



**72nd Annual New England Interscholastic  
Outdoor Track & Field Championship**  
**Saturday, June 10, 2017**  
**At Norwell High School**  
**18 South Street, Norwell, MA 02061**

Presented by the Council of New England Secondary School Principals' Association  
57 Northern Blvd., Colchester, CT 06415  
Executive Director: Donn Friedman, [donn@cnesspa.org](mailto:donn@cnesspa.org), (860-416-1884)  
President: Michael Lunney, Rhode Island Interscholastic League

**The tournament will be held regardless of weather conditions.**

**Meet Director:** Frank Mooney, [trackguy60@comcast.net](mailto:trackguy60@comcast.net) Telephone - (508) 728-9921

**Entry Limit:** No athlete may compete in more than 4 events including relays. Each state will be allowed 6 entries per event. **Individual state participation rules apply.**

**Filing of Entries:** **One representative from each state** should send all entries electronically using Hytek's Meet Manager to Lucia Carroll at [lucia.carroll17@gmail.com](mailto:lucia.carroll17@gmail.com). Entries should be sent as soon as your qualifiers are determined. All entries should be received by noon, Monday, June 5, 2017.

If your state uses distances other than the 1600 meters and 3200 meters or 300 meter hurdles, please make the following adjustments to your seed times before you email the file:

1500 meters	add :18.0	for the 1600 meters
3000 meters	add :40.0	for the 3200 meters
Mile	subtract :01.5	for the 1600 meters
2 Mile	subtract :03.0	for the 3200 meters
400 m boys hurdles	subtract :16.0	for the 300 meter hurdles
400 m girls hurdles	subtract :19.0	for the 300 meter hurdles

**Registration:** Will begin at 8:30 am and remain open until noon. Registration will be at the tennis courts located near the entrance to the track facility. Bus parking will be adjacent to the tennis courts.

**Entry Fees:** **\$20.00** per individual athlete; **(New – no separate fee for relays - \$20.00 per competing athlete – one \$20.00 fee if the athlete is entered in multiple events.)** There will be no refunds and **no purchase orders** will be accepted, check or cash only. Checks should be made payable to the **CNESSPA** and paid at registration on the day of the meet. Please do not mail a check prior to the event.

**(Note: Only team members listed on the entry submission and two coaches per gender will be allowed through the competitor gate. \$10.00 per person can be added to the entry check for additional team members, who are not on the entry form, or additional coaches. It would be extremely helpful for all athletes and**

**coaches from each school to report to registration together. All other members/coaches (including junior varsity members) will be required to proceed to the spectator entrance and pay admission.)**

**School Reps:** All competitors must have an adult representative of their school present in order to compete.

**Admission:** \$10.00 for everyone at the spectator entrance, which will open at 8:30 AM

**Rules:** NFHS rules will be followed.

**Web Sites:** [www.cnesspa.org](http://www.cnesspa.org); [www.milesplit.com](http://www.milesplit.com); [www.mstca.org](http://www.mstca.org); [www.coolrunning.com](http://www.coolrunning.com)

### Order of Events

**Field Events:** Field events will begin at **10:00 am**.

Long Jump: 2 pits – Boys and Girls at the same time (10:00 am) followed by the Triple Jump

Pole Vault: 2 pits – Boys and Girls at the same time (10:00 am)

High Jump: Girls followed by Boys

Shot Put: Girls followed by Boys

Discus: Boys followed by Girls

Javelin: Boys followed by Girls

**Running Events:** Running events will begin at **10:30 am**.

**Boys first except 100m/110m hurdles finals.**

1. Finals	4x800m Relay	7. Finals	4x100m Relay
2. Trials	110m/100m Hurdles - on time 8 to final	8. Finals	400m Dash
3. Trials	100m Dash - on time 8 to final	9. Finals	300m Hurdles
4. Final	110m/100m Hurdles	10. Finals	800m Run
5. Final	100m Dash	11. Finals	200m Dash
6. Finals	1600m Run	12. Finals	3200m Run
		13. Finals	4x400m Relay

NOTE: Fastest sections will be run last. All athletes must check ONE FULL EVENT PRIOR to their event. Do not miss the check in. In the 100/110 m High Hurdles and 100 m Dash, the top 9 times will advance to the final.

**Awards:** Plaques will be awarded for first place and medals will be awarded for second through sixth place in all events. An awards ceremony will take place on the infield shortly after the event is concluded. *Please have your athletes ready to report to the awards area.* A New England Commemorative Pin and a Certificate of Participation will be awarded to every competitor at registration.

**Norwell HS:** Concessions and lavatory facilities will be available. No locker rooms will be available. Spikes 1/4" pyramids or less may be used. Only officials and competing athletes will be allowed inside the track. **NOTE:** The javelin, discus, and shot put are thrown adjacent to the track. The javelin runway surface is grass. Blocks will be provided, but athletes may use their own.

**Equipment:** All equipment must pass inspection at the meet according to National Federation Rules, and the approved shot, javelin and discus must be made available to any competitor. All implements will be inspected in the dugout near the shot/discuss area. Athletes using non-certified equipment will be disqualified. Implements will be weighed beginning at 8:45AM. Priority will be given to events starting at 10:00AM. You may bring your own blocks. Batons will not be provided.

**Pole Vault:** **\*\*Every coach of an athlete competing in the pole vault must submit a weight certification form signed by a school official to the pole vault official prior to the warm-up period. \*\*** (Please use the form included in this packet or a similar state approved form.) The “5 alive” format will be used. The opening height in the girls Pole Vault will be 9’0” and boys Pole Vault will be 12’6” both will go up 9 inches after the opening height and then go up 6 inches at time (see below). An area will be provided for a designated coach for the pole vault.

**High Jump:** The opening height in the girls High Jump will be 5’0” and boys High Jump will be 6’0”. Both will go up 3 inches after the opening height and then go up 2 inches at a time (see below). The “5 alive” format will be used.

**Field Events:** All athletes should check in at the event site. All field events will be arranged so that those with the best qualifying performances will compete in later flights. The top 9 will advance to the final in the Long Jump, Triple Jump, Shot Put, Discus, and Javelin. In the horizontal jumps, all athletes are strongly urged to get a mark BEFORE the event begins. A fair warm-up will be allowed between flights expecting you to have a mark with which to start. In the throwing events, a warm-up will be allowed between flights but it will be controlled.

**Starting and successive heights of the crossbar:**

<b>Girls HJ</b>	5-00	5-03	5-05	5-07	5-09	5-11	6-01	then by 0-01
<b>Girls PV</b>	9-00	9-09	10-03	10-9	11-03	11-09	12-03	then by 0-06
<b>Boys HJ</b>	6-00	6-03	6-05	6-07	6-09	6-11	7-01	then by 0-01
<b>Boys PV</b>	12-06	13-03	13-09	14-03	14-09	15-03	15-09	then by 0-06

**Checking Out:** Athletes leaving from a field event for a running event must check out with the official of the event. **Athletes should not check out earlier than necessary** and must sign back within **10 minutes** of the conclusion of their heat.

**Check in Running:** Athletes checking in for running events must report to the clerk of the meet ONE FULL EVENT PRIOR to their event. **Check-in will be in the area near the start of the 100 m Dash.** Athletes must stay in the clerking area until they are marched to the start.

**Protests:** The Meet Director will establish a Jury of Appeals consisting three coaches and two officials whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final.

**Team Tents:** Please do not set up any tents in the stands. Please keep tents away from the fence along the track for spectators and do not set up tents on the turf field adjacent to the track.

**Locker Rooms:** No locker room facilities will be available. Please come dressed to compete.

**T-Shirts:** Official New England Outdoor Track & Field Championship apparel will be sold at the meet. Apparel can be pre-ordered at [www.grr-tees.com](http://www.grr-tees.com) until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.

**Video Access:** The New England Outdoor Track & Field Championship can be streamed live and/or retrieved on demand through the NFHS Network for a fee. The link for access is: <http://www.nfhsnetwork.com/events/council-of-new-england-secondary-schools-principals-association/a27099690b>

**Results:** Will be posted at [www.cnesspa.org](http://www.cnesspa.org); [www.milesplit.com](http://www.milesplit.com); [www.mstca.org](http://www.mstca.org); [www.coolrunning.com](http://www.coolrunning.com)

### **Directions to Norwell High School:**

18 South Street, Norwell, MA 02061

**From Boston and West:** Route 3 South to Exit 13 for Hanover Rte. 53. Left at the light off the exit ramp. Follow to the next light @ Rte. 123. Turn right onto Main St Rte. 123 East towards Scituate. Continue on Route 123 for 3/4 mile past Stonehouse Gardens. The next street on the right is South Street. Turn right on South Street. The entrance to the high school is the second right. Follow the "horseshoe" shaped entrance road around to the front of the building near smokestack. Parking lot is on left up a slight grade. All athletic fields are located behind tennis courts on the left before you get to the front of the building.

**From Cape Cod (South):** Same as above, except turn right at the end of the ramp from Rte. 3

### **Hotels:**

**Hotels in the immediate area are costly. Schools should investigate hotels a distance from the site to find more favorable rates.**

**COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION  
OFFICIAL 2017 OUTDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

\_\_\_\_\_ BOYS      \_\_\_\_\_ GIRLS

School \_\_\_\_\_

Town \_\_\_\_\_

	Vaulter's Name	Certified Weight	Date
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

**WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JUNE 5<sup>th</sup>**

Name of School Medical Official \_\_\_\_\_

Title \_\_\_\_\_

Name of Coach \_\_\_\_\_

Name of Principal \_\_\_\_\_

**The principal certifies that the information contained on this form is accurate.**

Principal's Signature \_\_\_\_\_

Date \_\_\_\_\_

**NOTE: A COPY OF THIS FORM (or facsimile) MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF THE NEW ENGLAND MEET.**