



# District E Decathlon

## Meet Directors

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## Dear Coach,

Your athletes are invited to compete in the 37th annual boy's decathlon to be held on Tuesday & Wednesday, **June 9 & 10, 2020** 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 11, 2020. *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 6, 2020 at 9:00pm.** Only team entry page with appropriate signatures must be mailed to Len Harmon by June 6, 2020 unless your school has filed a one-time waiver for all meets. 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, unless your school has filed a one-time waiver form already.**

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 120 athletes who register and compete both days, so enter early!!** Any extra shirts will be sold for cost at the finish line tent.

***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](http://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>
<b>Shot Put</b>	Kevin Murphy	Oakmont	54'4"	1984
<b>Discus</b>	Steve Anderson	Oakmont	162'9"	1997
<b>High Jump</b>	Chad Kopp	St. John's	6'6"	1992
	Trent Baltzell	Sutton	6'6"	2009
<b>Long Jump</b>	Jon Fagan	Milford	22'4 1/4 "	2002
<b>Triple Jump</b>	Kurt Robakiewicz	Nipmuc	45'10 3/4 "	2015
<b>Pole Vault</b>	Bill Carrier	Westboro	12'6"	1983
<b>Javelin</b>	Manny Alves	Marlboro	204'4"	1983
<b>100 M. Dash</b>	Kelly Edwards	Gardner	10.50	1990
<b>100 Yd. Dash</b>	Kelly Edwards	Gardner	10.4	1989
<b>400 M. Dash</b>	Kelly Edwards	Gardner	49.2	1990
<b>400 Yd. Dash</b>	Chuck Eck	Shrewsbury	50.7	1986
<b>110 M. High Hurdles</b>	Jon Fagan	Milford	15.0	2002
<b>120 Yd. High Hurdles</b>	Kelly Edwards	Gardner	15.3	1989
<b>1500 M. Run</b>	Kevin Turner	St. Johns	4:15.70	2008
<b>Mile Run</b>	Rich McCauliff	Lunenburg	4:34.6	1984
<b>Individual Points</b>	Trent Baltzell	Sutton	6,314	2009
<b>Team Points</b>		St. Johns	16,943	2008

## **TOP 20 OF 2019**

<i>Place</i>	<i>Name</i>	<i>School</i>	<i>Points</i>
<b>1</b>	Adam Digman	Murdock	5,763
<b>2</b>	Luke Stelmach	Wachusett	5,279
<b>3</b>	Nathan Grill	Shrewsbury	5,260
<b>4</b>	Nolan McHugh	Wachusett	5,220
<b>5</b>	Gabriel DosSantos	Shepherd Hill	5,056
<b>6</b>	Spencer Braithwaite	Wachusett	4,960
<b>7</b>	Jacob Scharn	Groton Dunstable	4,932
<b>8</b>	Connor Rich	Tantasqua	4,885
<b>9</b>	Eli Harmon	Shepherd Hill	4,864
<b>10</b>	Jared Joyce	Nipmuc	4,841
<b>11</b>	Adam Katerji	Shrewsbury	4,802
<b>12</b>	David Gardner	Lunenburg	4,724
<b>13</b>	Theodore Miller	Leicester	4,721
<b>14</b>	Reed Cherry	Littleton	4,720
<b>15</b>	Jeremy James	Westborough	4,694
<b>16</b>	Douglas Cain	Wachusett	4,654
<b>17</b>	Malakai Krashoushas	Quabbin	4,642
<b>18</b>	Trent Tessier	Groton Dunstable	4,587
<b>19</b>	Cole Anderson	Westborough	4,569
<b>20</b>	Shaun Daley Jr.	Shrewsbury	4,564

## 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	Adam Digman	Murdock	5,763	Wachusett	15,459

To be filled out if your school did not file a one-time waiver for all meets.



## 2020 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

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

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

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

**Must be done by ALL Schools to be able to compete!!!**

**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 personnel 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