

General Meet Information 2018-2019

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. My cell phone number is 508-335-0764 or home at 508-248-3985. 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) Students, coaches, parents should not wander. Stay in the track area or up on the catwalk. Absolutely **NO** spectators, coaches, non-competing athletes on the basketball court!!
- 3) High Jumpers – No athletic tape on floor (stickers or painter's tape that peel off OK but remove after jumping)
- 4) No spikes allowed – **EVER !!!**
- 5) Each week have your teams stay in the same area. **You are responsible for its condition and cleanup.**
- 6) **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.
- 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 locked...use bathrooms near the lobby only.
- 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.

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) Students, coaches, parents should not wander. Stay in the track area.
- 3) High Jumpers – No athletic tape on floor (stickers or painter's tape that peel off OK but remove after jumping)
- 4) No spikes allowed - **EVER !!!**
- 5) Each week have your teams stay in the same area. **You are responsible for its condition and cleanup.**
- 6) **Do not bring:** Radios, drinks or food, shot puts, or starting blocks. These will not be allowed in.
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 emailed to me no later than noon on meet day(exception for 12/19 meet entries are due the night before by 7:00pm as I will be out of state that week).** When you arrive, report to the scoring table immediately to confirm your entry or make changes. **The league meet entry form is due by 5:00pm on 1/20/19. Correct competitor #'s are mandatory!!**
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) Roster are due **BY Sunday, Dec. 9th at 5:00pm** so that the names will be in the computer and assign competitor numbers which **athletes need each week**.
Only one set of numbers will be issued so have materials available with you to make new ones if your athletes lose their numbers. (Hint: collect your athlete's numbers and pins each week) These same numbers will be used the entire season and for the league meet also.
- 2) High Jumpers and shot putters need to just **show** the official their number each week to compete.
All runners in all races will wear their numbers on the **FRONT**.
A runner without a "READABLE" number will not be allowed to run or be timed.
- 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 on coaches sheets 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 email entry or make changes. List your athletes in the order you think they will finish, this is how the sections will be set up. **Use my forms only !!!** 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, see 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.
- 4) I will check scoring of the close meets after the meet. I will also put the results to coolrunning.com.
- 5) Coaches can print meet results directly from coolrunning.com, which are usually on by 10:30pm.

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" or 3'11" for girls and 4'10" or 4'11" 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 **(12/19, 1/9)** OR 800M relay - 1½ laps each **(12/12, 1/2, 1/16)**

800m Relay JV's

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" or 3'11" for girls and 4'10" or 4'11" 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 (12/19, 1/9) OR 800M relay – 1 ¼ laps each (12/12, 1/2, 1/16)
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	23'11"	35'7"
High Jump	4'5"	5'4"
55 Dash	8.1	7.1
55 Hurdles	10.7	10.1
300	49.5	41.8
600	1:59.54	1:43.04
1000	3:43.0	3:09.0
Mile	6:19.45	5:33.0
2 Mile	14:08.5	11:50.4