



2012 - 2013 BOYS' & GIRLS' INDOOR TRACK FORMAT



Sport Specific Information

2012- 2013 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

Ms. Darlene Knight, A.A.D.
Boston Public Schools

Dist. C Mr. Jose Libano, Principal
Sharon High School

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

Dist. D Ms. Debbie Sarrey, Principal
Dighton-Rehoboth Reg HS

Mr. Leonard Sylvia, A.D.
Gr. New Bedford RVTHS

Dist. E Mrs. Tara Bennett, Principal
Uxbridge HS

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

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

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

Dist. G Mr. Vinnie Regan, Principal
Hoosac Valley HS (Cheshire)

Ms. Lindsey von Holtz, A.D.
Mt. Greylock Reg. (Williamstown)

Dist. H Mr. Stephen Czarnecki, A.P.
Bishop Fenwick H.S. (Peabody)

Mr. James Von Euw, A.D.
St. Joseph Prep. HS (Boston)

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

MASS

MASC

Mr. Tass Filledes

MIAA Staff Liaison

Mr. Dick Baker
Assistant Director

2012-2013 INDOOR TRACK TOURNAMENTS

ALL MEETS WILL TAKE PLACE AT THE REGGIE LEWIS TRACK & ATHLETIC CENTER, ROXBURY, MA

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTOR
Cut-off Date	Sunday, February 10, 2013	
Entry Deadline: Date and time when the entry must be posted electronically on Direct Athletics . All performances must be attained by cut-off date.	Monday, February 11, 2013 @ noon	Tournament Director contact information is available in the "Members Only" section of the MIAA website
Performance List Date and time performance lists will be on www.miaa.net	Tuesday, February 12, 2013 - noon	
Late Entries (If school fined for Fall Cross Country late entry – fine must be paid to participate in Indoor 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. All corrections must be completed by noon on Wednesday, Feb. 13 th . <i>No changes will be allowed on the switching of events for any athlete.</i>	Electronic entries are automatically forwarded to your Divisional Tournament Director Divisional Directors Div 1 – Michael Meagher Div 2 – Rick Kates Div 3 – Irwin Cohen Div 4 – Ed Hichborn State Director Michael Meagher
Final Deadline: Date and time after which no entries will be accepted by the Tournament Director	Wednesday, February 13, 2013 - noon	
Final Performance List: Date and time final performance lists will be posted on www.miaa.net	Wednesday, February 13, 2013 – 3PM	
Tournament Dates Divisional Meets: (11 Saturday dates in season before divisional meet weekend based on 1 st week of practice) See parking info link below <hr/> All-State Meet: Click here for parking near the Reggie Lewis Center – both Divisional and State Meets	Div.3 - Thursday, February 14, 2013 4:30 PM Div.4 - Friday, February 15, 2013 4:30 PM Div.1 - Saturday, February 16, 2013 9:00 AM Div.2 - Sunday, February 17, 2013 1:00 PM <hr/> Saturday, February 23, 2013 11:00 AM <hr/> If a postponement is necessary for any reason, a notice will be posted on the MIAA website: www.miaa.net No postponement notice means the meet will be held as scheduled.	
	Snow Dates: Divisional Meets: Monday, 2/18/2013 All-State: Sunday, 2/24/2013 – 1:00 PM	THE UNIFORM & JEWELRY RULES WILL BE STRICTLY ENFORCED.

Divisional Tournament Rotation			
2013	2014	2015	2016
3	5	1	2
4	1	2	3
1	2	3	4
2	3	4	5
	4	5	1

Divisional Tournament Rotation		
2017	2018	2013-14
3	4	tournament
4	5	dates:
5	1	5 Divisions:
1	2	2/19-23/14
2	3	All-State: 3/1/14

	Deadline
Boys' & Girls' Official Indoor Track Entry through Direct Athletics website (see process on next page)	February 11, 2013 - Noon
Ralph Lord Team Sportsmanship Nomination For Boys Indoor Track (posted on MIAA website)	February 4, 2013
Joan Doherty Team Sportsmanship Nomination For Girls Indoor Track (posted on MIAA website)	February 4, 2013

ALERT: IMPORTANT ENTRY INFORMATION

It is the athletic director and/or coaches' responsibility to correctly submit all tournament entries. Tournament directors will make courtesy calls identifying errors whenever possible. However, this in NO WAY places the responsibility for the entry correctness with the tournament director. 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 Indoor 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 Monday, February 11, 2013 at 12:00 noon. Failure to post this entry on time will result in a late fee of \$300 per athlete per event (see page 2 of format for Late Entry Information). **All changes if made, must be done with the Tournament Director and must be completed by noon on Wednesday, February 13th.**

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

- 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. After the deadline there is still the MIAA late entry fee process that is listed in this MIAA Indoor Track Format (\$300/athlete/event). Entry deadline is Monday, February 11, 2013 by noon.
- 5 – Indoor 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:

PARTICIPATION RULE

An athlete may participate in a maximum of three (3) events with the following limitation:

Two Track and One Field Event

Or

Two Field and One Track Event (relays are track events).

ENTRY LIMITATIONS – Individual Events

An athlete may be entered in no more than 3 individual events; 2 running and 1 field, or 2 field, and 1 running.

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, 4x400, 4x800 – If Joe is to run a relay, the coach would have to scratch Joe from either the 1 or 2 mile prior to the first running event. If Joe scratches from one of his individual

events, he can run one relay; from both individual events, he can run 2 relays. Under no circumstances can an athlete run 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 (in the gym) prior to the beginning of the first running event.

III. RELAYS

All names must be turned in for eligibility – four names & 4 alternates (coach must verify actual names by beginning of meet).

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, Feb. 13th. **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 prior to 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 indoor track season only!**
- **CERTIFICATIONS WILL BE PRESENTED PRIOR TO BEING ABLE TO PICK UP THE SCHOOL'S PACKETS.**
- Acceptable forms of verification include a certification form (as found in the format) signed by the certified meet official working at that meet, HYTEK results signed by a certified official, meet results sheet signed by the certified official, or official league performance list signed by a certified official.
- Failure to produce verification when asked will result in competitors not being allowed to compete in the meet.
- Performances, that do not meet minimum qualifying standards, will be challenged by the meet director.
- 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 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. **You are responsible for bringing your athlete's certification to the divisional meet.**

GAMES COMMITTEE DECISIONS FOR MEET MANAGEMENT DIVISIONALS & ALL STATE

A. JEWELRY/UNIFORM RULE

All teams – via their coach – will be issued a team warning (as a final reminder to coaches & competitors to check for jewelry and to remove it prior to the competition) prior to the meet from the Tournament Director. After the team warning, any new violations will result in that individual being disqualified from the event.

B. ADVANCING TO FINALS

In shot put and long jump the top 8 place finishers and ties will proceed to the finals.
In the 55 and 55H top 8 times will advance to a final.

C. 300 METER RUN

The Divisional Championships and the All-State Championship will have the 300 Meter Run as a 'Final' event.

D. LONG JUMP and HIGH JUMP MARKS

The only events in which an athlete will be allowed to use a 'mark' will be the Long Jump and High Jump. The only acceptable material for making these marks shall be white athletic tape. Each athlete may use a maximum of two marks with each mark no greater than 6 inches x 1 ½ inches. In the High Jump no mark may be within 2 meters of either standard. Athletes will be asked to remove any illegal marks and failure to remove them will result in removal by the event official. Meet management also requests coaches to tell their athletes to remove marks when the athlete is no longer in the competition.

E. 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 will be 15 minutes.

F. STARTING HEIGHT HIGH JUMP

HIGH JUMP will start at qualifying height and go up 1" to get to even inches if starting odd, then go up 2" increments; to account for starting height difference in Divisions.

G. RESTRICTED AREAS

Non-competitors and coaches will **NOT** be allowed inside the track. All warming up prior to running events must be done in the Gymnasium. Individual competitors or teams may be disqualified for failure to adhere to this rule. Hurdles are provided in the gym.

H. HEAT AND LANE ASSIGNMENTS

The Seeded Heat will run last.

On circular races run in lanes, seeding will be lanes: 5 – 6 – 4 – 3 – 2 – 1

Straightway races seeding will be lanes: 5 – 4 – 6 – 3 – 7 – 2 – 8 – 1

300M RUN FINAL and 4x200M RELAY FINAL will be heats of 5 max – Lane 1 will not be used.

4x200M Relay - 3 Turn Stagger in Lanes – 2 seeded heats of 4 lanes, others max of 5 lanes.

4x400M Relay - 2 Turn Stagger in Lanes – slowest heat may be a barrel start.

4x800M Relay - 2 Turn Stagger - Barrel start

I. RUNNING SHOES/ SPIKES

Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. The only spikes allowed at the Reggie Lewis Track are ¼" pyramid or ¼" Christmas tree spikes.

J. SCORING/AWARDS

In Divisional and All State meet scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded for 8 scoring places in each event. Plaques will be awarded to Division winning teams and Runner-ups.

K. 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.

L. Jury of Appeals: Will be composed of three (3) officials and two (2) coaches.

MIAA / NFHS Indoor Track Rules HIGHLIGHTS

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.

MIAA

A. All competitors must be accompanied by a coach or school representative who must remain at the meet or the competitors may be disqualified.

B. **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.

C. **AWARDS:** *ONLY MIAA AWARDS MAY BE PRESENTED AT ANY TOURNAMENT SITE.*

ENTERING and LEAVING THE REGGIE LEWIS ATHLETIC CENTER

Coaches and athletes are required to enter and leave the Reggie Lewis facility via the Athletes Entrance at all times. ***Running on the streets of Boston, prior, during, or after your event is not recommended. Coaches are responsible for all athletes they bring to the meet.***

NFHS

UNIFORM RULE

A Competitors must wear the proper school uniforms or they will not be permitted to compete in the meet. All relay team members must wear the same color and design school uniform. When other apparel is worn in addition to the school uniform it shall be of the same solid color for all teammates choosing to wear them. **The uniform and jewelry rule will be strictly enforced.**

ELECTRONIC DEVICES

B. **ALL** Electronic devices are banned from the gym, track and infield as well as the Shot Put area. The Shot Put area will include inside the fence as well as the cordoned off area outside the fence. This rule will be in force at all times when within the designated areas. This rule applies to all athletes and coaches as well as officials and meet personnel. An exception will be made for officials and meet personnel if the device is used in the performance of their meet duties.

If an athlete or a coach is found to be in violation of this rule a warning shall be given by an official who will report the violation and warning to the Referee. For a second offense by an athlete, s/he shall forfeit all individual places and points and shall be disqualified from further competition. If a relay event is involved, the team’s relay points and place shall also be forfeited. For a second offense by a coach, s/he will be disqualified from further involvement in the meet and will involve follow-up with school administration and may involve a hearing before the MIAA Track & Field Committee.

THIS FORMAT IS TO BE TAKEN AS FULL AND COMPLETE NOTICE OF THIS RULE. Public address announcements, if made, as well as signage, if posted, at all entrances to the track, infield or Shot Put area will be considered the warning for penalty purposes.

Please be aware that any electronic device whether being used or not can be cause for disqualification. Do not allow your athletes to even bring them into a banned area.

GIRLS'

MIAA ANNUAL GIRLS' INDOOR STATE TRACK & FIELD MEET REGGIE LEWIS TRACK AND ATHLETIC CENTER, ROXBURY, MA

Name of School _____

Our Team has been Assigned to Compete in Division _____

Note: Refer to MIAA Winter Tournament Alignments 2009-10 through 2012-2013.

EVENTS FOR GIRLS

- 21. 55 H. Hurdles
- 22. 55 Dash
- 23. 300
- 24. 600
- 25. 1000
- 26. Mile
- 27. Two Mile
- 28. Shot Put
- 29. High Jump
- 30. Long Jump
- 31. 4x200 Relay
- 32. 4x800 Relay
- 33. 4x400 Relay

YOU ARE FROZEN IN THE EVENT YOU ENTER (Grade codes are: 07, 08, FR, SO, JR, & SR)

Last Name, First Name	Grade	Event #	Performance – use hundredths only for FAT Times	TRACK EVENTS ONLY		
				Type Circle one	Time Circle One	
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
				Meter	Yard	Hand FAT
		31		Meter	Yard	Hand FAT
		32		Meter	Yard	Hand FAT
		33		Meter	Yard	Hand FAT

2012-13: This is the last year that times in yards (50 dash hurdles, 300, 600, 1000) will qualify.

BOYS' QUALIFYING STANDARDS – 2013

EVENT	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
55M Hurdles	8.44	8.2	8.44	8.2	8.54	8.3	8.94	8.7
50Y Hurdles	6.84	6.6	6.84	6.6	7.24	7.0	7.64	7.4
55M Dash	6.94	6.7	6.94	6.7	6.94	6.7	7.14	6.9
50Y Dash	5.84	5.6	5.84	5.6	5.84	5.6	6.04	5.8
300 Meter	37.94	37.7	37.94	37.7	38.84	38.6	39.84	39.6
300 Yard	33.84	33.6	34.74	34.5	36.24	36.0	36.44	36.2
600 Meter	1:28.24	1:28.0	1:28.24	1:28.0	1:29.74	1:29.5	1:33.74	1:33.5
600 Yard	1:18.24	1:18.0	1:19.24	1:19.0	1:22.74	1:22.5	1:25.54	1:25.3
1000 Meter	2:42.24	2:42.0	2:42.24	2:42.0	2:48.74	2:48.5	2:56.24	2:56.0
1000 Yard	2:29.24	2:29.0	2:29.24	2:29.0	2:33.24	2:33.0	2:38.24	2:38.0
One-Mile	4:40.24	4:40.0	4:44.24	4:44.0	4:46.24	4:46.0	4:57.94	4:57.7
Two-Mile	10:05.24	10:05.0	10:10.24	10:10.0	10:30.24	10:30.0	10:45.74	10:45.5
Shot Put	44' 0"		43' 7"		42' 1"		40' 6"	
High Jump	5' 10"		5' 10"		5' 10"		5' 8"	
Long Jump	19' 6"		19' 0"		18' 11"		18' 3"	
4x200M Relay	1:39.24	1:39.0	1:39.24	1:39.0	1:39.04	1:38.8	1:44.24	1:44.0
4x400M Relay	3:44.84	3:44.6	3:44.84	3:44.6	3:45.24	3:45.0	3:58.24	3:58.0
4x800M Relay	8:32.24	8:32.0	8:32.24	8:32.0	8:51.24	8:51.0	9:18.24	9:18.0

GIRLS' QUALIFYING STANDARDS - 2013

EVENT	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand
55M Hurdles	9.64	9.4	9.54	9.3	9.74	9.5	9.74	9.5
50Y Hurdles	8.04	7.8	8.04	7.8	7.94	7.7	8.14	7.9
55M Dash	7.84	7.6	7.84	7.6	7.84	7.6	8.04	7.8
50Y Dash	6.54	6.3	6.54	6.3	6.44	6.2	6.54	6.3
300 Meter	44.94	44.7	44.24	44.0	44.94	44.7	46.74	46.50
300 Yard	40.94	40.7	40.94	40.70	41.24	41.0	42.54	42.30
600 Meter	1:46.24	1:46.0	1:46.24	1:46.0	1:47.24	1:47.0	1:51.24	1:51.0
600 Yard	1:35.24	1:35.0	1:35.24	1:35.0	1:39.04	1:38.8	1:39.74	1:39.50
1000 Meter	3:18.24	3:18.0	3:18.24	3:18.0	3:23.04	3:22.8	3:28.94	3:28.70
1000 Yard	2:58.24	2:58.0	2:58.24	2:58.0	3:05.24	3:05.0	3:07.24	3:07.0
One-Mile	5:37.24	5:37.0	5:42.24	5:42.0	5:46.24	5:46.0	5:50.24	5:50.0
Two-Mile	12:15.24	12:15.0	12:19.24	12:19.0	12:35.24	12:35.0	12:58.24	12:58.0
Shot Put	30' 6"		31' 0"		30'		28' 9"	
High Jump	4' 11"		4' 11"		4' 10"		4' 10"	
Long Jump	15' 3"		15' 6"		15' 3"		14' 8"	
4x200M Relay	1:57.24	1:57.0	1:55.24	1:55.0	1:56.24	1:56.0	1:59.94	1:59.70
4x400M Relay	4:34.84	4:34.6	4:24.24	4:24.0	4:32.24	4:32.0	4:45.24	4:45.0
4x800M Relay	10:28.24	10:28.0	10:30.24	10:30.0	10:42.44	10:42.2	11:06.24	11:06.0

ORDER OF EVENTS FOR DIVISIONAL CHAMPIONSHIPS FEBRUARY 14, 15, 16, 17, 2013

(Approximate elapsed time for event after meet start – times are approximate and each meet will vary according to the number of participants)

4:30, 9:00, 1:00	5:00, 9:30, 1:30	
LONG JUMP	ONE MILE RUN FINAL (30 min.)	
SHOT PUT	600M RUN FINAL (50 min.)	
55M HURDLES TRIALS & FINALS	1000M RUN FINAL (65 min.)	All Sprint Finals will use 8 lanes
55M DASH TRIALS & FINALS	300M RUN FINAL (80 min.)	
HIGH JUMP – <i>will begin at conclusion of dash finals</i>		
	TWO MILE RUN FINAL– Boys (100 min.)	
	TWO MILE RUN FINAL – Girls (120 min.)	<i>Will follow completion of the boys 2-mile</i>
<i>Relays will not start until the conclusion of the high jump</i>	4x200M RELAY FINAL (140 min.)	Report no later than the start of the boys 2 mile
	4x800M RELAY FINAL (155 min.)	Report no later than the start of the girls 2 mile
	4x400M RELAY FINAL (175 min.)	Report no later than the start of the boys 4 x 200

ALL TRACK EVENTS: **Boys followed by Girls** (flip flopped yearly – 2014 will be G-B)
 LONG JUMP AND SHOT PUT: **Boys followed by Girls** (flip flopped yearly – 2014 will be G-B)
 HIGH JUMP: Boys and Girls compete simultaneously

Running events will be held up if the High Jump is not completed.

Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. The only spikes allowed at the Reggie Lewis Track are ¼” pyramid or ¼” Christmas tree spikes.

COACHES INFORMATION

Performance lists will be posted on <http://www.miaa.net> by Tuesday, February 12, 2013 at noon.

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 done with the Tournament Director. All corrections must be completed by noon on Wednesday, Feb. 15th and done with the Tournament Director. 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 prior to the cut-off date. FINAL Performance List will be posted by 3PM.**

REMINDER: Competitors must make certification by Sunday, February 10, 2013.

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

**28th ANNUAL ALL STATE INDOOR TRACK & FIELD CHAMPIONSHIPS
BOYS' AND GIRLS'**

**MIAA All State Meet
Reggie Lewis Track and Athletic Center, Roxbury, MA
Saturday, February 23, 2013 @ 11:00 AM**

QUALIFIERS

BOYS' FIRST THREE (3) PLACE WINNERS (DIVISIONS 1, 2, 3, 4) and the next top 12 performances in the finals - INCLUDING THE RELAYS

GIRLS' FIRST THREE (3) PLACE WINNERS (DIVISIONS 1, 2, 3, 4) and the next top 12 performances in the finals - INCLUDING THE RELAYS

NO ALTERNATES

ALL-STATE MEET QUALIFIERS

There will not be any individual notification made for athletes who have qualified to compete in the MIAA All-State Meet. The Performance List of All-State Meet qualifiers will be posted on the MIAA website (www.miaa.net) on the day after the last Divisional Championship. Coaches and athletes should check this list to see who the qualifiers are. If an athlete has qualified to compete in the MIAA All-State Meet there are no other entry requirements, simply come to the meet.

THE SCHOOLS SCORING THE MOST POINTS WILL BE THE 2011 STATE INDOOR TRACK CHAMPIONS (BOYS' AND GIRLS'). SCORING WILL BE 10-8-6-5-4-3-2-1.

TEAMS ARE REQUESTED TO COME DRESSED, DUE TO LACK OF DRESSING FACILITIES.

JURY OF APPEALS: WILL BE COMPOSED OF THREE OFFICIALS AND TWO COACHES.

Note: The N.E. High School Championship Meet will be held Friday, March 1, 2013 @ 5:00 PM at the Reggie Lewis Track Center. 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 All-State Meet
Reggie Lewis Track and Athletic Center, Roxbury, MA

Saturday, February 23, 2013 @ 11:00 AM

ORDER OF EVENTS

11:00 AM Long Jump, Shot Put, Trial & Finals Hurdles/Dash: **Boys followed by Girls (2013)**
High Jump: (will start at conclusion of Dash Finals) Boys and Girls compete simultaneously.
ALL TRACK EVENTS: **Boys followed by Girls (2013)**

Approximate Start Time (times are
approximate and will vary according
to the number of participants & heats)

ONE MILE RUN FINAL	11:30
600M RUN FINAL	11:55
1000M RUN FINAL	12:10
300M RUN FINAL	12:25
TWO MILE RUN FINAL – Boys	12:40
TWO MILE RUN FINAL – Girls	1:05
4x200M RELAY FINAL	1:30
4x800M RELAY FINAL	1:55
4x400M RELAY FINAL	2:35

Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. The only spikes allowed at the Reggie Lewis Track are ¼” pyramid or ¼” Christmas tree spikes.

The Seeded Heat will run last.

On circular races run in lanes, seeding will be lanes: 5 – 6 – 4 – 3 – 2 - 1

Straightway races seeding will be lanes: 5 – 4 – 6 – 3 – 7 – 2 – 8 – 1

300M RUN FINAL and 4x200M RELAY FINAL will be heats of 5 max – Lane 1 will not be used.

4x200M Relay - 3 Turn Stagger in Lanes – 2 seeded heats of 4 lanes, all others – max of 5 lanes.

4x400M Relay - 2 Turn Stagger in Lanes – slowest heat may be a barrel start.

4x800M Relay - 2 Turn Stagger - Barrel start

MIAA TRACK & FIELD CHAMPIONSHIPS
Qualifying Standard Achievement Notification

EVENT: _____ Meter
Yard

PERFORMANCE: _____ Hand
FAT

ATHLETE'S NAME: _____

SCHOOL: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL:

Print name legibly: _____

SIGNATURE: _____ OFFICIAL'S BOARD _____

NOTE: COACHES MUST BRING SOME FORM OF CERTIFICATION TO THE DIVISIONAL MEET. FAILURE TO DO SO WILL RESULT IN ATHLETES NOT BEING ALLOWED TO COMPETE IN THE MEET.

MIAA TRACK & FIELD CHAMPIONSHIPS
Qualifying Standard Achievement Notification

EVENT: _____ Meter
Yard

PERFORMANCE: _____ Hand
FAT

ATHLETE'S NAME: _____

SCHOOL: _____

MEET NAME: _____

SITE: _____ DATE: _____

CERTIFIED OFFICIAL:

Print name legibly: _____

SIGNATURE: _____ OFFICIAL'S BOARD _____

NOTE: COACHES MUST BRING SOME FORM OF CERTIFICATION TO THE DIVISIONAL MEET. FAILURE TO DO SO WILL RESULT IN ATHLETES NOT BEING ALLOWED TO COMPETE IN THE MEET.

DIRECTIONS TO THE REGGIE LEWIS TRACK AND ATHLETIC CENTER

From Southeast Expressway

Southeast Expressway to Mass. Ave./Roxbury Exit - straight off ramp - through lights (Mass. Ave.) on the Melnea Cass Boulevard - follow to end - go left onto Tremont Street - Reggie Lewis Track and Athletic Center 1/4 mile on left.

South of Boston

Route 93 North to Southeast Expressway - follow directions above.

North of Boston

Route 93 South/Route 1 South to Southeast Expressway - follow directions above.

West of Boston

Mass. Pike East to last Exit (Southeast Expressway) - follow directions above.

Bus Directions

Follow Expressway Directions - through Mass. Ave. lights - on to Melnea Cass Blvd. - at 6th set of lights (including Mass. Ave.) go left on to Shawmut Ave. - follow Shawmut Ave. to end - go right on to New Dudley St. - 1/4 mile on right Bus Drop-Off Lane for Reggie Lewis Track and Athletic Center.

The Eleventh Annual Ralph Lord Team Sportsmanship Award For Boy's Indoor Track

The Annual Ralph Lord 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 two boys' indoor track teams that exemplified the qualities of sportsmanship during this season and is active in community service. One team from Division 1, 2 combined and one team from Division 3, 4 combined will be honored at the M.I.A.A. state championship meet on.

The award is named after Ralph Lord who served the state track community as a member of the MIAA state track tournament committee and served as one of the top officials in our sport for years. Ralph represented the Massachusetts track community on the national level as well by serving on the National Federations rules committee. At Lexington High School he served his community in many capacities. No matter where you came in contact with Ralph you met a true gentle man who lived a life that exemplified the true meaning of a sportsman. You also met a man who gave of his services wherever they were needed. It was a constant desire of his to stress sportsmanship at every level of competition and he was a living example for us to follow.

Following is the application, which needs to be filled out and mailed for a team to be considered. Please help us by promoting this prestigious award and pass the application onto your indoor boys coach.

Applications must be received by February 4, 2013.

Boys:
Division 1 and 2
Division 3 and 4

Ralph Lord
Team Sportsmanship Award
For
Boys Indoor Track
Co-Sponsored by the M.I.A.A. and the M.S.T.C.A.

Nomination

School _____ Division Boys: 1 2 3 4 (*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 _____

Mail to: **Kristen Hoar, 12 Acorn Ct., Malden, MA 02148**

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

NOMINATION MUST BE RECEIVED BY February 4, 2013

The Eleventh Annual Joan Doherty Sportsmanship Award For Girls' Indoor Track

The Annual Joan Doherty 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 two girls' indoor track teams that exemplified the qualities of sportsmanship during this season and were active in community service. One team from Division 1, 2 combined and one team from Divisions 3, 4 combined will be honored at the M.I.A.A. state championship meet.

This award is named after Joan Doherty who is a true pioneer in the area of girls track in the state of Massachusetts. She was one of the first women to coach track in a high school in Mass. She also coached one of the first girl's track teams in the state. Her teams were known for their great records but they also were known for their sportsmanship. Joan insisted that sportsmanship was a big part of the sport of track and field. She also showed her team by example how important it was to give back to your community when she stayed hours after practice to prep the track for an upcoming meet or wash team uniforms. She was active then and remains very active in the area of track in field with volunteering at developmental track meets in her area. She is a great role model for our female track athletes and remains a living example for all of us to follow.

Following is the nomination form. Please fill it out and mail it to the address provided for a team to be considered. Please help by promoting this prestigious award and pass the nomination form to any MIAA High School girl's indoor track coaches.

Applications must be received by February 4, 2013.

Girls:

Division 1, 2

Division 3, 4

**Joan Doherty
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 Girls: 1 2 3 4 (*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 _____

Mail to: **Kristen Hoar, 12 Acorn Ct., Malden, MA 02148**

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

NOMINATION MUST BE RECEIVED BY February 4, 2013