

2009-2010 MPA INDOOR TRACK BULLETIN

(updated 02/05/10)

INDOOR TRACK SEASON

November 16, 2009	First Practice
December 4, 2009	First Regular Season Meet (After 3:00pm)
January 22, 2010	Eligibility Rosters Due to MPA
February 8, 2010	Seeding Information Due to MPA - mpa@mpa.cc Class A – Glendon Rand—runsub5@roadrunner.com Class B – David Jeffrey -- djeffrey@breweredu.org
February 8, 2010	Last Day to Add Coach to the Coaches' Eligibility Roster
February 10, 2010	Post Preliminary Seeding (www.sub5.com)
February 12, 2010	Final Seeding Posted (www.sub5.com)
February 15, 2010	Class B State Championships, Bates College Director: Adam Mayo, 10:00 a.m. email: emtsportsmedic@hotmail.com Committee Members: David Shapiro
February 15, 2010	Class A State Championships, USM, Gorham Director: George Towle, 10:00 a.m. email: gtowle@usm.maine.edu Committee Members: Chris Moreau
March 5, 2010	New England Competition, Reggie Lewis Track and Athletic Center of Roxbury Community College, 5:00 p.m. (www.cnesspa.ezstream.com)

GENERAL INFORMATION

Eligibility Roster: The Eligibility Roster is due at the MPA office on January 22, 2010. The form is the official roster of eligible participants. Only those listed may compete.

Seeding Information: Seeding information is due on Monday, February 8, 2010 prior to 9:00pm - Class A to Glendon Rand--(runsub5@roadrunner.com) and Class B to David Jeffrey -- (djeffrey@breweredu.org). E-mail and fax backup to insure that no mistakes have occurred. They are official documents and the \$35 fine applies for boys and girls if they are not submitted. The only changes made to the 2/10 posting will be e-mailing errors which may be verified by hand data information. If hand backup data has not been supplied, the posting stands.

Spikes: All coaches are asked to instruct their competitors to wear rubber-soled running shoes. This MUST be strictly enforced. The wearing of indoor spikes, if allowed, will be determined by the facility. For the state championship meets spikes will be allowed. Bates – ¼” pyramid spikes, USM - 1/8” spikes.

Shots: Only indoor shots may be used and must be approved by the Head Field Judge.

Pole Vault: Certification form due to MPA prior to December 4, 2009. Changes and adjustments must be made throughout the season. Prior to the start of all meets, the meet director or Pole Vault official/adult will meet with coaches to verify that the athlete's weight and pole match. All coaches must be present prior to the athlete's participation at the start of the event.

- a. Athletic weight certifications are due prior to the start of the verification meeting at all meets.
- b. All vaulters must wear helmets.
- c. All NFHS rules related to pole vault events must be implemented and monitored at all meets.
- d. A sample permission slip is available **on the MPA website** for parents of vaulters to sign prior to participation.
- e. The official/adult supervising the event will check all poles for proper weight identification and markings.
- f. During the event, the official may randomly check the poles and athletes weight certification for proper match.

Dressing Rooms: Since the dressing rooms will be shared, each team must make their own provisions for the care of valuables.

Coaches: All coaches working with athletes at the state championship meet must be listed on the coaches eligibility form submitted to the MPA.

Coaches are responsible for seeing that their competitors are informed of, and comply with, all the information in this Bulletin. Coaches and youngsters are guests at the host facility and should treat it with respect. Please adhere to the host facility regulation related to food in the facilities and police your team area prior to departure. Sportsmanship must be a priority for coaches and athletes. Respect must be shown to officials at all times.

Uniforms: Coaches are asked to instruct athletes to wear school uniforms for presentation of awards (no hats).

Jewelry Rule: The Indoor Track Committee sets forth the following guidelines for enforcement of the restrictive jewelry rule. Their interpretation of rule 4-6-1 is that all extraneous jewelry is not allowed. This includes rubber bands, cloth bracelets, beaded necklaces, etc. (Religious jewelry and medi-alert items must be taped to the body.) (Beads woven or braided into hair will be allowed.)

- a) Prior to the event, the coach and captain will verify with meet officials that all uniforms and expectations of National Federation rules are being met.
- b) When athletes come to the line, they are asked to remove jewelry as a courtesy.
- c) If jewelry is seen being worn by an athlete during a race or event, at the conclusion of that event it must be reported by an official.
- d) Rule 4-6-1 was referred to determine the end of a race and rule 4-6-2 defines the end of a field event. No DQ's may occur once the race results have been posted and are official. Rubber bands or cloth headbands are the only things which may be used to hold hair back.

Conduct of Participants: The MPA Track Committee reserves the right, at any time, to withdraw from an individual or team the right to compete in the championship meet if the individual or team is guilty of misconduct prior to or during the meet. If, in the opinion of the referee, competitors do not make an “honest effort” in an event in which they are entered, those competitors may be disqualified for unsportsmanlike conduct and barred from further participation in that meet and the next regularly scheduled meet.

TERMS AND CONDITIONS FOR MPA INDOOR TRACK CHAMPIONSHIPS

Qualifying: Prior to the 2009-2010 season each school must submit a schedule containing no more than eight meets to include the league championship. Leagues such as the SMAA which have no jump facilities available on site may hold up to six jump meets, (three girls and three boys) for the long jump, triple jump, and pole vault events to allow athletes to qualify for the state meet.

Schools may list events such as the Bowdoin Relays or Dartmouth Relays as one of their eight team events for the athletes to qualify for the state meet. Athletes who participate as individuals may NOT qualify for the state meet unless it is one of the eight team meets (and the coach attends the meet with him/her). Meets listed on your schedule are the only meets at which an athlete may qualify for the state meet. All other exhibition meets, etc. do not count.

Rules: 2009-2010 National Federation Track and Field Rules and the Official Case Book situation rulings together with MPA Terms and Conditions set forth in this Bulletin are in effect. Each site shall establish a Games Committee which shall include the Meet Director, Meet Referee, MPA representative(s), and three coaches. The Games Committee duties and responsibilities are enumerated in the National Federation Officials Manual. Each Games Committee shall appoint a Jury of Appeals which shall serve as the final authority in appeals that fall within its jurisdiction as defined by the National Federation Rules. The Jury of Appeals shall consist of three officials chosen from the officials of the meet and an MPA representative(s). The Track Committee reserves the right to review upon request any decision made by the Jury of Appeals but may not overturn final scoring results of the meet.

ENTRIES

Number of Entries: A school may enter as many athletes per event that have qualified.

Seeding: Times and distances reported on the event entry form will be used for seeding purposes. If there are not enough competitors to fill the field (12), the field will be filled by the next best qualified (provisional) entries (including ties). **Entry forms are due by February 8, 2010 by 9:00pm.** No changes or additions will be accepted after February 8th. Coaches who wish to have an athlete entered must enter them on the event entry form. **This includes provisional athletes.** The MPA depends upon and expects careful and accurate seeding practices by all coaches.

Seeding Responsibilities: Individuals seeding the indoor track meet will adhere to the following guidelines:

1. They will not contact coaches/schools who have not entered events for which they have qualified.
2. Prepare a list of schools that do not submit forms on the assigned day (\$35).
3. If questions arise, the committee chair will be contacted.
4. No corrections to submitted seeds will be made without contacting the committee chair.
5. We ask the person doing data entry to question performances which may not be verified.

Uniform and Number: See Rule 4, Section 3, Articles 1-5 of the National Federation Rule Book.

Scoring: First through seventh places will be scored.

Event Entry: A competitor may enter any three events.

Relays: In relay events, a school may list up to eight members of the team to compete.

FIELD EVENTS

Shotput, Long Jump, and Triple Jump: During trials and finals, competitors with the best distances will perform last. It is recommended that the vector for the shotput be set at 34.92%.

Pole Vault and High Jump: A competitor is not a qualifier until a height has been made. A competitor may pass to any height. Athletes will compete in order of "worst to best."

RUNNING EVENTS

200, 400, 800, Mile and Two Mile Run: These events will be run as final races, scheduled below, by sections if necessary. Fast (seeded) sections will compete last. Once sections are determined, lanes will be assigned by performance (time).

Hurdles and Dash: Once heats are set up, preferred lanes are determined by time. The eight fastest times will advance to the finals. Lanes in the finals will be determined at the trials.

Relays: The 4 x 800 meter relay will be seeded by submitted times (S.M.A.A. team combinations of four anticipated runners) for everyone else your 4 X 800 relay best time. For the 4x200 meter relay Class A will be seeded by random draw and Class B will be seeded by performances.

Time Schedules: Each coach is responsible to see that his entries report to the various events as they appear in the Order of Events. Coaches must instruct their competitors to find out if they have qualified in events where semifinals or finals are being run. Rule 3-14-1, will be used to alert participants of upcoming events. Coaches may report for participants on first and second call. Competitors not reporting by final

call will be scratched. Meet officials are not responsible to look for, call or wait for late competitors.

Scratches: Any athlete who is scratched from an event or fails to show for an event for which they have been entered shall be immediately ineligible from further competition in that meet with the exception of both relays. All prior performances shall not be affected and will stand.

Inquiries, Complaints, and Appeals: Coaches may direct their complaints to the Referee (rules) or the Meet Director (entries or conduct of the meet). Officials' judgments are not appealable, but if rules are thought to have been misapplied, a written appeal stating the rule or T & C in question (form provided by the Meet Director) may be submitted for consideration by the Jury of Appeals. The form must be completed and submitted to the Jury with the \$35 fee. The coach may then add any additional pertinent data and will leave as a decision is made. If the decision is in favor of the complainant, the \$35 fee will be refunded. **Coaches and athletes are advised that the appeals procedure should be used judiciously and harassment of officials may be deemed to be unsportsmanlike conduct.**

The following standards for running events are for times achieved from fully automatic timing systems. A fully automatic timing system is one where the firing of the gun starts the system and a camera hooked to a computer figures the finish time. If you do not use an F.A.T. system you must convert times in the following manner: first round the time up to the nearest tenth of a second and then add .24 seconds to the time, e.g. if the hand held time in the 200 is 23.71, first round to 23.8 and then add .24 to get a time for seeding purposes of 24.04. For times achieved in the Expo, simply add or subtract the number in the hand held column to the time recorded in the Expo, there is no need to add the .24, it is built in the conversion. In the championship meet when F.A.T. timing is used for the dash and hurdles, just add the time in the automatic column.

2010 QUALIFYING STANDARDS - BOYS				
Event	Boys	Boys Expo	Hand Held	Automatic
Shot Put	41' 6"	41' 6"		
High Jump	5' 8"	5' 8"		
Long Jump	18' 9"			
Triple Jump	38' 6"			
Pole Vault	11' 0"			
55 HH	9.00	6.6	+2.40	+2.20
55 Dash	7.10	4.9	+2.20	+2.00
200 Dash	25.20	26.4	-1.2	
400 Dash	55.90	57.7	-1.8	
800 Run	2:11.00	2:13.7	-2.7	
1 Mile Run	4:55.00	5:01.0	-6.0	
2 Mile Run	10:40.00	10:50.0	-10.0	

2010 QUALIFYING STANDARDS - GIRLS
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Event	Girls	Girls Expo	Hand Held	Automatic
Shot Put	29' 6"	29' 6"		
High Jump	4' 8"	4' 8"		
Long Jump	14' 9"			
Triple Jump	31' 0"			
Pole Vault	8' 0"			
55 HH	10.10	7.5	+2.60	+2.40
55 Dash	8.00	5.5	+2.50	+2.30
200 Dash	28.90	29.7	-0.8	
400 Dash	1:07.50	1:08.7	-1.2	
800 Run	2:38.50	2:41.2	-2.7	
1 Mile Run	6:00.00	6:06.0	-6.0	
2 Mile Run	13:00.00	13:10.0	-10.0	

ORDER OF EVENTS

10:00 a.m. - Girls 4X800m Relay
Boys 4X800m Relay

11:30 a.m.

55 M. Hurdles Girls
55 M. Hurdles Semis Girls
55 M. Hurdles Boys
55 M. Hurdles Semis Boys
55 M. Dash Girls
55 M. Dash Boys
55 M. Dash Semis Girls
55 M. Dash Semis Boys
55 M. Hurdles Final Girls
55 M. Hurdles Final Boys
55 M. Dash Final Girls
55 M. Dash Final Boys
One Mile (timed sections if necessary) Girls
One Mile (timed sections if necessary) Boys
400 M. Run (timed sections if necessary) Girls
400 M. Run (timed sections if necessary) Boys
800 M. Run (timed sections if necessary) Girls
800 M. Run (timed sections if necessary) Boys
200 M. Dash (on time) Girls
200 M. Dash (on time) Boys
Two Mile Run Girls (timed sections if necessary)
Two Mile Run Boys (timed sections if necessary)
4X200m Relay Girls
4X200m Relay Boys

FIELD EVENTS

Group 1 – 10:00 a.m.

Shot Put Boys
High Jump Boys
Long Jump Girls
Pole Vault Girls

Group 2 - 11:30 a.m.

Long Jump Boys*
High Jump Girls

Group 3 – 1:00 p.m.

Shot Put Girls
Pole Vault Boys*
Triple Jump Girls*

Group 4 - 2:30 p.m.

Triple Jump Boys*

* Denotes events which will be started earlier whenever possible.

Events will run according to the order of events with time determined by the number of entries and facilities' limitations.

INDOOR TRACK CLASSIFICATION

CLASS A <u>800+</u>	CLASS B <u>0-799</u>	
Bangor	Bangor Christian*	Mt. Desert
Biddeford	Belfast	Mt. View
Bonny Eagle	Boothbay	North Yarmouth
Brewer	Bucksport	Old Orchard*
Brunswick	Camden Hills*	Old Town
Cheverus (11)	Cape Elizabeth	Orono
Cony	Central	Piscataquis*
Deering	Ellsworth	Poland
Edward Little	Erskine	Rockland
Gorham	Falmouth	Searsport*
Kennebunk*	Foxcroft	Sumner
Lawrence	Freeport	Traip
Lewiston	Fryeburg*	Waterville
Maranacook*(11)	Gardiner	Wells
Marshwood	George Stevens	Winslow
Massabesic*	Gray-New Gloucester	Yarmouth
Messalonskee*	Greely	York
Morse* (11)	Hall Dale*	
Mt. Ararat	Hampden	
Mt. Blue*	Hermon	
Noble	John Bapst	
Oxford Hills	Lake Region	
Portland	Leavitt	
Sanford*	Lincoln	
Scarborough	Maine Central Institute*	
Skowhegan	Mattanawcook	
South Portland	McAuley	
Thornton	Medomak*	
Westbrook (11)		
Windham		

* Denotes Individuals
2009 Version

NEW ENGLAND COMPETITION

Coaches of athletes who place (1-7) in each event should be prepared to forward **status of their entries** to George Mendros (gmendros@maine.rr.com) no later than Tuesday, February 16th. Qualifiers will be posted on Sub 5 the next day (Wednesday, February 17th). Athletes who are not submitted by their coach will not be seeded.

Athletes will be selected based on the results of state competition. **The champion in each event for Class A and B and the next four best finishers will represent the state.** Maine will be allowed to have six athletes and relay teams in each event. Pole vault and triple jump are not events and the 300, 600m, and 1000m races replace Maine's 200m, 400m, and 800m races. Each athlete will be allowed to participate in three races/events or relays. [Athletes' selection and notification will be handled by George Mendros (home phone (282-5065) or gmendros@maine.rr.com). Appeals of George's decisions will be handled by the Indoor Track Committee Chairperson.] Every effort is made to fill the field with only state scoring athletes.

The MPA will enter all qualified athletes. Information will be distributed to all coaches in their post season event championship packets and posted on the MPA and New England Council web pages. It is the parents' or school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The school, which the qualifying athlete attends, has an automatic waiver of the Sport Season Policy for the athlete. A coach may work with the qualifying athlete prior to the event and coach the athlete at the New England Competition. If a Saturday competition should be postponed to Sunday for any reason, Maine's athletes will **not** be allowed to compete.

A coach who holds current coach's eligibility status must be present and assume responsibility for a school's athlete(s) at the New England Competition.

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