

General Meet Information 2022-2023

There will be coaches and captains meeting 15 minutes before the start of the first meet to review rules, go over M.I.A.A. sportsmanship policy, safety in crossing track, keeping out of the high jump area, and answer any questions you may have.

We will only cancel if the weather is extremely poor. In case of bad weather, call the high school where you're running between 1:30 – 2:15 pm and the secretary will know if the meet is postponed. If there is no school for either Northbridge or Tantasqua that day, the meet is automatically postponed.

Northbridge High School Site Requirements

- 1) Arrive at Northbridge High no earlier than 30 minutes to meet start time. No one will be allowed in the facility until the equipment is set up. **NO Food or Radios in gymnasium!!!!**
- 2) High Jumpers – No athletic tape on floor (stickers or painter's tape that peel off OK but remove after jumping)
- 3) **No spikes allowed – EVER !!!**
- 4) Each week have your teams stay in the same area. **You are responsible for its condition and cleanup.**
- 5) **Do not bring:** Radios, drinks or food, shot puts, or starting blocks. These will not be allowed in.
We will use Northbridge's shot puts and starting blocks for all athletes each meet.
- 6) Due to the distance between runners during the start of the 300... We need the gym quiet for all starts.
- 7) Locker rooms will be locked...use bathrooms near the lobby only.
- 8) Clerking will be done in the hallway through the doors by the start of the dash.
- 9) No Food or Drink into the field house at any time. Please ask your athletes to eat in the foyer if they bring food with them and deposit trash appropriately.

Tantasqua High School Site Requirements

- 1) Arrive at Tantasqua High no earlier than 30 minutes before start time. No one will be allowed in the facility until the equipment is set up. **NO Food or Radios in gymnasium!!!!**
- 2) High Jumpers – No athletic tape on floor (stickers or painter's tape that peel off OK but remove after jumping)
- 3) **No spikes allowed - EVER !!!**
- 4) Each week have your teams stay in the same area. **You are responsible for its condition and cleanup.**
- 5) **Do not bring:** Radios, drinks or food, shot puts, or starting blocks. These will not be allowed in.
- 6) We will use Tantasqua's shot puts and starting blocks for all athletes each meet.
- 7) Due to the distance between runners during the start of the 300... We need the gym quiet for all starts.
- 8) Locker rooms will be available for bathroom use.
- 9) Clerking will be done in the hallway through the doors by the start of the dash.
- 10) No Food or Drink into the field house at any time. Please ask your athletes to eat in the foyer if they bring food with them and deposit trash appropriately.
- 11) Teams should be sitting down during all races so the paying spectators can see the finish line from the stands.

Meet Requirements

- 1) **Team meet entries must be done on milesplit.com. The site automatically shuts down at the deadline, so make sure you are done your entries ...no entries accepted if you miss the deadline or are only partially entered.**
- 2) When you arrive, report to the scoring table immediately to confirm your entry or make changes.
Athlete maximum is 2 field & 2 running (which includes relays)
School event limits are as follows: Shot, HJ, Dash, Hurdles, 300 – 4 600, 1000, mile, 2 mile - 6
- 2) Each runner in the 2 mile and 1 mile must have a lap counter (sample sheets available on request). Lap counters must tell the head finish official when a runner has one lap left **and** when they are finishing. Judgment of the officials is final even if you do have lap counters.
- 3) If there is a tie for first in the high jump, jump offs will be done at the end of the meet and only if it will decide the outcome of the meet.

Competitor's Information

- 1) Rosters are due on Milesplit.com **BY Sunday, Dec. 11th at 5:00pm** so that the names will be in the computer.
- 2) All runners in all races will wear their hip numbers on the **FRONT** chest.
- 3) Competitor limits are as follows: 2 mile, mile, 1000, and 600 – 6 athletes per school
50 dash, hurdles, 300, shot put, high jump – 4 each, no limits in the J.V. heats. Athletes not entered online will not be allowed to run if they “just show up”.
- 4) All athletes must wear school issued uniforms. Football shirts, etc., in any event, are not allowed.
Relay team uniforms must be identical. Teams must make arrangements for “larger” athletes to be in same color uniform.
- 5) All Federation rules and M.I.A.A. rules will be enforced. Coaches – remember that it is your responsibility to check uniforms.

Scoring and Scorer's Area

- 1) The scorer's table is off limits to all competitors. Coaches who have a question should fill out a protest/question form and turn it in to the scoring table. We will check your questions or concerns as soon as possible and let you know the outcome.
- 2) Upon arrival each week, come **immediately** to the scorer's table to confirm your online entry or make changes. If you substitute an athlete before the meet starts, he/she will take the spot of the replaced athlete. Sections will not be redrawn.
- 3) At the end of the session, coaches please let the computer operator finish his/her work and they will print the meet scores for your squad. Please check them before you leave and if you feel there is a question or error, email me. At the end of each running event, we will post individual event results for you and your manager to check as the meet goes on. The computer-generated score is the correct one. We will also post results on line at milesplit.live during and after the meets.
 - 2) I will check scoring of the close meets after the meet. I will also put the results to wilburracesystems.com, 2022 or 2023 events pages.

Order of Events

Dual Meets - Northbridge

Boy's Shot Put followed by girls (followed by combined J.V.s.)

Girl's High Jump followed by boys (opening heights 3'10" for girls and 4'10" for boys)

Two Mile- 24+ laps

50 yard Hurdles

50 yard Dash (JV Dash to follow after boys dash)

Mile – 12 + laps

300 – 2 laps

600 – 4½ laps

1000 – 7½ laps

Mile Relay – 3 laps each (12/21, 1/11) OR 800M relay - 1½ laps each (12/14, 1/4, 1/18)

800m Relay JV's (if time)

Dual Meets - Tantasqua

Boy's Shot Put followed by girls (followed by combined J.V.s.)

Girl's High Jump followed by boys (opening heights 3'10" for girls and 4'10" for boys)

Two Mile- 21+ laps

55 meter Hurdles

55 meter Dash (JV Dash to follow after boys dash)

Mile – 11 laps
 300 – 2 laps
 600 – 4 laps
 1000 – 6¾ laps
 Mile Relay – 2¾ laps each (12/21, 1/11) OR 800M relay – 1 ¼ laps each (12/14, 1/4, 1/18)
 800m Relay JV's

League Meet – Tantasqua - (Girl's first unless noted)(District Meet Order) NO JV EVENTS

Boy's Shot Put followed by girls
 Girl's High Jump followed by boys (opening heights 4'2" for girls and 5'2" for boys)
 Two Mile- 21+ laps
 55 meter Hurdles Trials
 55 meter Dash Trials
 Girls Mile – 11 laps
 300 – 2 laps
 55 meter Hurdles Finals B/G
 Boys Mile – 11 laps
 55 meter Dash Finals
 600 – 4 laps
 1000 – 6¾ laps
 800M relay - 1¼ laps each
 3200M relay - 5¼ laps each
 1600M relay - 2 ¾ laps each

Each school is allowed 2 entries per event in the SP, HJ, 55, 55MH, 300 and 3 per event in the 600,1000, mile, & 2 Mile. Each school is allowed 1 relay team per event. You may add a 3rd athlete in an event if he/she meets the standard below (based on 20th best mark of last season).

Event	Girl's Standard	Boy's Standard
Shot Put	24'6"	36'6"
High Jump	4'6"	5'6"
55 Dash	8.1	7.1
55 Hurdles	10.7	10.1
300	49.0	41.0
600	1:59.0	1:43.0
1000	3:43.0	3:09.0
Mile	6:19.0	5:33.0
2 Mile	14:08.0	11:50.0