

MPA POLE VAULTER'S WEIGHT CERTIFICATION FORM

TO ALL MEMBERS SCHOOLS - Member schools will be required to process the **Pole Vaulter's 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 Vaulter	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. Prior to the competition the coach must verify that all of the schools pole vaulters meet these requirements.

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 hand-hold 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

OPTIONAL

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, the Maine Principals Association has adopted a rule mandating the use of helmets in all MPA sponsored events and strongly urges all member schools to mandate the use of helmets in all practices and non-MPA meets. Accordingly, _____ High School has adopted the MPA recommendation and requires the use of a helmet for pole vaulting during all practices, exhibitions and interscholastic meets. The NFHS rules committee recommends that all helmets meet ASTM Standard 1492 or a NOCSAE Lacrosse helmet without face guard or visor. The KDMAX helmet is specifically designed for the pole vault event and is available at www.PoleVaultHelmet.com.

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
2010-2011 STATE INVITATIONAL INDOOR TRACK MEET
EVENT ENTRIES FORM INFORMATION – PAGE 1

FORMS TO BE FAXED TO MEET DIRECTORS FOLLOWS AS PAGES 2 & 3

(NOTE: A \$35 late fee will be assessed your school for faxed forms and/or electronic entries not received by the required due date by 6:00 p.m.)

THE ELECTRONIC (HY-TEK) ENTRY IS MANDATORY AS WELL AS FAXING THE FOLLOWING BOYS AND/OR GIRLS ENTRY FORM TO THE MEET DIRECTOR.

The Forms on Pages 2 and 3 must be SUBMITTED to the names below by Monday, February 14, 2011.

Class A Seeding: Glendon Rand – Fax: 989-8659, E-mail: runsub5@roadrunner.com

Class B Seeding: Dave Jeffrey – Fax: 989-8659, E-mail: djeffrey@breweredu.org

Each Class Entry will be posted on the web (sub5.com) for review on Wednesday, February 16, 2011.

Mistakes/errors by the meet directors or person seeding the meet will be corrected and final seedings will be posted by Friday, February 18, 2011.

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

GIRLS EVENTS AND EVENT NUMBERS:

1 - 4x800m Relay	11 - 800m Run	21 - Long Jump
3 - 55m High Hurdles	13 - 200m Dash	23 - Triple Jump
5 - 55m Dash	15 - 2 Mile Run	25 - High Jump
7 - 1 Mile Run	17 - 4X200m Relay	27 - Pole Vault
9 - 400m Dash	19 - Shot Put	

BOYS EVENTS AND EVENT NUMBERS:

2 - 4X800m Relay	12 - 800m Run	22 - Long Jump
4 - 55m High Hurdles	14 - 200m Dash	24 - Triple Jump
6 - 55m Dash	16 - 2 Mile Run	26 - High Jump
8 - 1 Mile Run	18 - 4X200m Relay	28 - Pole Vault
10 - 400m Dash	20 - Shot Put	

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

