	8.98 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.
Girls 55m Hurdles Trials	1:10-1:15 PM	32	9.99 FAT ONLY	
Boys 55m Dash Trials	1:15-1:20 PM	32	6.95 FAT ONLY	
Girls 55m Dash Trials	1:20-1:25 PM	32	7.85 FAT ONLY	
Boys 55m Hurdles Final	1:25-1:30 PM	8		
Girls 55m Hurdles Final	1:30-1:35 PM	8		
Boys 55m Dash Final	1:35-1:38 PM	8		
Girls 55m Dash Final	1:38-1:40 PM	8		
Boys Long Jump	1:45 PM	24	19' 2"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls Long Jump	1:45 PM	24	15' 10"	
Boys High Jump	1:45 PM	24	5' 8"	
Girls High Jump	1:45 PM	24	4' 10"	
Boys 1 Mile Final	1:40-1:55 PM	36	4:59.57 (4:59.3h)	Begins after infield races conclude
Girls 1 Mile Final	1:55-2:05 PM	36	5:54.36 (5:54.1h)	
Boys 600 meters Final	2:05-2:20 PM	36	1:31.83 (1:31.5h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	2:20-2:30 PM	36	1:50.29 (1:50.0h)	
Boys 1000 meters Final	2:30-2:40 PM	36	2:49.71 (2:49.4h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 1000 meters Final	2:40-2:50 PM	36	3:27.33 (3:27.0h)	
Boys 300 meters Final	2:50-3:00 PM	32	38.28 FAT ONLY	
Girls 300 meters Final	3:00-3:10 PM	32	45.42 FAT ONLY	
Boys 2 Mile Final	3:10-3:40 PM	32	11:13.87 (11:13.6)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 2 Mile Final	3:40-4:05 PM	32	13:29.51 (13:29.2h)	
Boys 4 x200m Relay	4:05-4:15 PM	24	1:38.26 (1:38.0h)	2-turn stagger with a barrel start
Girls 4x200m Relay	4:15-4:25 PM	24	1:54.17 (1:53.9h)	
Boys 4x800m Relay	4:25-4:45 PM	24	9:18.82 (9:18.5h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x800m Relay	4:45-5:05 PM	24	10:53.56 (10:53.3h)	
Boys 4x400m Relay	5:05-5:25 PM	24	3:46.41 (3:46.1h)	
Girls 4x400m Relay	5:25-5:40 PM	24	4:29.62 (4:29.3h)	

### NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a 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

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



# 2023-2024 Indoor Track Tournament Format

## MEET OF CHAMPIONS - Saturday, February 24, 2024

**ENTRY DEADLINE ON ATHLETIC.NET: 6PM Sunday, February 18, 2024 (NO LATE ENTRIES)**

Event	Approx. Time	Min Entries	ADDITIONAL INFO
Boys Shot Put	10:30 AM	24	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	Est. 11:45 AM	24	
<b>Boys Weight Throw</b>	<b>Est. 1:30 PM</b>	<b>15 max</b>	<b>4 throws; no finals; Bring own implement</b>
<b>Girls Weight Throw</b>	<b>Est. 2:30 PM</b>	<b>15 max</b>	
Boys 55m Hurdles Trials	10:30-10:35 AM	24	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.
Girls 55m Hurdles Trials	10:35-10:40 AM	24	
Boys 55m Dash Trials	10:40-10:45 AM	24	
Girls 55m Dash Trials	10:45-10:50 AM	24	
Boys 55m Hurdles Final	10:50-10:55 AM	8	
Girls 55m Hurdles Final	10:55-11:00 AM	8	
Boys 55m Dash Final	11:00-11:03 AM	8	
Girls 55m Dash Final	11:03-11:05 AM	8	
Boys Long Jump	11:10 AM	24	Starts at height of lowest qualifier Up 2" (+1" first if odd opening height)
Girls Long Jump	11:10 AM	24	
Boys High Jump	11:10 AM	24	
Girls High Jump	11:10 AM	24	
Boys 1 Mile Final	11:05-11:20 AM	24	Begins after infield races conclude
Girls 1 Mile Final	11:20-11:30 AM	24	
Boys 600 meters Final	11:30-11:40 AM	24	Preferred Lanes: 5-6-4-3-2-1
Girls 600 meters Final	11:40-11:50 AM	24	Preferred Lanes: 5-6-4-3-2-1
Boys 1000 meters Final	11:50-11:58 AM	24	
Girls 1000 meters Final	11:58-12:05 PM	24	
Boys 300 meters Final	12:05-12:10 PM	24	Preferred Lanes: 5-6-4-3-2 (No 1)
Girls 300 meters Final	12:10-12:15 PM	24	Preferred Lanes: 5-6-4-3-2 (No 1)
Boys 2 Mile Final	12:15-12:40 PM	24	
Girls 2 Mile Final	12:40-1:05 PM	24	
Boys 4 x200m Relay	1:05-1:20 PM	24	Preferred Lanes: 5-4-3-2 (No 1 or 6)
Girls 4x200m Relay	1:20-1:35 PM	24	Run with a 3-turn stagger
Boys 4x800m Relay	1:35-1:55 PM	24	2-turn stagger with a barrel start
Girls 4x800m Relay	1:55-2:15 PM	24	2-turn stagger with a barrel start
Boys 4x400m Relay	2:15-2:30 PM	24	Preferred Lanes: 5-6-4-3-2-1
Girls 4x400m Relay	2:30-2:45 PM	24	2-turn stagger in lanes

### NOTES:

**Entry Deadline for Meet of Champions - Sunday, February 18, 2024 (6:00 PM).** All races seeded slow to fast (except hurdles and dash trials will be serpentine seeding) and all event start times are approximations only--rolling schedule  
300 meters will be run in lanes the entire way. There will be NO cut-in.