

**WESTERN MASS DIVISIONAL**  
**TRACK & FIELD CHAMPIONSHIPS**

**Division 2 – Friday, May 18, 2018**

**Field Events – 4:30pm**

**Running Events – 5:00pm**

**FORMAT:** Individual and team championship meet involving Division 1 schools from the Pioneer Valley (District F) and the Berkshires (District G)

**HOST SCHOOL:** Mohawk Trail Regional High School

**MEET DIRECTOR:** Mackenzie Gray

**ENTRY DEADLINE:** 9:00PM, Tuesday, May 15, 2017

**Division 1 – Saturday, May 19, 2017**

**Field Events – 9:00am**

**Running Events – 9:30am**

**FORMAT:** Individual and team championship meet involving Division 2 schools from the Pioneer Valley (District F) and the Berkshires (District G)

**HOST SCHOOL:** Holyoke High School

**MEET DIRECTOR:** Mackenzie Gray

**ENTRY DEADLINE:** 9:00PM, Tuesday, May 15, 2017

**TERMS AND CONDITIONS OF COMPETITION**

**ELIGIBILITY:** Entry in this meet is strictly limited to athletes who have competed as bona fide members of their high school teams (as defined by the MIAA) and legitimately met the qualifying standard for each event entered or are legitimate “free entries” (as outlined below). All athletes must be accompanied by their high school coach for the entire time of their participation in the meet.

**RULES:** The meet will be conducted under the rules of the National Federation of State High School Associations (NFHS), the Massachusetts Interscholastic Athletic Association (MIAA).

*PLEASE NOTE: all sportsmanship, uniform, and uniform removal rules will be strictly enforced. It is the responsibility of the coach to know the rules and educated their athletes.*

- The NFHS Jewelry rule has been eliminated. Please be advised that officials may ask athletes to remove any jewelry that is potentially dangerous to the athlete, others, or otherwise deemed unsafe.
- Non-competitors and coaches will NOT be allowed inside the track. No exceptions will be made. Failure to comply will result in disqualification from the meet.

**QUALIFYING STANDARDS:** Qualifying standards for the meet are enclosed.

- All relays are free entries (no standard). Schools may enter ONE team in each relay event. No "B-teams" allowed. Please be reasonable with entries.
- Schools may enter **ONE** provisional entry in any event in which they have **no legitimate qualifier** (except the pole vault and high jump)
  - *Provisional standards are a guideline for use in events in which a school has no legitimate entry.*
  - *Only one provisional entry per event is allowed in events where there is no legitimate qualifier.*
- Meet management reserves the right to remove athletes from the meet if they are vastly underqualified.

**ENTRY PROCEDURE:**

- Entries will be taken via [www.TrackCentral.net](http://www.TrackCentral.net) **ONLY**. No changes of entries, additional entries, or updates will be allowed after the deadline, Tuesday, May 15, 9:00PM.
- Please wait to submit your entries until you have solidified your meet line-up in order to limit the number of changes required.

**ENTRY LIMITS:**

- Entry limits for this meet are the same as those for the MIAA Western Mass Meet and the All-State Meet. An athlete may be entered in a maximum of three (3) events.
- Athletes entered in too many events will be scratched according to the rule book- meet management cannot afford to take the time to contact every coach to correct entry errors. **DO NOT ENTER AN ATHLETE IN EXTRA EVENTS WITH THE IDEA OF SCRATCHING DOWN ON MEET DAY.**

**PERFORMANCE LISTS:** Barring an excessive number of entry errors by coaches' performance lists will be emailed ASAP following the entry deadline.

**ENTRY MARKS:** All entries, including “free entries” and relays, must have an entry mark. Please use care when entering these marks.

Sprint events should have times of seconds and tenths - 00.0x

Distance events should have times of minutes and seconds- 0:00.0x

Jumps and throws should be doubled checked for errors 00-00.00

If you are submitting HAND-TIMED qualifiers, please use only a single decimal point Use two decimal places **ONLY** If you are entering a FULLY AUTOMATIC TIMED (FAT) qualifier. All hand-timed entries will be converted to F.A.T.

**HIP NUMBERS:** Hip numbers, readable by the photo-finish camera, will be issued by the clerk before each event. Athletes must wear their assigned hip number on the LEFT HIP SEAM of the uniform bottom. In some distance races an additional hip number will be worn on the left chest.

**EVENT SEEDING:**

All running events will be seeded according to qualifying times. Sections of timed finals will be run from slow to fast. In trials and finals events, advancement to the finals will be based on time only if FAT is used, or by place and time if hand timing must be used. *Athletes who compete in the incorrect heat or section will be disqualified from the event.*

All field events will be seeded by entry mark and run from worst to best. Athletes may not change flights in field events without permission of the meet director. The number of entries in throws and horizontal jumps will determine whether a trials and finals format or a 4 throws format will be used.

**SCRATCHES:** Scratches in field events should be reported to the field event officials as soon as possible before the event. Scratches in running events will be reported upon packet pick-up. All scratches must be reported at that time. No additions. No changes.

**STARTING BLOCKS AND SPIKES:** Starting blocks WILL NOT be provided. Spikes on shoes and starting blocks must be 1/4” or 3/16” pyramids or trees.

**TRACK AND RUNWAY MARKERS:** The only acceptable material for track and runway marks will be WHITE ATHLETIC TAPE not to exceed a total of 6 inches. Runway marks must be placed at the side of the runway. Shoes, chalk, or other objects will not be allowed as markers.

**POLE VAULT CERTIFICATES:** Athletes entered in the pole vault must present the official with copies of all MIAA required pole vault certifications at the time they report in.

## **ADDITIONAL INFORMATION:**

- **Awards** will be distributed at the conclusion any final
- **Scoring** through 8 places. 10-8-6-5-4-3-2-1
- **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 posting of event results.
- **Jury of Appeals:** Will be composed of three (3) officials and two (2) coaches.
  - D1- Becca Gauvin, John Devine
  - D2- Sarah Woodward, Nick Davis
- **Starting Heights:** One increment below qualifying
- **Warm-ups:** Athletes in running events may warm-up on the infield between the 50 yard line and goal line opposite the finish line AFTER their event is called to check in. Athlete must remove themselves from the infield at the conclusion of their event. Warm-ups in field events may take place ONLY under the supervision of an official. Failure to comply will result in disqualification from the meet.

**ORDER OF EVENTS:** The order of events for this meet will be as follows

Girls before boys in all running events (except high hurdle trials)

2 Mile Run

400 Hurdles

200 Trials

1 Mile Run

110 Hurdle Trials

100 Hurdle Trials

100 Dash Trials

400 Meter Dash

200 Meter Final

800 Meter Final

100 Hurdle Final

110 Hurdle Final

100 Dash Final

4x8

4x1

4x4

Long Jump (G-B concurrently if two pits are available)

Triple Jump (B-G concurrently if two pits are available)

High Jump (G-B)

Pole Vault (B-G)

Shot Put (G-B)

Discus (B-G)

Javelin (B-G)

### Western MA Divisional Championship Qualifying Standards

	Division I		Division II	
	Boys	Girls	Boys	Girls
100M	11.9	13.7	12.1	13.8
200M	24.8	28.7	25.0	29.3
400M	55.9	67.0	56.7	67.0
800M	2:10.8	2:39.7	2:12.8	2:40.7
1 Mile	4:58.7	6:04.0	5:02.8	6:04.0
2 Mile	10:50.9	13:11.0	11:00.0	13:13.0
110/100H	18.1	18.2	18.3	18.6
400H	66.0	77.2	66.2	77.5
High Jump	5-6	4-7	5-6	4-7
Pole Vault	9-6	7-6	9-6	7-6
Long Jump	18-8	14-7	18-3	14-02
Triple Jump	37-00	30-8	36-00	30-6
Discus	101-00	77-6	101-00	79-6
Javelin	126-00	80-0	125-00	80-6
Shot Put	36-10	27-2	36-6	27-2

Relays (4X800, 4X400, 4x100) - ONE team in each relay event (no "B" teams). Seed time must be included with entry.

\*\*\* All times are Hand time. For FAT times add 0.24 seconds

### Provisional Standards

	Division I		Division II	
	Boys	Girls	Boys	Girls
100M	12.2	14.0	12.3	14.1
200M	25.2	29.2	25.5	29.8
400M	57.0	68.3	57.8	68.3
800M	2:13.4	2:42.8	2:15.4	2:43.8
1 Mile	5:04.5	6:10.7	5:08.7	6:11.7
2 Mile	11:03.6	13:26.4	11:11.0	13:28.4
110/100H	18.4	18.6	18.6	18.9
400H	67.2	78.7	67.2	78.8
High Jump				
Pole Vault				
Long Jump	18-04	14-4	17-8	13-9
Triple Jump	36-6	30-6	35-6	30-0
Discus	99-00	75-00	99-00	77-10
Javelin	123-00	79-6	123-00	78-10
Shot Put	36-00	26-6	36-00	26-6

One Provisional entry per event will be allowed (NO FV, HJ) providing there are no other legitimate qualifiers from your team

\*\*\* All times are Hand time. For FAT times add 0.24 seconds