



# District E “Donald Woods” Pentathlon

## Meet Directors

Len Harmon  
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## Dear Coach,

Your athletes are invited to compete in the 35th annual girl’s pentathlon to be held on Monday, **June 3, 2019** at Shepherd Hill Regional High School in Dudley. The official start with the running events will be at 3:30 and the rain date will be Tuesday June 4, 2019 (combined with the boy’s decathlon). If possible, we encourage *athletes who arrive early to start a field event.*

### Registration

**Enties 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 three 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, so enter early!!**

### SCHEDULE OF EVENTS

100 m. Hurdles	## The computer will assign heats and lanes for this race only.
High Jump	* There will be 2 high jump pits with varied starting heights.
Shot Put	@ There will be 2 shot put areas for any athlete to use.
Long Jump	# There will be 2 long jump pits used. Athletes may use either pit.
800 m. Run	^Groups of 8-15 with any athletes ready will run when ready.

### PENTATHLON RECORDS

Event	Name	School	Record	Year
Shot Put	Kristen Orrell	Millbury	42’10 3/4”	2009
High Jump	Amy Collins	Wachusett	5’6”	2013
Long Jump	Adja Sakor	Worcester Tech	18’ 7 1/4”	2017
100 m. Hurdles	Danielle Gilliatt	Marlboro	15.1	1990
800 m. Run	Sarah Heitmeyer	Litleton	2:18.73	2015
880 yd. Run	Betsy Cowles	Shrewsbury	2:24.5	1985
Individual Points	Sara James	Wachusett	3,139	2018
Team Points		Murdock	8,660	1984

### Meet Information

- 1) The first running event starts at 3:30. 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 hurdles together even if they are not done that event.
- 2) Coaches should check in immediately upon arrival for scratches, team members, etc.
- 3) Results will be posted on *coolrunning.com* and *directathletics.com*.
- 4) All field events will be measured in metrics.
- 5) The high jump runs as follows. Each girl gets to jump at a maximum of 3 heights. She selects her opening height and gets 3 attempts to clear. If she fails to clear she is finished, if she clears, she chooses her next height and again gets 3 attempts. If she clears she chooses her last height and gets 3 attempts to clear, if she misses she is finished. The bar will be raised about 2” each time.
- 6) If poor weather exists, check to see if meet is postponed by calling Len Harmon at 508-335-0764 **after** noon.
- 7) T-shirts will be given out **during** the competition to the coaches for athletes participating only.

*Past Individual Champions**Past Team Champions*

Year	Name	School	Points	Team	Points
1984	Mary Ellen Creamer	Shepherd Hill	2,410	Murdock	8,660
1985	Caryn Figueras	Shrewsbury	2,690	Shrewsbury	7,810
1986	Caryn Figueras	Shrewsbury	3,120	Shrewsbury	8,420
1987	Caryn Figueras	Shrewsbury	2,924	Shrewsbury	7,524
1988	Caryn Figueras	Shrewsbury	2,838	Wachusett	7,578
1989	Danielle Gilliatt	Marlboro	2,970	Algonquin	6,682
1990	Danielle Gilliatt	Marlboro	3,050	Algonquin	6,995
1991	Andrea Fiske	Shrewsbury	2,951	Shrewsbury	7,335
1992	Nijole Boudreau	Lunenburg	2,487	Lunenburg	5,928
1993	Carla Berube	Oxford	2,470	Hudson	6,440
1994	Nicole Ethier	Hudson	2,717	Hudson	6,498
1995	Leslie Hartlen	Marlboro	2,832	Grafton	6,553
1996	Galia Halpern	Algonquin	2,707	Algonquin	6,988
1997	Jill Croft	Gardner	2,842	Algonquin	7,673
1998	Galia Halpern	Algonquin	2,666	Algonquin	7,754
1999	Jana Bromell	David Prouty	2,679	Whitinsville Christian	6,586
2000	Jill Thibodeau	Oakmont	2,606	Oakmont	6,863
2001	Bethany Miczek	Leicester	2,629	Northbridge	6,645
2002	Liz Long	Bromfield	3,023	Oakmont	7,338
2003	Krystin Gavin	Tantasqua	2,373	Northbridge	6,908
2004	Sarah Conroy	Fitchburg	2,801	Tantasqua	6,669
2005	Sarah Brassard	Oxford	2,281	Lunenburg	5,856
2006	Sarah Conroy	Fitchburg	2,688	Fitchburg	6,579
2007	Kaitlyn DiBuono	Auburn	2,619	Lunenburg	7,150
2008	Kelly Samoiloff	Lunenburg	2,694	Lunenburg	7,210
2009	Emily Clark	Nashoba	2,663	Lunenburg	6,976
2010	Hannah Janeczak	Doherty	2,881	Algonquin	7,548
2011	Ariele Krevosky	Sutton	2,886	Milford	7,996
2012	No Event Due to Weather	-	-	No Event Due to weather	-
2013	Amy Collins	Wachusett	3,042	Nashoba	6,401
2014	Abby Epplert	Whitinsville Christian	2,869	Wachusett	7,036
2015	Sara James	Wachusett	2,857	Wachusett	7,540
2016	Sara James	Wachusett	3,054	Marlborough	7,144
2017	Sara James	Wachusett	2,829	Westborough	6,871
2018	Sara James	Wachusett	3,139	Westborough	8,060

**TOP 20 OF 2018**

<i>Place</i>	<i>Name</i>	<i>School</i>	<i>Points</i>
<b>1</b>	Sara James	Wachusett	3,139
<b>2</b>	Grave Desmond	Westbrough	2,954
<b>3</b>	Emma Phelps	Westorough	2,775
<b>4</b>	Amber Green	Lunenburg	2,605
<b>5</b>	Sarah Bishop	Wachusett	2,579
<b>6</b>	Alexia Allard	Murdock	2,428
<b>7</b>	Heidi Yap	Westborough	2,363
<b>7</b>	Fleur Balough de Galanthe	Grafton	2,363
<b>9</b>	Meghana Para	Westborough	2,331
<b>10</b>	Maddy Carroll	Wachusett	2,325
<b>11</b>	Amyah Santana	Wachusett	2,324
<b>12</b>	Sarah Durkin	Wachusett	2,278
<b>13</b>	Jenna Keeman	Douglas	2,238
<b>14</b>	Sheila Sossavi	Marlborough	2,237
<b>15</b>	Kristen Strudel	Westborough	2,178
<b>16</b>	Norah Garvey	Sutton	2,177
<b>17</b>	Ella Van Tol	Whitinsville Christian	2,102
<b>18</b>	Georgia Shampine	Quabbin	2,091
<b>19</b>	Ellie Donovan	Sutton	2,082
<b>20</b>	Emerson Scott	Fitchburg	2,061

# 2019 Pentathlon Entry Form



School: \_\_\_\_\_ School Tel. # \_\_\_\_\_

Coach: \_\_\_\_\_ Coach's Home Tel. # \_\_\_\_\_

Coach Email Address: \_\_\_\_\_  
Coach's Cell #: \_\_\_\_\_

Coach can be reached at during the day if meet has to be postponed: Tel# \_\_\_\_\_

**Put an \*in the column next to each member's name of your school's 3-person team.**

#	Team	Name	Grade	#	Team	Name	Grade
1				11			
2				12			
3				13			
4				14			
5				15			
6				16			
7				17			
8				18			
9				19			
10				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

\_\_\_\_\_  
Athletic Director's Signature

\_\_\_\_\_  
Principal's Name Printed

\_\_\_\_\_  
Athletic Director's Name Printed

**This form must be completed and original 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.**

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## **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