

MPA POLE VAULTER'S WEIGHT CERTIFICATION FORM

TO ALL MEMBER SCHOOLS – Member schools will be required to process the Pole Vaulters' Weight Certification Form listing each student participating in the pole vault event. (THIS FORM MUST ACCOMPANY THE ATHLETE TO ALL MEETS AND BE BROUGHT TO THE STATE CHAMPIONSHIP MEET.)

School: _____ Class _____

Name of Vaultler	Athlete's Weight*	Pole Rating
1.		
2.		
3.		
4.		
5.		
6.		
7.		
* Includes full competition uniform and footwear		
Date:	Principal's Signature:	
Date:	Name of Athletic Administrator:	
Date:	Name of Coach:	

NOTE TO SCHOOL OFFICIALS

National Federation Track and Field Rule 7-5-3. The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer.

Note: Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one-inch contrasting color printed lengthwise above the handhold band.

MPA meet directors reserve the right, at state meets, to use this form to compare the manufacturer's pole rating and the weight of each vaulter.

Pole Vaulting Consent, Waiver and Helmet Rule

Consent to Participate and Waiver of Liability – Pole Vaulting

I hereby grant permission for myself/child, _____, to participate in the interscholastic sport of pole vaulting. I verify that myself/child has had a physical exam within the past two years and is capable of participating in all activities related to pole vaulting. I understand that track and field in general, and in particular pole vaulting, are potentially dangerous activities that pose a risk of serious injury and death to participants. I agree to indemnify, hold harmless, and defend, my child's school, the Maine Principals' Association and the National Federation of High Schools, their agents, employees and sponsors from any and all liability for injury to my child, as well as any damage or injury caused in whole or in part by my child. Should medical attention be necessary, I hereby authorize any physician or trainer selected by team personnel to conduct medical or surgical procedures.

Mandatory Helmet Rule

The efficacy of the use of helmets in pole vaulting is currently being studied and evaluated. Although there is no compelling scientific evidence that the use of a helmet will prevent serious injury in the event of a landing outside the pit from the top of the vault, common sense tell us that helmets will mitigate head injuries in at least some circumstances. Therefore, in addition to imposing tighter safety standards on landing pits and vaulting poles, helmets have been mandated in all MPA sponsored events and the MPA strongly urges all member schools to mandate the use of helmets in all practices and regular season meets. Accordingly, _____ High School has adopted the these recommendations and requires the use of a helmet for pole vaulting during all practices, exhibitions and interscholastic meets. Currently there is not a helmet which meets the new ASTM-(F2400-06). Suggested helmets include the KDMAX helmet or a NOCSAE approved lacrosse helmet without face guard or visor. The helmet should never be a substitute for safe equipment or sound techniques.

I have read, understood and agreed to the above Consent and Waiver. I also agree to comply with the mandatory helmet rule outlined above.

Student name _____

Student signature _____

Parent or guardian name _____

Parent or guardian signature _____

Date _____

MAINE PRINCIPALS' ASSOCIATION
2018 STATE INVITATIONAL OUTDOOR TRACK MEET

EVENT ENTRIES FORM INFORMATION – PAGE 1

(NOTE: A \$35 late fee will be assessed your school for forms not submitted by the required time and due date.)

THE ELECTRONIC (TEAM MANAGER) ENTRY IS MANDATORY AND MUST BE SUBMITTED BY 7:00 P.M. ON May 29, 2018. COACHES WILL RECEIVE AN EMAIL CONFIRMATION OF THEIR ENTRIES. COACHES MUST VERIFY THAT THE ENTRIES ARE CORRECT.

Electronic entries must be e-mailed to the names below.

Class A: **Dave Jeffrey** Email: djeffrey@breweredu.org

Class B: **Dave Jeffrey** Email: djeffrey@breweredu.org

Class C: **Mary Cady** Email: kdmarykd@gmail.com

Preliminary Seeding Entries will be posted on the web for review on Wednesday, May 30, 2018.

Mistakes/errors will be corrected and final seedings will be posted by Thursday, May 31, 2018.

Coaches must convert all hand times by adding .24 seconds.

GIRLS EVENTS AND EVENT NUMBERS:

1 - 4x800m Relay	13 - 400m Dash	25 - High Jump
3 - 100m High Hurdles	15 - 300m Low Hurdles	27 - Long Jump
5 - 100m Dash	17 - 800m Run	29 - Triple Jump
7 - 1600m RaceWalk	19 - 200m Dash	31 - Javelin
9 - 1600m Run	21 - 3200m Run	33 - Discus
11 - 4X100m Relay	23 - 4X400m Relay	35 - Shot Put
		37 - Pole Vault

BOYS EVENTS AND EVENT NUMBERS:

2 - 4x800m Relay	14 - 400m Dash	26 - High Jump
4 - 110m High Hurdles	16 - 300m Int Hurdles	28 - Long Jump
6 - 100m Dash	18 - 800m Run	30 - Triple Jump
8 - 1600m RaceWalk	20 - 200m Dash	32 - Javelin
10 - 1600m Run	22 - 3200m Run	34 - Discus
12 - 4X100m Relay	24 - 4X400m Relay	36 - Shot Put
		38 - Pole Vault

Coaches are charged with the responsibility of submitting accurate and verifiable seeds. Coaches who falsify standards may be required to attend the next Outdoor Track Committee meeting to explain their actions.

ABBREV/TEAM CODE	FULL SCHOOL NAME (Class A)	SHORT NAME
BAN	Bangor High School	Bangor
BIDD	Biddeford High School	Biddeford
BE	Bonny Eagle High School	Bonny Eagle
BRW	Brewer High School	Brewer
BRUN	Brunswick High School	Brunswick
CHEV	Cheverus High School	Cheverus
CONY	Cony High School	Cony
DEER	Deering High School	Deering
EL	Edward Little High School	Edward Little
GORH	Gorham High School	Gorham
HAM	Hampden Academy	Hampden
KENN	Kennebunk High School	Kennebunk
LAWR	Lawrence High School	Lawrence
LEW	Lewiston High School	Lewiston
MSWD	Marshwood High School	Marshwood
MASS	Massabesic High School	Massabesic
MESS	Messalonskee High School	Messalonskee
MTAR	Mt. Ararat High School	Mt. Ararat
MTBL	Mt. Blue High School	Mt. Blue
NOBL	Noble High School	Noble
OXHL	Oxford Hills High School	Oxford Hills
PTLD	Portland High School	Portland
SANF	Sanford High School	Sanford
SCAR	Scarborough High School	Scarborough
SKOW	Skowhegan Area High School	Skowhegan
SP	South Portland High School	South Portland
TA	Thornton Academy	Thornton
WEST	Westbrook High School	Westbrook
WIND	Windham High School	Windham

ABBREV/TEAM CODE	FULL SCHOOL NAME (Class B)	SHORT NAME
BELF	Belfast Area High School	Belfast
CAMD	Camden Hills Regional HS	Camden Hills
CAPE	Cape Elizabeth High School	Cape Elizabeth
CAR	Caribou High School	Caribou
ELL	Ellsworth High School	Ellsworth
ERSK	Erskine Academy	Erskine
FAL	Falmouth High School	Falmouth
FRYE	Fryeburg Academy	Fryeburg
GARD	Gardiner High School	Gardiner
GNG	Gray-New Gloucester HS	Gray-New Glouc
GREE	Greely High School	Greely
LKRG	Lake Regional High School	Lake Region
LEAV	Leavitt Area High School	Leavitt
LINC	Lincoln Academy	Lincoln
MCI	Maine Central Institute	MCI
MAR	Maranacook Community School	Maranacook
MCAU	McAuley High School	McAuley
MED	Medomak Valley High School	Medomak Valley
MORS	Morse High School	Morse
MTVL	Mountain Valley High School	Mountain Valley
MDI	Mt. Desert Island High School	MDI
MTVW	Mt. View High School	Mt. View
NOK	Nokomis Regional High	Nokomis
OAKH	Oak Hill High School	Oak Hill
OSC	Oceanside High School	Oceanside
OT	Old Town High School	Old Town
POL	Poland Regional High School	Poland
PI	Presque Isle High School	Presque Isle
SPMT	Spruce Mountain High School	Spruce Mountain
WTVL	Waterville High School	Waterville
WELL	Wells High School	Wells
WINS	Winslow High School	Winslow
YORK	York High School	York

ABBREV/TEAM CODE	FULL SCHOOL NAME (Class C)	SHORT NAME
BCS	Bangor Christian School	Bangor Chr
BBR	Boothbay Region HS	Boothbay
BKFD	Buckfield High School	Buckfield
BUC	Bucksport High School	Bucksport
CAL	Calais High School	Calais
CCCS	Calvary Chapel Christian Sch	Calvary Chapel
CARA	Carrabec High School	Carrabec
CEN	Central High School	Central
DEX	Dexter Regional High School	Dexter
DIR	Dirigo High School	Dirigo
FTFD	Fort Fairfield High School	Ft. Fairfield
FTKT	Fort Kent Community HS	Fort Kent
FOX	Foxcroft Academy	Foxcroft
FREE	Freeport High School	Freeport
GSA	George Stevens Academy	George Stevens
GRNV	Greenville High School	Greenville
H-D	Hall-Dale High School	Hall-Dale
HER	Hermon High School	Hermon
ISLE	Islesboro Central School	Islesboro
JB	John Bapst Memorial HS	John Bapst
J-B	Jonesport-Beals HS	Jonesport-Beals
KH	Kents Hill School	Kents Hill
LEE	Lee Academy	Lee
LIM	Limestone/MSSM	Limestone/MSSM
LISB	Lisbon High School	Lisbon
MAC	Machias Memorial High School	Machias
MAD	Madison High School	Madison
MAT	Mattanawcook Academy	Mattanawcook
MTAB	Mt. Abram High School	Mt. Abram
NAR	Narraguagus High School	Narraguagus
NYA	North Yarmouth Academy	North Yarmouth
OOB	Old Orchard Beach HS	Old Orchard

ORO	Orono High School	Orono
PENQ	Penquis Valley High School	Penquis
PCHS	Piscataquis Community HS	PCHS
PVHS	Penobscot Valley HS	PVHS
RICH	Richmond High School	Richmond
SAC	Sacopee Valley High School	Sacopee Valley
SCS	Seacoast Christian School	Seacoast
STDM	St. Dominics HS	St. Doms
SUM	Sumner Memorial HS	Sumner
TEL	Telstar Regional High School	Telstar
TRP	R. W. Traip Academy	Traip
VAL	Valley High School	Valley
WSH	Washburn High School	Washburn
WA	Washington Academy	Wash Acad
WAYN	Waynflete School	Waynflete
WIN	Winthrop High School	Winthrop
WIS	Wiscasset High School	Wiscasset
YAR	Yarmouth High School	Yarmouth

ABBREV/TEAM CODE	FULL SCHOOL NAME (Class C)	SHORT NAME
BCS	Bangor Christian School	Bangor Chr
BBR	Boothbay Region HS	Boothbay
BKFD	Buckfield High School	Buckfield
BUC	Bucksport High School	Bucksport
CAL	Calais High School	Calais
CCCS	Calvary Chapel Christian Sch	Calvary Chapel
CARA	Carrabec High School	Carrabec
CEN	Central High School	Central
DEX	Dexter Regional High School	Dexter
DIR	Dirigo High School	Dirigo
ELAN	Elan School	Elan
FTFD	Fort Fairfield High School	Ft. Fairfield
FTKT	Fort Kent Community HS	Fort Kent
FOX	Foxcroft Academy	Foxcroft
FREE	Freeport High School	Freeport
GSA	George Stevens Academy	George Stevens
GPCS	Greater Portland Christian Sch	Gr. Portland CS
GRNV	Greenville High School	Greenville
H-D	Hall-Dale High School	Hall-Dale
HER	Hermon High School	Hermon
ISLE	Islesboro Central School	Islesboro
JAY	Jay High School	Jay
JB	John Bapst Memorial HS	John Bapst
J-B	Jonesport-Beals HS	Jonesport-Beals
KH	Kents Hill School	Kents Hill
LEE	Lee Academy	Lee
LIM	Limestone/MSSM	Limestone/MSSM
LISB	Lisbon High School	Lisbon
LIV	Livermore Falls High School	Livermore Falls
LUB	Lubec High School	Lubec
MAC	Machias Memorial High School	Machias
MAD	Madison High School	Madison

MAT	Mattanawcook Academy	Mattanawcook
MTAB	Mt. Abram High School	Mt. Abram
NAR	Narraguagus High School	Narraguagus
NYA	North Yarmouth Academy	North Yarmouth
OOB	Old Orchard Beach HS	Old Orchard
ORO	Orono High School	Orono
PENQ	Penquis Valley High School	Penquis
PCHS	Piscataquis Community HS	PCHS
PVHS	Penobscot Valley HS	PVHS
RICH	Richmond High School	Richmond
SAC	Sacopee Valley High School	Sacopee Valley
SCHK	Schenck High School	Schenck
SCS	Seacoast Christian School	Seacoast
SRPT	Searsport District HS	Searsport
STDM	St. Dominics HS	St. Doms
STNS	Stearns High School	Stearns
SUM	Sumner Memorial HS	Sumner
TEL	Telstar Regional High School	Telstar
TRP	R. W. Traip Academy	Traip
VAL	Valley High School	Valley
WA	Washington Academy	Wash Acad
WAYN	Waynflete School	Waynflete
WIN	Winthrop High School	Winthrop
WIS	Wiscasset High School	Wiscasset
YAR	Yarmouth High School	Yarmouth