



**71st Annual New England Interscholastic
Outdoor Track & Field Championship
Saturday, June 11, 2016
At Willow Brook Park
635 South Main Street, New Britain, CT 06051**

Presented by the Council of New England Secondary School Principals' Association
57 Northern Blvd., Colchester, CT 06415

Executive Director: Donn Friedman, donn@cnesspa.org, (860-416-1884)

President: Michael Burnham, Maine Principals' Association

The tournament will be held regardless of weather conditions.

Meet Director: Bill Baron, billbtcc@aol.com Telephone - Home (860) 644-1264

Entry Limit: No athlete may compete in more than 4 events including relays. Each state will be allowed 6 entries per event. **Individual state participation rules apply.**

Filing of Entries: **One state coordinator will submit all of the entries no later than Monday, June 6, 2016 at 12:00 noon.** Instructions will be given at the spring CNESSPA meeting.

Registration: Will begin at 8:30 am and remain open until noon. Registration will be near the Athlete/Coach entrance on the west side of the track under the press box.

Entry Fees: **\$20.00** per individual athlete; **(New – no separate fee for relays - \$20.00 per competing athlete – one \$20.00 fee if the athlete is entered in multiple events.)** There will be no refunds and **no purchase orders** will be accepted, check or cash only.

Checks should be made payable to the **CNESSPA** and paid at registration on the day of the meet. Please do not mail a check prior to the event.

(Note: Only team members listed on the entry submission and two coaches per gender will be allowed through the competitor gate. \$10.00 per person can be added to the entry check for additional team members, who are not on the entry form, or additional coaches. It would be extremely helpful for all athletes and coaches from each school to report to registration together. All other members/coaches (including junior varsity members) will be required to proceed to the spectator entrance and pay admission.)

- School Reps:** All competitors must have an adult representative of their school present in order to compete.
- Admission:** \$10.00 for everyone at the spectator entrance, which will open at 8:30 AM
- Rules:** NFHS rules will be followed.
- Web Site:** www.cnesspa.org and www.nesportstiming.com

Order of Events

Field Events: Field events will begin at **10:00 am**.

Long Jump: 2 pits – Boys and Girls at the same time (10:00 am) followed by the Triple Jump

Pole Vault: 2 pits – Boys and Girls at the same time (10:00 am)

High Jump: Boys followed by Girls

Shot Put: Boys followed by Girls

Discus: Girls followed by Girls

Javelin: Girls followed by Boys

Running Events: Running events will begin at **10:30 am**.

Boys first except 100m/110m hurdles finals.

1. Finals	4x800m Relay	7. Finals	4x100m Relay
2. Trials	110m/100m Hurdles - on time 8 to final	8. Finals	400m Dash
3. Trials	100m Dash - on time 8 to final	9. Finals	300m Hurdles
4. Final	110m/100m Hurdles	10. Finals	800m Run
5. Final	100m Dash	11. Finals	200m Dash
6. Finals	1600m Run	12. Finals	3200m Run
		13. Finals	4x400m Relay

NOTE: Fastest sections will be run last. All athletes must check ONE FULL EVENT PRIOR to their event. Do not miss the check in. In the 100/110 m High Hurdles and 100 m Dash, the top 9 times will advance to the final.

Awards: Plaques will be awarded for first place and medals will be awarded for second through sixth place in all events. An awards ceremony will take place on the infield shortly after the event is concluded. *Please have your athletes ready to report to the awards area.* A New England Commemorative Pin and a Certificate of Participation will be awarded to every competitor at registration.

Willow Brook Park: Concessions and lavatory facilities will be available. No locker rooms will be available. Spikes 1/4" pyramids or less may be used. Only officials and competing athletes will be allowed inside the track. NOTE: The javelin, discus, and shot put are now thrown outside the Stadium. The javelin runway surface is the same as the track surface. Blocks will be provided, but athletes may use their own.

Equipment: All equipment must pass inspection at the meet according to National Federation Rules, and the approved shot, javelin and discus must be made available to any competitor. All implements will be inspected in the garage under the stands near the start/finish area. Athletes using non-certified equipment will be disqualified. Implements will be weighed beginning at 8:45AM. Priority will be given to events starting at 10:00AM. You may bring your own blocks. Batons will not be provided.

Pole Vault: ****Every coach of an athlete competing in the pole vault must submit a weight certification form signed by a school official to the pole vault official prior to the warm-up period.** ** (Please use the form included in this packet or a similar state approved form.) The “5 alive” format will be used. The opening height in the girls Pole Vault will be 9’0” and boys Pole Vault will be 12’6” both will go up 9 inches after the opening height and then go up 6 inches at time (see below). An area will be provided for a designated coach for the pole vault.

High Jump: The opening height in the girls High Jump will be 5’0” and boys High Jump will be 6’0”. Both will go up 3 inches after the opening height and then go up 2 inches at a time (see below). The “5 alive” format will be used.

Field Events: All athletes should check in at the event site. All field events will be arranged so that those with the best qualifying performances will compete in later flights. The top 9 will advance to the final in the Long Jump, Triple Jump, Shot Put, Discus, and Javelin. In the horizontal jumps, all athletes are strongly urged to get a mark BEFORE the event begins. A fair warm-up will be allowed between flights expecting you to have a mark with which to start. In the throwing events, a warm-up will be allowed between flights but it will be controlled.

Starting and successive heights of the crossbar:

Girls HJ	5-00	5-03	5-05	5-07	5-09	5-11	6-01	then by 0-01
Girls PV	9-00	9-09	10-03	10-9	11-03	11-09	12-03	then by 0-06
Boys HJ	6-00	6-03	6-05	6-07	6-09	6-11	7-01	then by 0-01
Boys PV	12-06	13-03	13-09	14-03	14-09	15-03	15-09	then by 0-06

Checking Out: Athletes leaving from a field event for a running event must check out with the official of the event. **Athletes should not check out earlier than necessary** and must sign back within **10 minutes** of the conclusion of their heat.

Check in Running: Athletes checking in for running events must report to the clerk of the meet ONE FULL EVENT PRIOR to their event. **Check-in will be in the area near the start of the 100 m Dash.** Athletes must stay in the clerking area until they are marched to the start.

Protests: The Meet Director will establish a Jury of Appeals consisting three coaches and two officials whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final.

Team Tents: Please do not set up any tents in the stands. Please keep tents away from the fence along the track for spectators.

Locker Rooms: No locker room facilities will be available. Please come dressed to compete.

T-Shirts: Official New England Outdoor Track & Field Championship apparel will be sold at the meet. Apparel can be pre-ordered at www.grr-tees.com until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.

Video Access: The New England Outdoor Track & Field Championship can be streamed live and/or retrieved on demand through the NFHS Network for a fee. The link for access is: <http://www.nfhsnetwork.com/events/council-of-new-england-secondary-schools-principals-association/a27099690b>

Results: Will be posted at www.cnesspa.org and www.nesportstiming.com

Directions to Willow Brook Park:

From I-91 North or South:

- Take I-91 to Hartford
- Take I-84 West
- Continue on 84 West
- Take Exit 39A for Route 9 South
- Take Exit 25 for Ellis Street
- Turn left at the light onto Ellis Street
- At the next light, turn left onto South Main Street
- The park is about one mile on the right

From I-84 East or West:

- Take Exit 39A for Route 9 South
- Take Exit 25 for Ellis Street
- Turn left at the light onto Ellis Street
- At the next light, turn left onto South Main Street
- The park is about one mile on the right

Hotels:

Hotel agreements have not been reached at this time. If agreements are arranged, they will be posted on the CNESSPA website at: www.cnesspa.org

There are many hotels in the area, including some new facilities since the meet was last held at Willow Brook Park.

**COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION
OFFICIAL 2016 OUTDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

_____BOYS _____GIRLS

School_____

Town_____

	Vaulter's Name	Certified Weight	Date
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JUNE 6th

Name of School Medical Official_____

Title_____

Name of Coach_____

Name of Principal_____

The principal certifies that the information contained on this form is accurate.

Principal's Signature_____

Date_____

NOTE: A COPY OF THIS FORM (or facsimile) MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF THE NEW ENGLAND MEET.