



2015 - 2016 BOYS' & GIRLS' INDOOR 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 (Hanover)

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 HS (Cheshire)

Mr. Art Reilly, A.D.
Lee Middle/High School

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

MIAA Assistant Staff Liaison
Mr. Rich Riley
Assistant Director

2015-2016 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 7, 2016	
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 8, 2016 @ noon – Preliminary Entries due on Thursday, January 28, 2016 (see page 3 for more information)	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	Monday, February 8, 2016 – 1:00 pm	
Late Entries (If school fined for Outdoor Track &/or 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 1 pm on Tuesday, Feb. 9 th . No changes will be allowed on the switching of events for any athlete.	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 Div 5 – Pete McCauliff State Director Michael Meagher
Final Deadline: Date and time after which no entries will be accepted by the Tournament Director	Tuesday, February 9, 2016 – 1PM	
Final Performance List: Date and time final performance lists will be posted on www.miaa.net	Tuesday, February 9, 2016 – 2PM	
Tournament Dates Divisional Meets: (10 Saturday dates in season before divisional meet weekend based on 1 st week of practice) See parking info below All-State Meet: <i>Use the RCC Parking Lot first. It's secured and FREE. It's the same distance as the Northeastern Garage. The NU garage is a flat rate of \$6 after 5pm on Weekdays and a FLAT rate of \$6 per day on Saturdays and Sundays. No need to get it validated.</i>	Div.2 - Wednesday, February 10, 2016 4:30PM Div.3 - Thursday, February 11, 2016 4:30 PM Div.4 - Friday, February 12, 2016 4:30 PM Div.5 - Saturday, February 13, 2016 9:30 AM Div.1 - Sunday, February 14, 2016 9:30 AM Saturday, February 20, 2016 9:30 AM	
	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 and or All-State Meet will be first available date.	

Divisional Tournament Rotation			
2016	2017	2018	2019
2	3	4	5
3	4	5	1
4	5	1	2
5	1	2	3
1	2	3	4

Divisional Tournament Rotation	
2020	2021
1	2
2	3
3	4
4	5
5	1

	Deadline
Boys' & Girls' Official Indoor Track Entry through Direct Athletics website (see process on next page)	February 8, 2016 - Noon
Ralph Lord Team Sportsmanship Nomination For Boys Indoor Track (posted on MIAA website)	February 1, 2016
Joan Doherty Team Sportsmanship Nomination For Girls Indoor Track (posted on MIAA website)	February 1, 2016

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 8, 2016 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 1PM on Tuesday, February 9th.**

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

- 1 – *We are requesting ALL schools do preliminary entries by Thursday, January 28th on Direct Athletics site. Tournament Directors will review preliminary entries on Friday, January 29th and update standards if necessary. Any NEW standards will be posted in format on the MIAA website on Monday, February 1st. No new standards will increase difficulty. 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 Monday, February 8th. Our goal is to have full fields in all events.*
- 2 - Each school must have a username/password for Cross Country and Indoor/Outdoor Track & Field. Schools have the option for setting up for 2 accounts or separate XC and Indoor/Outdoor Track & Field. Schools have the option of setting up one account for all three seasons, or two 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. **When entering a performance with a hand time - need to put an "h" after time. Example: 55m hand time of 8.1, enter 8.1h; 1000m hand time of 2:42.9, enter 2:42.9h**
- 3 – 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 beyond school hours, since most meets occur on weekends.
- 4 – **Rosters need to be updated as the season goes along, this will make the entry process go smoother at the deadline time.**
- 5 – 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 8, 2016 by noon.
- 6 – 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.
- 7 – 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 on the declaration sheet and with the event official (at the event) before the event begins.

All running event scratches must be made at check in.

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 1pm on Tuesday, Feb. 9th. **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 & CONFIRMATION OF ENTRIES

- Check-in at MIAA Indoor Divisional & All-State Meets: Coach will walk in to the gym and be given his/her declaration sheet and will at that time, scratch any athlete who is not competing in an event and will turn it back in to the check-in official. Coach will then be given the packet.
- 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!**
- 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.

GAMES COMMITTEE DECISIONS FOR MEET MANAGEMENT DIVISIONALS & ALL-STATE

A. **UNIFORM RULE**

Will follow NFHS Rules 4.3.1, 4.3.2, and 4.3.3

B. **ADVANCING TO FINALS**

In shot put and long jump the top 9 qualifying performances and ties from the trials will proceed to the finals. *In the 55 and 55H top 8 times will advance to a final. **Order for preliminaries & finals of hurdles & dash; prelims: B-H, G-H, B-D, G-D finals: G-H, B-H, B-D, G-D. At ALL-STATE, heat winning time will qualify for Finals.***

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 1" below 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 if 20 or less qualify. If 21 or more qualify, will start at qualifying height and then follow same as above.

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 will be heats of 5 max – Lane 1 will not be used.

4x200M Relay - 3 Turn Stagger in Lanes – heats of 4 lanes only: 5 - 4 - 3 - 2

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.**

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 finalists.

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 2016.

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.*** Coaches entering facility without athletes, will need to show identification to be admitted.

ELECTRONIC DEVICES

Will follow NFHS Article 8...Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.

- a. Electronic devices shall not be used to transmit information to the competitor during the race or trial.
- b. Electronic devices shall not be used for any review of an official's decision.

MOBILITY & VISUALLY IMPAIRED EXHIBITION EVENTS - 55m & Shot Put (other events can be looked into upon request to the MIAA by Friday, January 29, 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 Indoor Track Format.
- g. Shot Put (SP) may be flighted with able-bodied athletes.

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- h. In the 55m - 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 55m must wear a CPSC certified helmet (bike/skate).

55m:

- 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(s) will be run after the 55m finals.

Shot Put:

- a. One buttock cheek must remain in contact with the seat during the throw.
- b. The size of the shot shall be the same as for all other male & female participants.
- c. Athletes may compete in the same flight as able-bodied athletes, but will be scored separately.

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

COACHING BOX

- a. Only 1 coach per school
- b. No competitors in Coaching Box

BOYS' QUALIFYING STANDARDS – 2016

EVENT	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4		DIVISION 5	
	FAT	Hand*	FAT	Hand*	FAT	Hand*	FAT	Hand *	FAT	Hand*
55M Hurdles	8.44	8.2	8.64	8.4	8.74	8.5	9.04	8.8	9.04	8.8
55M Dash	6.94	6.7	6.94	6.7	6.94	6.7	6.94	6.7	7.14	6.9
300 Meter	37.84	37.6	38.24	38.0	38.94	38.7	38.54	38.3	38.84	38.6
600 Meter	1:28.44	1:28.2	1:29.24	1:29.0	1:30.74	1:30.5	1:30.74	1:30.5	1:32.24	1:32.0
1000 Meter	2:44.24	2:44.0	2:51.14	2:50.9	2:49.84	2:48.6	2:47.74	2:47.5	2:54.64	2:54.4
One-Mile	4:38.24	4:38.0	4:45.24	4:45.0	4:52.14	4:51.9	4:47.24	4:47.0	4:55.24	4:55.0
Two-Mile	10:05.24	10:05.0	10:25.24	10:25.0	10:30.24	10:30.0	10:34.24	10:34.0	10:42.74	10:42.5
Shot Put	42' 11"		42' 11"		41' 0"		42' 8"		41' 0"	
High Jump	5' 9"		5' 9"		5' 8"		5' 8"		5' 8"	
Long Jump	19' 5"		19' 4"		18' 11"		18' 11"		18' 4"	
4x200M Relay	1:37.24	1:37.0	1:39.54	1:39.3	1:43.14	1:42.9	1:40.24	1:40.0	1:42.24	1:42.0
4x400M Relay	3:42.24	3:42.0	3:46.24	3:46.0	3:50.14	3:49.9	3:46.44	3:46.2	3:54.64	3:54.4
4x800M Relay	8:29.44	8:29.2	8:45.24	8:45.0	9:02.84	9:02.6	8:55.24	8:55.0	9:12.14	9:11.9

GIRLS' QUALIFYING STANDARDS - 2016

EVENT	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4		DIVISION 5	
	FAT	Hand*	FAT	Hand*	FAT	Hand*	FAT	Hand*	FAT	Hand*
55M Hurdles	9.64	9.4	9.44	9.2	9.74	9.5	9.74	9.5	9.94	9.7
55M Dash	7.84	7.6	7.94	7.7	7.74	7.5	7.94	7.7	7.94	7.7
300 Meter	44.24	44.0	44.24	44.0	44.94	44.7	44.74	44.5	46.84	46.6
600 Meter	1:44.24	1:44.0	1:46.24	1:46.0	1:46.64	1:46.4	1:48.24	1:48.0	1:48.94	1:48.7
1000 Meter	3:16.24	3:16.0	3:19.24	3:19.0	3:19.14	3:18.9	3:20.24	3:20.0	3:22.24	3:22.0
One-Mile	5:36.24	5:36.0	5:42.04	5:41.8	5:40.24	5:40.0	5:44.74	5:44.5	5:50.24	5:50.0
Two-Mile	12:12.46	12:12.2	12:30.24	12:30.0	12:36.84	12:36.6	12:35.24	12:35.0	12:41.24	12:41.0
Shot Put	30' 0"		29' 6"		29' 3"		29' 11"		29' 6"	
High Jump	4' 8"		4' 10"		4' 8"		4' 11"		4' 8"	
Long Jump	15' 2"		15' 0"		15' 0"		15' 0"		14' 4"	
4x200M Relay	1:56.64	1:56.4	1:58.24	1:58.0	1:56.74	1:56.5	1:56.24	1:56.0	1:58.74	1:58.5
4x400M Relay	4:36.44	4:36.2	4:39.94	4:39.7	4:33.84	4:33.6	4:33.24	4:33.0	4:38.24	4:38.0
4x800M Relay	10:30.24	10:30.0	10:45.24	10:45.0	10:45.74	10:45.5	10:57.34	10:57.1	11:00.24	11:00.0

*** When entering a performance with a hand time on Direct Athletics you need to put an "h" after time. Hand time is to the tenth only.**

**Example: 55m hurdles hand time of 8.1 - enter 8.1h
1000m hand time of 2:42.9 - enter 2:42.9h**

ORDER OF EVENTS FOR DIVISIONAL CHAMPIONSHIPS

Approximate time from the Meet start times. Times are approximate and each meet will vary according to the number of participants. (e.g. – If planning to watch Girls' 2-Mile run, it would be 75 minutes from start of Track Events. If 5 pm meet start, 2 mile start would start approximately at 6:15 pm).

4:30, 9:30, 1:00	5:00, 10:00, 1:30	
LONG JUMP	ONE MILE RUN FINAL	
SHOT PUT	600M RUN FINAL (30 min.)	
55M HURDLES TRIALS & FINALS	1000M RUN FINAL (45 min.)	All Sprint Finals will use 8 lanes
55M DASH TRIALS & FINALS	300M RUN FINAL (60 min.)	
Mobility & Visually Impaired Exhibition Events – 55 m		
HIGH JUMP – <i>will begin at conclusion of mobility events</i>	TWO MILE RUN FINAL–Girls (75 min.)	
	TWO MILE RUN FINAL – Boys (100 min.)	<i>Will follow completion of the girls 2-mile</i>
	4x200M RELAY FINAL (125 min.)	Report no later than the start of the girls 2 mile
	4x800M RELAY FINAL (145 min.)	Report no later than the start of the boys 2 mile
	4x400M RELAY FINAL (215 min.)	Report no later than the start of the girls 4 x 200

ALL TRACK EVENTS: **Girls followed by Boys** (flip flopped yearly – 2017 will be B-G)
 LONG JUMP AND SHOT PUT: **Girls followed by Boys** (flip flopped yearly – 2017 will be B-G)
 HIGH JUMP: Boys and Girls compete simultaneously

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.

COACHES INFORMATION

Performance lists will be posted on <http://www.miaa.net> by 1 PM Monday, February 8, 2016.

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 1 PM on Tuesday, Feb. 9th 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 by the cut-off date. FINAL Performance List will be posted by 2PM on Tuesday, February 9th.**

REMINDER: Competitors must achieve qualifying performance by Sunday, February 7, 2016.

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

**31st ANNUAL ALL STATE INDOOR TRACK & FIELD CHAMPIONSHIPS
BOYS' AND GIRLS'**

**MIAA All State Meet
Reggie Lewis Track and Athletic Center, Roxbury, MA
Saturday, February 20, 2016 @ 9:30 AM**

QUALIFIERS

FIRST **THREE (3)** PLACE WINNERS (DIVISIONS 1, 2, 3, 4, 5) and the next top **9** performances in the finals, INCLUDING THE RELAYS, are eligible for the competition in the All-State Meet. In the High Jump, must score in Top 6, to advance as stated above.

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 2016 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 Sunday, February 28, 2016 @ 1:00 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 20, 2016 @ 9:30 AM

ORDER OF EVENTS

9:30 AM

Long Jump, Shot Put, Trial & Finals
Hurdles/Dash, Mobility & Visually Impaired
Exhibition Events.
High Jump: (will start at conclusion of Mobility
Events).
ALL TRACK EVENTS:

Girls followed by Boys (2016)

Boys and Girls compete simultaneously.

Girls followed by Boys (2016)

Approximate event start times below (will vary
according to the number of participants & heats)

****AWARDS: Hurdles/Dash/Exhibition 10:00***

ONE MILE RUN FINAL 10:10

600M RUN FINAL 10:35

1000M RUN FINAL 10:50

****AWARDS: 1 Mile & 600m 11:05***

300M RUN FINAL 11:15

TWO MILE RUN FINAL – **Girls** 11:25

****AWARDS: 1000m & 300 11:50***

TWO MILE RUN FINAL – **Boys** 12:00

4x200M RELAY FINAL 12:25

****AWARDS: 2 Mile 12:45***

4x800M RELAY FINAL 12:55

4x400M RELAY FINAL 1:20

****AWARDS: Relays & Team Champion & Finalist - Conclusion of final relay.***

****Announce: Name, School & Result Only.***

Field Event Awards: Will be given upon completion with other scheduled award presentations.

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.

- 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 will be heats of 5 max – Lane 1 will not be used.
- 4x200M Relay - 3 Turn Stagger in Lanes – heats of 4 lanes only.
- 4x400M Relay - 2 Turn Stagger in Lanes – slowest heat may be a barrel start.
- 4x800M Relay - 2 Turn Stagger - Barrel start

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 Fourteenth 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 boys' indoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

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 1, 2016.

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 5 (*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-Polizzotto, 75 West School St. / Apt. 219, Charlestown, MA 02129 -**
KPolizzotto@stonehamschools.org

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

NOMINATION MUST BE RECEIVED BY February 1, 2016

The Fourteenth 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 girls' indoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

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 and 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 1, 2016.

**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 5 (*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-Polizzotto, 75 West School St. / Apt. 219, Charlestown, MA 02129 -**
KPolizzotto@stonehamschools.org

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

NOMINATION MUST BE RECEIVED BY February 1, 2016