

2016 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

Sport Specific Information

2015- 2016 CROSS COUNTRY & TRACK COMMITTEE MEMBERS



Dist. A Mr. Tom Gallagher, A.D.
Ipswich H.S.

Mr. Philip Sheridan
A.D., Peabody Vet. Memorial H.S.

Dist. B Mr. Tom Zaya, A.D.
Reading Memorial H.S.

Dist. C Mr. Peter Boucher, A.D.
Milford High School

Mr. Peter Rittenburg, A.D.
Brookline High School

Dist. D Ms. Margaret Dutch, Principal
South Shore Voc Tech (Holden)

Mr. William Tilden, A.D.
Old Rochester Reg. (Mattapoisett)

Dist. E Mr. Mike McCaffrey, A.D.
Groton-Dunstable Reg. H.S.

Mr. Tim Johnson, A.P.
Hopedale Jr/Sr High School

Mr. Ben Benoit, A.D.
Parker Charter Essential(Devens)

Dist. F Mr. John Goda, A.D.
Holyoke Catholic HS

Ms. Gina Johnson, A.D.
Pioneer Valley Reg. HS (Northfield)

Dist. G Mr. Jeremiah Ames, Principal
Hoosac Valley Reg. H.S. (Cheshire)

Mr. Jared Shannon, A.D.
Wahconah Reg (Dalton)

Dist. H Ms. Kristen McGill, A.A.D.
Notre Dame Academy (Hingham)

Mr. Joseph Stuart, A.D.
Cristo Rey Boston (Dorchester)

Officials' Representative

Mr. Thomas Meagher
Mr. Chris Lane

Coaches' Representatives

Mr. James Hoar
Mr. Frank Mooney

Consultant

Mr. John Monz

At-Large

Mr. Joseph LeMar
Ms. Stephanie Sibley

MASS

Mr. Gregory Myers

MASC

Mr. Tass Filledes

MIAA Staff Liaison

*Mr. Dick Baker
Assistant Director*

2016 BOYS' & GIRLS' OUTDOOR TRACK FORMAT

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTORS
Cutoff date:	Monday, May, 23, 2016	<p>Tournament Director contact information is available in the "Members Only" section of the MIAA website</p> <p>Electronic entries are automatically forwarded to your Divisional Tournament Director</p> <p>Emass Divisional Directors Div 1 – Michael Meagher: coachmeagher@yahoo.com Div 2 – Rick Kates: rkates@ndahingham.com Div 3 – Irwin Cohen: irwincohen59@yahoo.com Div 4 – Ed Hichborn: ehich@verizon.net</p> <p>Central/West Divisional Directors Div 1 – Tom Stewart: tstewart@hcc.edu Div 2 - Charlie Butterfield: cbutter51@hotmail.com</p>
Preliminary Entries Due:	Monday, May 16, 2016 – more information on page 4.	
Pentathlon Entry Deadline:	Saturday, May 21, 2016– will be posted Sunday, May 22 nd by 3pm	
Entry Deadline: Date and time when the entry must be posted electronically on Direct Athletics . All performances must be attained by cut-off date	Tuesday, May 24, 2016 by Noon Electronic Entries Only	
Performance List Date performance lists will be posted on http://www.miaa.net	Tuesday, May 24, 2016 by 2:00 p.m.	
Late Entries (If school was fined for Cross Country or Indoor Track late entry – fine must be paid to participate in Outdoor Track)	Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event and must be completed & to your Tournament Director by noon on Wednesday, May 25 th . No changes will be allowed on the switching of events for any athlete.	
Final Deadline: Date and time after which no new athlete entries will be accepted by the Tournament Director.	Wednesday, May 25, 2016 @ noon	
Tournament Dates*: Divisional Meets: Pentathlon & Pole Vault	<p>Pentathlon (B&G) & Girls' Pole Vault: Thursday, May 26, 2016 @ 2:00 PM East: Division 1 & 3 – Burlington HS Division 2 & 4 – Norwell HS C/W: Division 1 - Westfield State University Division 2 - Nashoba Reg. HS (Bolton)</p> <p>Friday, May 27, 2016 @ 2:00 PM - Boys Pole Vault East: Division 1 only – at Andover HS</p>	<p>ALL-STATE Tom Stewart</p>
Tournament Dates*: (weekend before first Saturday in June) Divisional Meets:	<p>Saturday, May 28, 2016 @ 3:00 PM East: Division 3 – Burlington HS Division 4 – Norwell HS C/W: Division 1 - Westfield State University Division 2 - Fitchburg State University</p> <p>Sunday, May 29, 2016 at 3:00 PM East: Division 1 – Somerville HS Division 2 – Norwell HS</p>	
*Postponements	<ul style="list-style-type: none"> • Final decision made by T.D. & MIAA Liaison • If possible decision will be made by noon the day before, if unable, will use a 6AM deadline. • First option for Divisional will be to move from Saturday/Sunday to Monday at 2:00 pm. • Second option will be to move to Tuesday. • First option for All-State will be to move to Sunday & second option to Monday. • Check the MIAA website for postponements. 	<p>EAST ROTATION: Div. 3, 4 – 2016 (Sat.) Div. 1, 2 - 2016 (Sun.)</p> <hr/> <p>Div. 1,2 - 2017: (Sat.) Div. 3,4 - 2017: (Sun.)</p>

All-State Meet (always 1 st Saturday in June)	Thursday, June 2, 2016 @ 2:00 PM Pentathlon (B&G) & Girls' Pole Vault @ Westfield State Saturday, June 4, 2016 @ Westfield State University - see times & directions on page 10 & 11	ALL STATE ROTATION: '16 – West '17-East '18 – Central
New England Track Meet:	Saturday, June 11, 2016 @ Veterans Stadium in New Britain, CT. http://cnesspa.ezstream.com/	

DEADLINES	
Boys' & Girls' Official Outdoor Track Entry through <i>Direct Athletics</i> website (see process on page 4)	Tuesday, May 24, 2016 BY Noon
Pole Vault Certification	MUST BRING TO DIVISIONAL & ALL-STATE MEETS
Sportsmanship Award	May 20, 2016

When there is the possibility of a conflict with SAT/SAT Subject Tests:

- Please tell all coaches & student-athletes in advance so alternative plans may be made. A listing of all dates and sports that may take place on schedule College Board exam dates can be found on the MIAA website.
- The **College Board** offers a *SAT® Program Alternate Test Date Policy*. As stated in their published material:
- “The SAT Program will consider granting an alternate test date when the following criteria are met:
 1. The conflicting event must be unexpected. Regularly scheduled sporting events or previously scheduled school activities, such as a prom, are not considered unexpected. **An event such as an academic or athletic competition, in which students have advanced through the competition or into post-regular season competition, can be considered an unexpected event.**

SAT School Day: Allows high schools to administer the SAT to students during the school day, thus avoiding weekend athletic conflicts. To date, the MA school districts that participate are Plymouth, Springfield, Revere, and most recently Fitchburg. SAT School Day is contracted through the College Board with participating districts.

~2016 MIAA OUTDOOR TRACK RULES~

- A. **DIVISIONS:** Schools will compete in divisions listed on the *MIAA Alignments 2013-2017 Web Site*, <http://www.miaa.net/alignments-13-17-home.htm>
- B. All MIAA rules will be followed. High School Track and Field in Massachusetts for both boys and girls is governed by the National Federation Edition of Track and Field rules.
- C. **Uniform Rule:** Will follow NFHS Rules 4.3.1, 4.3.2, and 4.3.3
- D. All competitors must be accompanied by a coach or school representative who must remain at the meet or the competitors may be disqualified.
- E. Starting blocks will be furnished.
- F. Non-competitors and coaches will **NOT** be allowed inside the track except for Certified Pole Vault Coaches, High Jump Coaches, & Long Jump Coaches, in coach's box – 1 per team. If long jump pit is next to fence, no coach's box will be available. Once the meet has started there will be no warming up allowed on the track. No one will be allowed to warm-up on the infield. Individual competitors or teams may be disqualified for failure to adhere to this rule.
- G. **Awards:** Medals will be awarded for 8 scoring places in each event. Plaques will be awarded to division winning teams and runner-ups. Scoring will be 10-8-6-5-4-3-2-1.
- H. **Finality of Decisions** – The Referee's decision in all matters shall be final and without appeal except in those meets for which a Jury of Appeals has been established for that special purpose. The Jury of Appeals then will have the final authority. In order to have an appeal processed, a coach must submit the appeal in writing to the Referee within thirty (30) minutes after the announcement of event results.

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- I. **Jury of Appeals:** Will be composed of three (3) officials and two (2) coaches.
- J. Each school may enter as many competitors in an event as have met the QUALIFYING STANDARDS THIS OUTDOOR TRACK SEASON.
- K. **Coaches with Pole Vault participants must have for each – their pole rating verification sheet with them for submission at the Divisional and State Meets (a copy of the form is available in this format on page 13). Failure to submit this form will result in the athletes not being allowed to compete.**
- L. **Medical Coverage:** *A licensed athletic trainer, physician, physician's assistant, certified EMT, or nurse practitioner will be available at all MIAA Divisional and State Track Meets. The MIAA will compensate for this coverage at these sites.*
- M. **RESPONSIBILITY OF PARTICIPATING SCHOOLS**
All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes, students and spectators and when requested a school must complete a report regarding the contest in which a problem occurred.
- N. Relays: All names must be turned in for eligibility - four names & 4 alternates.
- O. **Starting Height**
High Jump: Will start at qualifying height and go up 1" to get to even inches if starting odd, then go up by 2" increments.
Pole Vault: Will start at qualifying height and go up by 6" increments. At All-State Meet, will start at qualifying height and go up 9" first, then will go up by 6" increments.
- P. **For all Coaches to know & understand:** Hearing impaired athletes who are in the 200 meter run, 400 meter run, or 400 meter hurdles, CANNOT be in the outside lane in case of a false start. These athletes need to see others in the race stop since they are unable to hear a second gun fired. Hearing impaired athletes will be using a light connected to the starter's gun that will allow them an even start.

ALERT: IMPORTANT ENTRY FORM INFORMATION

It is the athletic director and/or coaches' responsibility to correctly submit all tournament entries. If there is an undetected error, the Athletic Director/Coach will accept the responsibility, even if the error means athlete(s) is/are ineligible to compete in the championship meet.

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. Further, **we have received and read the entire Outdoor Track Format** and agree to abide by all the requirements contained therein. We alone are responsible for Schedule/Rule violations and we realize that rule violations will result in Tournament Disqualification.

Your entry must be posted on the Direct Athletics website by Tuesday, May 24, 2016 at noon. **You cannot access Direct Athletics after noon on Tuesday, May 24th.**

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

We are requesting ALL schools to do preliminary entries by Monday, May 16th on Direct Athletics site. Tournament Directors will review preliminary entries and update standards if necessary. Any NEW standards will be posted in format on the MIAA website on Wednesday, May 18th by noon. No new standards will increase difficulty, and schools are allowed to enter athletes who qualify on Direct Athletics as soon as they like. CHANGES are allowed up to the Entry Deadline of noon on Tuesday, May 24th. Our goal is to have full fields in all events.

- 1 – Each school must have a user name and password for Cross Country, Indoor Track, and Outdoor Track. Schools have the option of setting up one account for all three seasons, or separate accounts for each season. Athletic Directors with input from their coaches should make this decision. If you already have a Direct Athletics account for your team/school, you do not need to create a new one.
- 2 – Contact information: The coach must be listed as the contact. Each tournament director will have access to this information. Please do not list the school Athletic Assistant or Secretary, as this will delay the process when an issue arises or last minute information is needed. Information should include current e-mail and phone number(s), the number should be accessible, since most meets occur on weekends.
- 3 – Rosters need to be updated as the season goes along, this will make the entry process go smoother at the deadline time.**

4 – Once your entries are completed you must print out a copy of your entries and check for accuracy. You will make updates and be able to edit changes up to the deadline. Entry deadline is Tuesday, May 24, 2016 at noon.

5 – Outdoor Track – every individual will be entered with seed performance; and each relay team will be allowed to enter up to 8 names, listing the first 4 in order and then list the 4 alternates.

6 – **When entering athletes keep these rules in mind:**

I. **PARTICIPATION RULE**

An athlete may participate in a maximum of three (3) events. **Will follow NFHS Rule 4.2.2: If a contestant is entered in more than the allowable number of events, Meet Management shall scratch the contestant from the excess events by following the listed order of events.**

ENTRY LIMITATIONS – Individual Events

An athlete may be entered in no more than 3 individual events.

ENTRY LIMITATIONS – Relays

Any athlete may be entered in a relay. However, an athlete's **PARTICIPATION** in a relay event is subject to the Participation Rule above.

Example: **Joe Jones entered in: 1 Mile, 2 Mile, 100 meter, 4x100, 4x400 and 4x800 – If Joe is to run any relay, the coach would have to scratch Joe from either the 1 mile, 2 mile, or 100m prior to the first running event. If Joe scratches from one of his individual events, he can run one relay; from two individual events, he can run 2 relays. Scratched from all individual events, he can run in 3 relays.**

II. **SCRATCHES**

All Field event scratches must be made with the event official (at the event) before the event begins.

All running event scratches must be made with the Clerk prior to the beginning of the first running event.

ADDING ATHLETES:

ADDING OR CORRECTING EVENTS; CHANGING PERFORMANCES:

Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event and made with the Tournament Director. All corrections must be completed by **NOON on Wednesday, May 25th**. **No changes will be allowed on the switching of events for any athlete. If there is a change to a performance the new performance must have been attained by the cut-off date.**

**** IMPORTANT INFORMATION ****
CERTIFICATION PROCEDURES

● Individual athletes must be bona fide members of your high school team as recognized by the MIAA and must achieve the qualifying standards as published in this format.

● Qualifying performance must be obtained in a bona fide MIAA High School Track Meet, officiated by certified track officials during the **current outdoor track season only** and must use EXACT PERFORMANCE! **Coaches MUST retain Performance Results for verification!**

● Other qualifying performances can be challenged throughout the meet.

● Any competitor found not to have met qualifying standards shall be disqualified from the event in question and the rest of the meet.

● A violation of qualifying criteria (**must use exact performance**) will involve follow up with school administration and may involve a hearing before the MIAA Cross Country and Track Committee.

ELECTRONIC ENTRIES – Entered through Direct Athletics. The Confirmation Page should be checked with the original entry document for errors and if any are found the entry should be resubmitted.

Q. **Coaches should carefully review the order of events & the posted entry lists to anticipate conflicts between events for athletes entered in multiple individual events.** This is especially important for athletes entered in 3 field events. If a coach anticipates a conflict, s/he may request a change in flight from the meet director. Such requests will be considered carefully by the meet director, but the director has the

sole authority to grant or deny these requests. **All such requests must be made by Thursday at 6PM prior to the meet.** Coaches should note that, in the horizontal field events, flights will consist of 12 athletes whenever possible. **Top 9 will advance to the finals in all field events EXCEPT the HJ & PV.**

R. **EXCUSED TIME FROM FIELD EVENTS**

Competition order changes for multiple-event competitors & excused time from field events:

- a. **Only reason for changing the order is for competitors in other events, not for other reasons or a competitor's personal convenience.**
- b. **Maximum excused time from an event, will be 15 minutes (from time excused until available for trial/attempt). Athlete must check out with official.**

S. **Mobility & Visually Impaired Exhibition Events – 100m, 800m & Shot Put (other events can be looked into upon request to the MIAA by Friday, May 13, 2016).**

- a. Student athletes who have disabilities who also meet all MIAA requirements for participation on their school track and field teams, may participate in MIAA and MSTCA adaptive events in three disciplines: wheelchair racing, para-ambulatory racing, and guided racing provided that the students athletes match the below description for the relevant discipline.
- b. Student athletes competing in **wheelchair races** must have a permanent lower-body orthopedic or neuromuscular disability.
- c. Student athletes competing in **para-ambulatory** events must have a permanent orthopedic, neuromuscular or other physical disability that substantively affects ambulation. Athletes who have **Cerebral Palsy, Dwarfism, lower limb amputations, upper limb amputations above the elbow, paralysis of one or both arms**, and similar impairments may compete in these events.
- d. Student athletes competing in guided events must be **legally blind** with best-corrected vision in the better eye of 20/600 or less or a field of vision of less than 5%. Student-athletes who are legally blind with vision between 20/600 and 20/200 or with a field of vision between 5% and 20% will compete in open competition and may require logistical accommodations.
- e. Each athlete's permanent physical disability must be verified by a licensed physician and must be maintained by the designated administrator of the athlete's high school.
- f. Athletes must meet all eligibility requirements and entry deadlines posted in the Outdoor Track Format.
- g. Shot Put (SP) may be flighted with able-bodied athletes.
- h. In the 100m - no motorized chairs are permitted. An athlete may only propel themselves forward through their own pushing of the wheels or hand rims.
- i. In the SP a coach (only) may assist the athlete in getting to the competition area and may also assist in entering & leaving the circle. Coach may hold the chair during the throwing attempt to prevent excessive movement.
- j. Uniform rules are in effect, but exceptions will be on individual requests.
- k. Athlete is responsible for all equipment:
 - a. Track chair shall have 2 rear wheels and one front tire
 - b. All competitions in the 100m & 800m must wear a CPSC certified helmet (bike/skate).

100m:

- a. Start: The center of the front axle may not extend over the starting line. The commands in all races shall be "Wheelers set" followed by the firing of the starting device.
- b. Finish: Occurs when the center of the front axle crosses the finish line.
- c. Lanes: Must stay in lane for entire race. Crossing over lane lines for more than 10 consecutive feet is a disqualification. Crossing a lane line for any distance and impeding another competitor is a disqualification.
- d. Race will be run prior to start of 100 Final.

Seated Shot Put:

Seated shot put competitors must have severe impairment of the lower body or one/both lower limbs.

- a. Competitors may throw from a standard wheelchair or a tied-down IPC Athletics regulation throwing chair.
- b. Both legs must stay in contact with the seat platform, from the sits-bones (Ischial Tuberosity) to the crease of the knees, beginning at the time the athlete takes the implement through the time the implement lands.
- c. A coach (only) may assist the athlete in entering & leaving the circle. Coach may hold the chair during the throwing attempt to prevent excessive movement. Coach must not coach or assist the athlete with the throw motion in any way.
- d. The size of the shot will be consistent with IPC Athletics rules for each competitor's sport class. Coaches or athlete must bring the IPC (International Paralympic Committee) size shot put for their disability.
- e. If using a tied-down throwing chair, all attempts will be made consecutively.

Since all events will be exhibitions in 2016, there will be No performance standards, and all will qualify for the All-State Meet.

T. **Pentathlon:**

- a. Each meet will start on Thursday, May 26th at 2 PM for pentathlon participants.
- b. Will be open to the top 12 Boys and Girls in each division – schools will submit certified performances in the 5 events
Boys: LJ, HJ, 110m H, SP, & 1500m;
Girls: 100m H, HJ, SP, LJ, & 800m.
School must declare by Saturday, May 21, 2016. Top 12 will not be allowed to participate in any other events at the Divisional Meets and there will be no qualifying standards.
- c. Will be considered as one event for team scoring (10-8-6-5-4-3-2-1).
- d. Winner from each division and the next top six place scorers will advance to the All-State meet.
- e. Time between events – minimum of 30 minutes.
- f. Order of events
 - 1) Hurdles – G/B
 - 2) B – long jump & G – high jump
 - 3) B – shot put & G – long jump
 - 4) B – high jump & G shot put
 - 5) B -1500 & G – 800
- g. If entered in the Pentathlon at the Divisional Meet and do not qualify for the All-State Meet, all are allowed to run for your team in an All-State relay that your school qualified for. Will be an alternate and coach would need to notify All-State Tournament Director, Divisional Tournament Director and Charlie Butterfield by NOON on Wednesday, June 1st via email.

U. **MIAA Drone Policy - Prohibiting the Use of Drones (Unmanned Aircraft Systems or UAS's)**

Unless granted special permission by the MIAA Executive Director, the use of drones (UAS), for any purpose, is not permitted at any MIAA tournament event. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the MIAA event, including the spectator stands and parking areas.

QUALIFYING STANDARDS

Listed below are Qualifying Standards which have been determined by the Track Committee. Coaches must enter only those athletes who have achieved these standards.

**EASTERN MASSACHUSETTS
2016 BOYS OUTDOOR TRACK QUALIFYING STANDARDS**

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT
SHOT PUT	44' 3"		43'		42'8"		40'	
DISCUS	123'		122'		117'3"		113'	
JAVELIN	148'		145'		142'		135'	
L.J.	20' 2"		20'		19'8"		19'	
T.J.	40'5"		39'6"		39'		38'6"	
H.J.	5'11"		5'10"		5'10"		5'8"	
P.V.	10'0"		9'6"		8'6"		9' 6"	
100 M	11.2	11.44	11.3	11.54	11.1	11.34	11.5	11.74
200 M	23.2	23.44	23.4	23.64	23.0	23.24	23.6	23.84
400 M	52.4	52.64	53.5	53.74	53.2	53.44	55.0	55.24
800 M	2:02.0	2:02.24	2:04.0	2:04.24	2:03.4	2:03.64	2:09.0	2:09.24
MILE	4:37.0	4:37.24	4:45.0	4:45.24	4:46.0	4:46.24	4:54.0	4:54.24
TWO MILE	10:01.4	10:01.64	10:20.0	10:20.24	10:32.0	10:32.24	10:52.0	10:52.24
110 HURDLE	16.0	16.24	16.2	16.44	16.8	17.04	18.0	18.24
400 HURDLE	1:01.0	1:01.24	1:01.0	1:01.24	62.5	62.74	64.0	64.24
4x100 RELAY	46.4	46.64	46.4	46.64	46.6	46.84	48.0	48.24
4x400 RELAY	3:40.0	3:40.24	3:40.0	3:40.24	3:45.0	3:45.24	3:48.5	3:48.74
4x800 RELAY	8:29.1	8:29.34	8:45.0	8:45.24	8:46.3	8:46.54	9:15.0	9:15.24

**EASTERN MASSACHUSETTS
2016 GIRLS OUTDOOR TRACK QUALIFYING STANDARDS**

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT
SHOT PUT	31'		30'		31'2"		30'	
DISCUS	87'		87'		89'5"		86'	
JAVELIN	90'		93'		95'		90'	
L.J.	15' 9"		15' 10"		16' 2"		15' 8"	
H.J.	4' 11"		4'11"		4'11"		4'10"	
T.J.	33' 1"		33'		33'2"		32'	
P.V.	7'6"		7' 0"		7'0"		7'0"	
100 M	13.1	13.34	13.3	13.54	13.1	13.34	13.2	13.44
200 M	27.0	27.24	27.5	27.74	27.2	27.44	28.0	28.24
400 M	1:02.4	1:02.64	1:03.5	1:03.74	1:02.4	1:02.64	65.4	65.64
800 M	2:27.0	2:27.24	2:30.0	2:30.24	2:28.4	2:28.64	2:33.0	2:33.24
MILE	5:30.8	5:31.04	5:35.0	5:35.24	5:42.0	5:42.24	5:47.0	5:47.24
TWO MILE	12:01.7	12:01.94	12:25.0	12:25.24	12:20.3	12:20.54	12:40.0	12:40.24
100 MH	17.3	17.54	17.4	17.64	16.5	16.74	17.5	17.74
400 MH	73.0	73.24	72.0	72.24	71.0	71.24	75.5	75.74
4x100 RELAY	55.5	55.74	55.0	55.24	54.0	54.24	55.0	55.24
4x400 RELAY	4:30.0	4:30.24	4:30.0	4:30.24	4:28.3	4:28.54	4:39.5	4:39.74
4x800 RELAY	10:21.6	10:21.84	10:35.0	10:35.24	10:52.0	10:52.24	11:10.0	11:10.24

**CENTRAL/WEST MASSACHUSETTS
2016 BOYS QUALIFYING STANDARDS**

EVENT	DIVISION I		DIVISION II	
	HAND	FAT	HAND	FAT
100 METER	11.40	11.64	11.70	11.94
200 METER	23.7	23.94	24.10	24.34
400 METER	54.0	54.24	55.00	55.24
800 METER	2:06.0	2:06.24	2:08.00	2:08.24
ONE MILE	4:45.0	4:45.24	4:53.00	4:53.24
TWO MILE	10:36.0	10:36.24	10:39.00	10:39.24
110 METER HURDLE	17.20	17.44	17.70	17.94
400 METER HURDLE	1:03.00	1:03.24	1:04.00	1:04.24
4x800 METER RELAY	9:14.0	9:14.24	9:12.0	9:12.24
4x100 METER RELAY	47.0	47.24	47.50	47.74
4x400 METER RELAY	3:48.0	3:48.24	3:49.00	3:49.24
H.J.	5'6"		5'8"	
P.V.	10'0"		10'0"	
L.J.	19' 0"		18'10"	
T.J.	38'1"		38'0"	
DISCUS	111'0"		112'0"	
JAVELIN	135'0"		135'0"	
SHOT PUT	40' 0"		38'0"	

**CENTRAL/WEST MASSACHUSETTS
2016 GIRLS QUALIFYING STANDARDS**

EVENT	DIVISION I		DIVISION II	
	HAND	FAT	HAND	FAT
100 METER	13.30	13.54	13.50	13.74
200 METER	28.0	28.24	28.40	28.64
400 METER	1:03.00	1:03.24	1:06.00	1:06.24
800 METER	2:32.0	2:32.24	2:37.00	2:37.24
ONE MILE	5:53.0	5:53.24	5:54.00	5:54.24
TWO MILE	12:45.0	12:45.24	12:50.00	12:50.24
100 METER HURDLE	17.70	17.94	18.00	18.24
400 METER HURDLE	1:15.00	1:15.24	1:15.00	1:15.24
4x800 METER RELAY	11:37.00	11:37.24	11:37.00	11:37.24
4x100 METER RELAY	55.00	55.24	56.00	56.24
4x400 METER RELAY	4:40.00	4:40.24	4:44.00	4:44.24
H.J.	4'8"		4'8"	
P.V.	7'6"		7'6"	
L.J.	15' 4"		14'6"	
T.J.	32'0"		31'6"	
DISCUS	80' 0"		84'0"	
JAVELIN	87' 0"		84'0"	
SHOT PUT	28' 5"		28'0"	

ALL DIVISION CHAMPIONSHIPS & ALL-STATE MEETS - ORDER OF EVENTS

(Approx. start time for event in parenthesis—times are approximate and each meet will vary according to number of participants & heats).

Divisional Meets: Thursday, May 26, 2016 @ 2:00 PM **All-State Pentathlon & Girls PV: Thursday, June 2, 2016 @ 2:00 PM**
Weigh-in for all Throwing Implements @ 1:00 PM - PENTATHLON (Boys & Girls) & GIRLS POLE VAULT

Divisional Meets (May 28th & 29th) and All-State Meet (June 4th)

1:30 – 3:00 PM – Weigh-in for all Throwing Implements - Preference will be given to order of events & gender.

3:00 PM - FIELD EVENTS

	(2016)	(2017)
POLE VAULT	(B only)	(G only)
TRIPLE JUMP	(G-B)	(B-G)
HIGH JUMP	(B-G)	(G-B)
SHOT PUT	(B-G)	(G-B)
DISCUS	(G-B)	(B-G)
JAVELIN	(G-B)	(B-G)
LONG JUMP	(B-G)	(G-B)

4:30 PM - RUNNING EVENTS

G-B (2017 will be B-G)

TWO MILE RUN	FINAL ON TIME (4:30 PM)
400 METER HURDLES	FINAL ON TIME (4:55)
*200 METER DASH	TRIALS (5:15)
ONE MILE RUN	FINAL ON TIME (5:25)
*100 METER HURDLES	TRIALS (5:45)
*110 METER HURDLES	TRIALS (5:55)
*100 METER DASH	TRIALS (6:05)
400 METER RUN	FINAL ON TIME (6:15)
200 METER DASH	FINALS (6:35)
800 METER RUN	FINAL ON TIME (6:45)
110 METER HURDLES	FINAL (6:50)
100 METER HURDLES	FINAL (6:55)
100 METER WHEELCHAIR	FINAL (7:00)
100 METER DASH	FINALS (7:05)
4x800 METER RELAY	FINAL ON TIME (7:10)
4x100 METER RELAY	FINAL ON TIME (7:40)
4x400 METER RELAY	FINAL ON TIME (8:10)

An athlete may participate in a maximum of three (3) events.

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

Triple Jump will have a minimum of three boards of 28' 32' 36' at all Divisional and All State meet sites.

AWARDS: Will be given out at the conclusion of races/events and is the responsibility of each individual winner to be at the ceremony or to pick up after presentation.

ALL-STATE MEET: Westfield State University
Saturday, June 4, 2016

Directions: [Westfield State University](http://www.westfield.edu)

See page 10 for Order of Events

QUALIFIERS:

First three place winners (Division I, II, III, IV) including relays in all four divisions in the Eastern MA Meet, as well as the first three place performances in the Central & Western Track meets, and the next top 6 performances in the finals, including relays, are eligible for the competition in the All-State meet. In pole vault and high jump, must score in top 6 to advance as stated above.

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 31, 2016 by noon.

The first SIX place winners in each event including the first six relay teams, (400 Meter, 1600 Meter and 3200 Meter Relays) in the All-State Meet will be eligible to represent Massachusetts in the New England Track Meet to be held on Saturday, June 11, 2016 @ Veterans Stadium in New Britain, CT. (see more information in red below).

JURY OF APPEALS: Will be composed of three officials and two coaches.

The school scoring the most points on **Thursday, June 2, 2016 AND Saturday, June 4, 2016 combined**, will be the 2016 State Outdoor Track and Field Champion (boys and girls), scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded for all eight scoring places in each event.

All field event competitors in the Javelin, Discus, Triple Jump, Long Jump, and Shot Put will receive three trials. The top nine competitors in the trials will receive three additional attempts in the finals.

Shot Put and Discus circles are of cement. High Jump, Pole Vault, Triple Jump, and Long Jump Runways are composition (maximum ¼" spikes). Javelin area is artificial surface. Throwing implements will be weighed in one (1) hour before the competition.

An athlete may participate in a maximum of three (3) events.

Athletes who win heats at the All-State Meet will move on to the finals.

TEAM ADMISSION AT ALL-STATE MEET:

All Head Coaches & Assistant Coaches that come with the Team on the Team Bus will be admitted. Any other coach(es) must have an MIAA (2015-16) pass, otherwise they will need to purchase a ticket to enter.

Note: The N.E. High School Championship Meet will be held Saturday, June 11, 2016 @ Veterans Stadium in New Britain, Connecticut. Places 1-6 from the All-State Meet qualify for the New England's. Athletes MUST notify the NE Representative if they are NOT going to the New England's. Places 7-8 will move up accordingly if any athletes placed 1-6 cannot attend. No other additions will be made. You must place in the All-State Meet to compete in the N.E. High School Championship Meet.

MIAA POLE VAULTER'S WEIGHT CERTIFICATION – BOYS AND GIRLS

INSTRUCTIONS

TO ALL MEMBER SCHOOLS: 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. **Failure to bring this completed form will result in the athlete not being allowed to compete.**

SCHOOL: _____

Name of Vaultler	Weight*	Pole Rating
1.		
2.		
3.		

***Includes full competition uniform and footwear**

Pole Vault Coach Certification No. _____

NOTE TO SCHOOL OFFICIALS

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.

Note: 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.

IMPORTANT INFORMATION!

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.

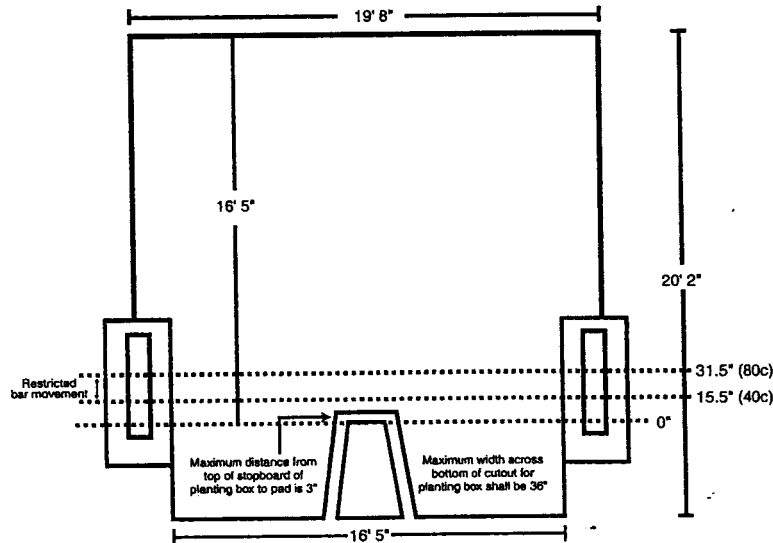
MIAA POLE VAULT LANDING PAD CERTIFICATION

ALL MEMBER SCHOOLS THAT PARTICIPATE IN POLE VAULT will be required to process the **Pole Vault Landing Pad Certification** confirming that the landing pad being used conforms with the National Federation specifications in the diagram below.

SCHOOL: _____

Rule 7-5-8 Effective immediately, the overall size of the pole vault landing pad shall be a minimum of 19 ft., 8 inches wide by 20 ft., 2 inches deep. The landing surface measured beyond the back of the standard bases, shall be a minimum of 19 ft., 8 inches wide. The dimension of the landing surface in back of the vaulting box to the back of the landing pad shall be 16 ft., 5 inches deep. The material in the pad shall be high enough and of a composition that will decelerate the landing. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections.

Rule 7-5-9 The front sections of the landing pad, known as front buns, shall be a minimum of 16 ft., 5 inches wide so as to cover the entire area around the landing box to the inside edges of the standard bases up to the front edge of the plant box. The maximum cutout for the planting box shall be 36 inches in width, measured across the bottom of the cutout. The edges of the front of the landing pad immediately behind the planting box shall not be placed more than 3 inches from the top of the back of the planting box. The front pad shall be attached to the main landing pad or encased in a common cover.



Date: _____ Signature of Principal _____

Date: _____ Signature of Athletic Director _____

Date: _____ Signature of Coach _____

Pole Vault Coach Certification No. _____

Copies of this should be available at the competition site.

THE ORIGINAL MUST BE KEPT ON FILE IN THE SCHOOL OFFICE AND BE AVAILABLE ON DEMAND.



The Inaugural William J. Jennings Team Sportsmanship Award For Boys' Outdoor Track

The Annual William J. Jennings Team Sportsmanship Award is co-sponsored by the Massachusetts Interscholastic Athletic Association and the Massachusetts State Track Coaches Association.

This award is to be presented to boys' outdoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

The award is named after William Jennings. He has coached, is a certified MTFOA official, an MSTCA and Brockton High School Hall-of-Fame member. He was Globe Coach of the Year five times and Schools Sports Magazine Coach of the Year. Many of his student-athletes were selected All Scholastics.

William also trained and coached the U.S.A. Paralympic Team at the World Championship in Birmingham, England and in Barcelona, Spain. His athletes won seventeen gold medals in Spain. He feels fortunate to have coached so many great athletes.

The presentations of these awards will be made to the most outstanding sportsmanship programs at the MIAA sponsored Divisional Championship Meets:

The following page is the application. Kindly consider celebrating your boys outdoor track team's successes by promoting this prestigious sportsmanship award. Please fill the application out and submit for a team to be considered.

Please help us by promoting this prestigious award and pass the application onto your outdoor track boys coach.

Applications must be received by May 20, 2016.

**William Jennings
Team Sportsmanship Award
For
Boys Outdoor Track**

Co-Sponsored by the M.I.A.A. and the M.S.T.C.A.

Nomination

School _____ Division: 1 2 3 4 5 (please circle) Section: East C/W (please circle)

City/Town _____

School Phone _____ School Fax _____

Principal _____

Athletic Director _____ A.D. Phone & Email _____

Coach _____ Email: _____

Captain(s) name _____

Please describe why you think this team should be considered for this prestigious award.
List specific examples of acts of sportsmanship and community service that might help the committee with its selection.

Use back of this sheet if necessary

Athletic Directors Signature _____ Date _____

Coach's Signature _____ Date _____

Email to: **Dick Baker** at dbaker@miaa.net or fax to 508-541-9888

Please feel free to attach any further data to this application.

NOMINATION MUST BE RECEIVED BY MAY 20, 2016



The Inaugural Chris Lane Team Sportsmanship Award For Girls' Outdoor Track

The Annual Chris Lane Team Sportsmanship Award is co-sponsored by the Massachusetts Interscholastic Athletic Association and the Massachusetts State Track Coaches Association.

This award is to be presented to girls' outdoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

This award is named after Chris Lane who has served the Boston Public Schools and the Massachusetts Cross-Country/Track & Field Community since the mid-1960s. At one time or another, served at the Boston English High School, the Hubert Humphrey Occupational Resource Center, Boston Latin Academy, Madison Park High School, Boston Technical High School, Dorchester High School, Boston High School, Hyde Park High School and Central Office. Chris has served as a site-director, a tournament director, vice chair & chair of the MIAA Track Committee, coached at both the high school and college level. He strives to ensure a level playing field for all student-athletes, having sportsmanship as a priority.

The presentations of these awards will be made to the most outstanding sportsmanship programs at the MIAA sponsored Divisional Championship Meets.

The following page is the application. Kindly consider celebrating your girls outdoor track team's successes by promoting this prestigious sportsmanship award. Please fill the application out and submit for a team to be considered.

Please help us by promoting this prestigious award and pass the application onto your outdoor track girls coach.

Applications must be received by May 20, 2016.

Chris Lane
Team Sportsmanship Award
For
Girls Indoor Track
Co-sponsored by the M.I.A.A. and the M.S.T.C.A.

Nomination

School _____ Division: 1 2 3 4 5 (please circle) Section: East CW (please circle)

City/Town _____

School phone _____ School Fax _____

Principal _____

Athletic Director _____ A.D. phone & Email _____

Coach _____ Email _____

Captain(s) _____

Please describe why you think this team should be considered for this prestigious award. List specific examples of acts of sportsmanship and community service that might help the committee with its selection.

Use the backside if needed.

Athletic Directors signature _____ Date _____

Coach's signature _____ Date _____

Please feel free to attach any further data to this application.

Email to: **Dick Baker** at dbaker@miaa.net or fax to **508-541-9888**

APPLICATIONS MUST BE RECEIVED NO LATER THAN FRIDAY, MAY 20, 2016