



District E Decathlon

Meet Directors

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Dear Coach,

Your athletes are invited to compete in the 36th annual boy's decathlon to be held on Tuesday & Wednesday, **June 4 & 5, 2019** at *Shepherd Hill Regional HS*. The official start with the running events will be at 3:30 each day and the rain date will be Thursday June 6, 2019. *If possible, we encourage athletes to arrive early to start a field event.*

Registration

Entries must be done on Direct Athletics. Entry Deadline is Saturday, June 1, 2019 at 10:00pm. Only team entry page with appropriate signatures must be mailed to Len Harmon by June 1, 2019. If coach emails a copy of entry form, the **actual signed form must be to meet director by meet day or athletes will not be able to compete.**

The entry fee (*not participation fee*) of the meet is \$20.00 for each athlete and checks should be made out to **District E Track & Field**. Entry fee or purchase order must be in no later than the meet day. *Late registration fee of \$50 per registrant, if meet director is contacted first. If mailing check separately, please mail entry fee check to Mr. Michael O'Malley Treasurer, District E Track & Field, 69 Holden Street Apt#1, Worcester, MA. 01605 and note what meet this check is for.*

Awards

Plaques will be given to the top 25 individual scorers and to the top 3 teams. Any athlete leaving early must make their own arrangements to pick up awards. Only one team per school may be entered in the team competition and these athletes must be declared before competition starts. **T-shirts will be guaranteed to the first 72 athletes who register and compete both days, so enter early!!**

Athletes should be ready to compete in all events the first day !!!!

All measurements will be done in metrics.

Day 1 Events

100 m. Dash (everyone does together)
High Jump
Discus
Long Jump
400 m. Run (with anyone available)

Day 2 Events

110 m. Hurdles
Triple Jump
Shot Put
Javelin
1500 m. Run

- 1) The first running event starts at 3:30 each day. Due to the size of the meet, athletes who arrive early may start a field event but will have to stop at 3:15 so that everyone can do the dash/hurdles together even if they are not done that event.
- 2) When an athlete finishes one event, he should go to another event immediately.
- 3) Coaches should check in immediately upon arrival for scratches, team members, etc.
- 4) The 100 and 110 hurdles will be run in groups of eight by group selected randomly by the computer.
- 5) The 400 and 1500 will be run in groups with any athlete ready to run.
- 6) T-shirts will be given out during day #2 for the first 72 registered and who compete ***both days only***.
- 7) Any athlete needing to leave early for graduation, etc. should see David Wilbur before the competition starts.
- 8) The high jump will run as follows. Each boy gets to jump at a maximum of 3 heights. He selects an opening height and gets 3 attempts to clear. If he fails to clear he is finished, if he clears he chooses his next height and again gets 3 attempts. If he clears he chooses his last height and gets 3 attempts to clear. The bar will go up approximately 2" at a time. Height will be approximately even inches – 4'10", 5'0, etc.
- 9) Scoring will be done by computer and updated as best as possible throughout the meet. Check your first day totals carefully when you arrive on day #2 to make sure there are OK.
- 10) Results will be posted on at coolrunning.com and direct athletics as soon as possible.
- 11) Weather – If poor weather exists, check to see if meet is postponed by calling David Wilbur at 508-335-0764 after 12:00 noon.

DECATHLON RECORDS

| <i>Event</i> | <i>Name</i> | <i>School</i> | <i>Record</i> | <i>Date</i> |
|-----------------------------|------------------|---------------|---------------|-------------|
| Shot Put | Kevin Murphy | Oakmont | 54'4" | 1984 |
| Discus | Steve Anderson | Oakmont | 162'9" | 1997 |
| High Jump | Chad Kopp | St. John's | 6'6" | 1992 |
| | Trent Baltzell | Sutton | 6'6" | 2009 |
| Long Jump | Jon Fagan | Milford | 22'4 ¼ " | 2002 |
| Triple Jump | Kurt Robakiewicz | Nipmuc | 45'10 ¾ " | 2015 |
| Pole Vault | Bill Carrier | Westboro | 12'6" | 1983 |
| Javelin | Manny Alves | Marlboro | 204'4" | 1983 |
| 100 M. Dash | Kelly Edwards | Gardner | 10.50 | 1990 |
| 100 Yd. Dash | Kelly Edwards | Gardner | 10.4 | 1989 |
| 400 M. Dash | Kelly Edwards | Gardner | 49.2 | 1990 |
| 400 Yd. Dash | Chuck Eck | Shrewsbury | 50.7 | 1986 |
| 110 M. High Hurdles | Jon Fagan | Milford | 15.0 | 2002 |
| 120 Yd. High Hurdles | Kelly Edwards | Gardner | 15.3 | 1989 |
| 1500 M. Run | Kevin Turner | St. Johns | 4:15.70 | 2008 |
| Mile Run | Rich McCauliff | Lunenburg | 4:34.6 | 1984 |
| Individual Points | Trent Baltzell | Sutton | 6,314 | 2009 |
| Team Points | | St. Johns | 16,943 | 2008 |

TOP 25 OF 2018

| <i>Place</i> | <i>Name</i> | <i>School</i> | <i>Points</i> |
|--------------|-------------------|------------------|---------------|
| 1 | Manni Peri-Okonny | Wachusett | 6,102 |
| 2 | Joe Jepson | Sutton | 5,781 |
| 3 | Riley Patten | Groton Dunstable | 5,455 |
| 4 | Jacy Kretas | North Middlesex | 5,325 |
| 5 | Adam Digman | Murdock | 5,248 |
| 6 | Gavin Maenzo | Wachusett | 5,054 |
| 7 | Michael Keohane | St. Johns | 5,051 |
| 8 | Jake Netter | Lunenburg | 4,954 |
| 9 | Ryell deRuijter | Bromfield | 4,911 |
| 10 | Ben Sacramone | Quabbin | 4,870 |
| 11 | Colin Flanagan | Nipmuc | 4,810 |
| 12 | Alec Goldenberg | Douglas | 4,723 |
| 13 | Alex Sellars | Groton Dunstable | 4,694 |
| 14 | Will Armstrong | Bromfield | 4,650 |
| 15 | Kyle Belmonte | Shepherd Hill | 4,595 |
| 16 | Will Squires | Bromfield | 4,556 |
| 17 | Shaun Daley | Shrewsbury | 4,490 |
| 18 | Nate Meyer | Shrewsbury | 4,452 |
| 19 | Jacob Scharn | Groton Dunstable | 4,450 |
| 20 | Ryan Thira | Murdock | 4,379 |
| 21 | Dante Bois | Wachusett | 4,315 |
| 22 | Richard Swanson | Murdock | 4,339 |
| 23 | Jacob Russ | Wachusett | 4,315 |
| 24 | Cole Anderson | Westborough | 4,305 |
| 25 | Dan Rickson | Tantasqua | 4,305 |

PAST CHAMPIONS

Individual Champions

Team Champions

| <i>Year</i> | <i>Name</i> | <i>School</i> | <i>Points</i> | <i>Team</i> | <i>Points</i> |
|-------------|-------------------------|------------------------|---------------|-------------------------|---------------|
| 1983 | Kurt Brouillet | Gardner | 5,650 | Nashoba Tech | 14,900 |
| 1984 | Jamie Aubuchon | Leominster | 5,880 | Lunenburg | 14,460 |
| 1985 | Jamie Aubuchon | Leominster | 6,260 | Leominster | 15,540 |
| 1986 | Chuck Eck | Shrewsbury | 6,000 | Shrewsbury | 16,610 |
| 1987 | Lincoln Waterhouse | Wachusett | 5,701 | Wachusett | 15,311 |
| 1988 | Lincoln Waterhouse | Wachusett | 5,964 | Gardner | 16,433 |
| 1989 | Gary Morse | Wachusett | 5,089 | Gardner | 14,773 |
| 1990 | Kelly Edwards | Gardner | 5,919 | Gardner | 13,760 |
| 1991 | Chris Woodis | Wachusett | 5,735 | Wachusett | 14,400 |
| 1992 | Chad Kopp | St. John's | 5,790 | Algonquin | 13,364 |
| 1993 | Jarrold Clements | Algonquin | 5,648 | Algonquin | 15,332 |
| 1994 | Jayson Kusy | Auburn | 5,314 | Auburn | 13,971 |
| 1995 | James Demers | Burncoat | 5,572 | Algonquin | 13,495 |
| 1996 | Joe O'Loughlin | Oxford | 6,226 | Fitchburg | 14,805 |
| 1997 | Steve Anderson | Oakmont | 5,631 | Shepherd Hill | 13,702 |
| 1998 | Dan Conti | Quabbin | 5,452 | Fitchburg | 13,958 |
| 1999 | Lincoln Marcoux | Shepherd Hill | 5,305 | Shepherd Hill | 14,998 |
| 2000 | Adi Krysewski | Groton-Dunstable | 6,142 | Shepherd Hill | 16,147 |
| 2001 | Kris Lake | Shepherd Hill | 5,991 | Millbury | 15,214 |
| 2002 | Ben Hehn | Whitinsville Christian | 6,150 | Algonquin | 15,301 |
| 2003 | Ryan Logan | Fitchburg | 5,801 | Fitchburg | 15,066 |
| 2004 | Doug Caves | Oxford | 5,631 | Oxford | 15,840 |
| 2005 | Ryan Randall | Hudson | 5,556 | Westborough | 16,757 |
| 2006 | Ryan Randall | Hudson | 5,594 | Hudson | 14,836 |
| 2007 | Brad Holden | Lunenburg | 5,573 | Oakmont | 15,191 |
| 2008 | Andrew Powell | St. Johns | 6,199 | St. Johns | 16,943 |
| 2009 | Trent Baltzell | Sutton | 6,314 | Sutton | 15,490 |
| 2010 | Mark Hill | Sutton | 5,503 | Doherty | 15,289 |
| 2011 | Mark Hill | Sutton | 5,671 | Sutton | 16,131 |
| 2012 | No Event due to Weather | - | - | No Event due to Weather | - |
| 2013 | Chang Bae Son | Wachusett | 5,617 | Wachusett | 14,659 |
| 2014 | Cal White | Shepherd Hill | 5,217 | Shepherd Hill | 14,094 |
| 2015 | Keefer Canty | Grafton | 6,134 | Nipmuc | 16,128 |
| 2016 | Kevin Hack | Nipmuc | 5,335 | Sutton | 13,932 |
| 2017 | Manni Peri-Okonny | Wachusett | 5,589 | Sutton | 15,369 |
| 2018 | Manni Peri-Okonny | Wachusett | 6,102 | Wachusett | 15,229 |



2019 Decathlon Entry Form

School: _____ School Tel. # _____

Coach: _____ Coach's Home Tel. # _____

Coach's Cell Tel. #: _____

Coach Email Address: _____
(for confirmation)

Coach can be reached during day if meet has to be postponed - Tel. # _____

Put an * in team column next to each member's name of your school's 3-man team. This must be done when you send your registration so we may enter it in the computer with your athlete's names !!!

| # | Team | Name | Grade | # | Team | Name | Grade |
|---|------|------|-------|----|------|------|-------|
| 1 | | | | 11 | | | |
| 2 | | | | 12 | | | |
| 3 | | | | 13 | | | |
| 4 | | | | 14 | | | |
| 5 | | | | 15 | | | |
| 6 | | | | 16 | | | |
| 7 | | | | 17 | | | |
| 8 | | | | 18 | | | |
| 9 | | | | 19 | | | |
| 1 | | | | 20 | | | |

Enclosed entry fee for _____ @ \$20.00 each = \$ _____

We attest that the athletes listed above are student athletes in good standing from our high school. Our school district recognizes that there are certain risks associated with participation in this sport and hereby waives, releases and holds harmless the District E Track and Field Committee, its officers, sponsors, supervisors and representatives for any injury that may be incurred by one of our athletes in the normal course of participation in this event.

Date: _____

Principal's Signature

Principal's Name Printed

Athletic Director's Signature

Athletic Director's Name Printed

This original form must be completed and submitted by meet day or athletes will not be allowed to compete.



SCHOOL: _____

THE DISTRICT E TRACK & FIELD COMMITTEE INC.

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION (MIAA)

OUTDOOR Track Coaches Emergency Contact Form

Girls Head Coach: _____ Cell # _____

Boys Head Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Each school is responsible to have a rally point for their team in case of any emergency exit, including weather. Please make sure all of your student-athletes are aware of your plan.

This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes and they will contact the coach.

In case of a medical situation that requires 911 to be accessed, the Meet may be put on hold until the situation subsides by local public safety.

In case of inclement weather-all teams will evacuate under the direction of the Meet Director and or Police to the closest facility or bus.

Prior to the start of the Meet, each coaching staff must be represented at the coaches meeting - the Meet Director will review the site's emergency evacuation procedures.

Catastrophic Major Emergency Event Plan

2018-19 District E Track & Field Committee Inc. Event

In the event of a catastrophic situation takes place at a District E Track & Field Committee Inc. event, the following protocols are in place to ensure the safety of athletes, coaches & spectators at all District E Track & Field Committee Inc. events. It will be understood that local operating procedures established by the host town/city protocols will take precedent, depending on the nature of the catastrophic event. At any District E event, the designated Meet Director will have control of the venue.

MEDICAL - All District E Track & Field Committee Inc. sites have certified athletic trainers. If an ambulance is needed to transport, medical staff will notify the Meet Director. District E Track & Field Committee Inc. support personal will guide the ambulance in to the location designated by medical staff. If there are multiple injuries, meet management will take any and all action, to delay, postpone and/or cancel the event if resources are excessive, or conditions warrant as such. All District E Track & Field Committee Inc. events will have an AED on site at all times.

When

calling for ambulance the following information should be provided:

1. Location
2. Situation
3. How many patients?
4. Injuries?

LAW ENFORCEMENT - District E always has a police detail at all sites, if needed/inform the Meet Director, who will contact the designated police detail or call 911.

Examples:

1. Fight that cannot be broken up
2. Someone with a weapon
3. Threatening situation
4. Accident in the parking lot
5. Explosion
6. Fire
7. Theft
8. Evacuation

FIRE DEPARTMENT – Contact the Meet Director

1. The Meet Director will call for an ambulance, if needed.
2. Fire on site
3. Explosion
4. Injury by car, golf cart, or entrapment is involved.

WEATHER EMERGENCY - The Meet Director should specify where teams, spectators, officials, etc., should go. This would be site specific, with the Meet Director spelling out ahead of time where to go if the site needs to be evacuated due to a weather emergency