



2018 - 2019 BOYS' & GIRLS' INDOOR TRACK FORMAT



Sport Specific Information

2018 - 2019 CROSS COUNTRY & TRACK COMMITTEE MEMBERS

- | | | | |
|---------|---|---------|--|
| Dist. A | Mr. Scott Young, A.P.
North Andover H.S. | Dist. G | Mr. Jake Schultz, A.P.
Mt. Greylock Reg. (Williamstown) |
| | Mr. Tom Gallagher, A.D.
Ipswich H.S. | | Mr. Keith Thomson, A.D.
Lee Middle/High School |
| Dist. B | Dr. Matthew Janger, Principal
Arlington H.S. | Dist. H | Mr. Mike Nicholson, A.P.
Xaverian Brother HS (Westwood) |
| | Mr. Tom Zaya, A.D.
Reading Memorial H.S. | | Mr. Joseph Stuart, A.D.
Cristo Rey Boston (Dorchester) |
| Dist. C | Dr. Jamie Chisum, Principal
Wellesley High School | | |
| | Mr. Peter Rittenburg, A.D.
Brookline High School | | Officials' Representative
Mr. Chris Lane
Mr. Chris Woods |
| Dist. D | Mr. Chris Costa, A.P.
Joseph Case HS (Swansea) | | Coaches' Representatives
Mr. Jim Hoar
Mr. Frank Mooney |
| | Mr. William Tilden, A.D.
Old Rochester Reg. (Mattapoisett) | | Consultant
Mr. John Monz |
| Dist. E | Mr. Mike McCaffrey, A.D.
Groton-Dunstable Reg. H.S. | | At-Large
Mr. Joseph LeMar
Mr. Garcia Dalzon
Ms. Amanda Alpert
Ms. Liz Haygood |
| | Mr. Jeff Lizotte, A.P.
Shrewsbury H.S. | | MASS
Mr. Christopher Malone |
| | Mr. Tim Johnson, A.P.
Hopedale Jr/Sr High School | | MASC
Mr. Tass Filledes |
| | Mr. Ben Benoit, A.D.
Parker Charter Essential(Devens) | | |
| Dist. F | Mr. John Goda, A.D.
Pope Francis HS (Springfield) | | |
| | Ms. Gina Johnson, A.D.
Pioneer Valley Reg. HS (Northfield) | | |

MIAA Staff Liaison
Mr. Keith McDermott
Assistant Director

2018-2019 INDOOR TRACK TOURNAMENTS
ALL MEETS WILL TAKE PLACE AT THE REGGIE LEWIS TRACK & ATHLETIC CENTER, ROXBURY, MA

ENTRY REQUIREMENTS & INFORMATION	DATES	TOURNAMENT DIRECTOR																																												
Cut-off Date	Sunday, February 10, 2019																																													
Entry Deadline: Date and time when the entry must be posted electronically on Direct Athletics . All performances must be attained by cut-off date this indoor season.	Monday, February 11, 2019 @ noon	<p align="center">Divisional Directors</p> <p>Div 1 – Tom Stewart tstewart@hcc.edu</p> <p>Div 2 – Rick Kates: rkates@ndahingham.com</p> <p>Div 3 – Irwin Cohen: irwincohen59@yahoo.com</p> <p>Div 4 – Ed Hichborn: ehich@verizon.net</p> <p>Div 5 – Pete McCauliff: pmccauliff@gmail.com</p> <p align="center">State Director Rick Kates</p>																																												
Preliminary Performance List Date and time performance lists will be on www.miaa.net	Monday, February 11, 2019 - 4:00 pm																																													
Late Entries (If school fined for Outdoor Track &/or Cross Country for late entry – fine must be paid to participate in Indoor Track tournaments)	Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event. All corrections must be completed by noon on Tuesday, Feb. 12 th . No changes will be allowed on the switching of events for any athlete.																																													
Final Deadline: Date and time after which no entries will be accepted by the Tournament Director	Tuesday, February 12, 2019 – 12:00 NOON																																													
Final Performance List: Only list used for all Divisional Meets.	Tuesday, February 12, 2019 – 5:00 PM																																													
<p>Tournament Dates Divisional Meets: (always held the week before Feb. vacation – President’s Day is always the Monday of vacation week)</p> <hr/> <p>All-State Meet:</p> <hr/> <p>Div.5 - Wednesday, February 13, 2019 4:30PM</p> <p>Div.1 - Thursday, February 14, 2019 4:30 PM</p> <p>Div.2 - Friday, February 15, 2019 4:30 PM</p> <p>Div.3 - Saturday, February 16, 2019 10:30 AM</p> <p>Div.4 - Sunday, February 17, 2019 1:00 PM</p> <hr/> <p>Saturday, February 23, 2019 10:30 AM</p> <hr/> <p>If a postponement is necessary for any reason, a notice will be posted on the MIAA website: www.miaa.net No postponement notice means the meet will be held as scheduled.</p>		<table border="1" data-bbox="1149 905 1511 1182"> <thead> <tr> <th colspan="4">Divisional Tournament Rotation</th> </tr> <tr> <th>2019</th> <th>2020</th> <th>2021</th> <th>2022</th> </tr> </thead> <tbody> <tr><td>5</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>1</td></tr> <tr><td>4</td><td>5</td><td>1</td><td>2</td></tr> </tbody> </table> <table border="1" data-bbox="1149 1213 1511 1493"> <thead> <tr> <th colspan="3">Divisional Tournament Rotation</th> </tr> <tr> <th>2023</th> <th>2024</th> <th rowspan="6">2020 Tournament dates: 2/12-16 & 2/22</th> </tr> </thead> <tbody> <tr><td>4</td><td>5</td></tr> <tr><td>5</td><td>1</td></tr> <tr><td>1</td><td>2</td></tr> <tr><td>2</td><td>3</td></tr> <tr><td>3</td><td>4</td></tr> </tbody> </table>	Divisional Tournament Rotation				2019	2020	2021	2022	5	1	2	3	1	2	3	4	2	3	4	5	3	4	5	1	4	5	1	2	Divisional Tournament Rotation			2023	2024	2020 Tournament dates: 2/12-16 & 2/22	4	5	5	1	1	2	2	3	3	4
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Click here for parking info	<p align="center">Snow Dates: Divisional Meets and or All-State Meet will be first available date.</p>																																													
		Deadline																																												
Boys' & Girls' Official Indoor Track Entry through Direct Athletics website (see process on next page)	February 11, 2019 - Noon																																													
Ralph Lord Team Sportsmanship Nomination For Boys Indoor Track	February 1, 2019																																													
Joan Doherty Team Sportsmanship Nomination For Girls Indoor Track	February 1, 2019																																													

ALERT: IMPORTANT ENTRY INFORMATION

It is the athletic director and/or coaches' responsibility to correctly submit all tournament entries. Tournament directors will make courtesy calls identifying errors whenever possible. However, this in NO WAY places the responsibility for the entry correctness with the tournament director. If there is an undetected error, the Athletic Director/Coach will accept the responsibility, even if the error means athlete(s) is/are ineligible to compete in the championship meet.

Electronic entry via the Direct Athletics website certifies that you **have read and agree** to the following: We have read, understand, and will abide by the MIAA Handbook as well as the rules for Indoor Track. Further, we have received and read the entire Indoor Track Format and agree to abide by all the requirements contained therein. We alone are responsible for Schedule/Rule violations and we realize that rule violations will result in Tournament Disqualification.

Your entry must be posted on the Direct Athletics website by Monday, February 11, 2019 at 12:00 noon. Failure to post this entry on time will result in a late fee of \$300 per athlete per event (see page 2 of format for Late Entry Information). **All changes if made, must be submitted to the Tournament Director and must be completed by NOON on Tuesday, February 12th.**

Entry Process: Entries done on Direct Athletics Website: www.directathletics.com

1 – Schools are allowed to enter athletes who qualify on Direct Athletics as soon as they like. Changes are allowed up to the Entry Deadline of noon on Monday, February 11th. Our goal is to have full fields in all events.

- When entering, coaches will need to list performance & where & when from current Indoor season.
- If an athlete has met the Qualifying Standard posted in this format, that athlete has qualified –automatically will compete if entered.
- If the field is not filled in an event, the tournament director will fill the field up to 24 in field events, 24 in relays and 32 in running events. **Coaches should enter all athletes who have legitimate chance for acceptance in top 32 or 24.**
- For example: Girls 300 –if only 10 are entered and have met the Qualifying Standard -Tournament will take next 22 entered on www.directathletics.com

Conflict: How do coaches know if their athlete will make it in or not?

- All entries are visible on www.directathletics.com for each meet. Provided all entries are verified. Those athletes will be selected.

Limits: Each athlete may be only entered in three individual events plus relays. Prior to the start of the meet-athletes must be declared for the meet including the relays (3 max).

2 - Each school must have a username/password for Cross Country and Indoor/Outdoor Track & Field. Schools have the option for setting up for 2 accounts or separate XC and Indoor/Outdoor Track & Field. Schools have the option of setting up one account for all three seasons, or two separate accounts for each season. Athletic Directors with input from their coaches should make this decision. If you already have a Direct Athletics account for your team/school, you do not need to create a new one. **When entering a performance with a hand time - need to put an "h" after time. Example: 55m hand time of 8.1, enter 8.1h; 1000m hand time of 2:42.9, enter 2:42.9h**

3 – **Contact information: The coach must be listed as the contact. Each tournament director will have access to this information. Please do not list the school Athletic Assistant or Secretary, as this will delay the process when an issue arises or last minute information is needed. Information should include current e-mail and phone number(s), the number should be accessible beyond school hours, since most meets occur on weekends.**

4 – Rosters need to be updated as the season goes along, this will make the entry process go smoother at the deadline time.

5 – **Once your entries are completed you must print out a copy of your entries and check for accuracy.** You can make updates and be able to edit changes up to the deadline. After the deadline there is still the MIAA late entry fee process that is listed in this MIAA Indoor Track Format (\$300/athlete/event). Entry deadline is Monday, February 11, 2019 by noon.

6 – Indoor Track – every individual will be entered with seed performance; and each relay team will be allowed to enter up to 8 names, listing the first 4 in order and then list the 4 alternates.

7 – When entering athletes keep these rules in mind:

I. **PARTICIPATION RULE**

An athlete may participate in a maximum of three (3) events. **Will follow NFHS Rule 4.2.2: If a contestant is entered in more than the allowable number of events, Meet Management shall scratch the contestant from the excess events by following the listed order of events.**

ENTRY LIMITATIONS – Individual Events

An athlete may be entered in no more than 3 individual events.

ENTRY LIMITATIONS – Relays

Any athlete may be entered in a relay. However, an athlete's **PARTICIPATION** in a relay event is subject to the Participation Rule above.

Example: **Joe Jones entered in: 1 Mile, 2 Mile, 100 meter, 4x100, 4x400 and 4x800 – If Joe is to run any relay, the coach would have to scratch Joe from either the 1 mile, 2 mile, or 100m prior to the first running event. If Joe scratches from one of his individual events, he can run one relay; from two individual events, he can run 2 relays. Scratched from all individual events, he can run in 3 relays.**

II. **SCRATCHES**

All Field event scratches must be made on the declaration sheet and with the event official (at the event) before the event begins.

All running event scratches must be made at check in.

ADDING ATHLETES:

ADDING OR CORRECTING EVENTS; CHANGING PERFORMANCES:

Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event and made with the Tournament Director. All corrections must be completed by 12:00 noon on Tuesday, Feb. 12th. **No changes will be allowed on the switching of events for any athlete. If there is a change to a performance the new performance must have been attained by the cut-off date.**

**** IMPORTANT INFORMATION ****

CERTIFICATION PROCEDURES & CONFIRMATION OF ENTRIES

● Check-in at MIAA Indoor Divisional & All-State Meets: Coach will walk in to the gym and be given his/her declaration sheet and will at that time, scratch any athlete who is not competing in an event and will turn it back in to the check-in official.

[Emergency Contact Form must be turned in.](#) Coach will then be given the packet.

● Individual athletes must be bona fide members of your high school team as recognized by the MIAA and must achieve the qualifying standards as published in this format.

● Qualifying performance must be obtained in a bona fide MIAA High School Track Meet, officiated by certified track officials **during the current indoor track season only!**

● Other qualifying performances can be challenged throughout the meet.

● Any competitor found not to have met qualifying standards shall be disqualified from the event in question and the rest of the meet.

● A violation of qualifying criteria will involve follow up with school administration and may involve a hearing before the MIAA Cross Country and Track Committee.

ELECTRONIC ENTRIES – Entered through Direct Athletics. The Confirmation Page should be checked with the original entry document for errors and if any are found the entry should be resubmitted.

GAMES COMMITTEE DECISIONS FOR MEET MANAGEMENT DIVISIONALS & ALL-STATE

A. UNIFORM RULE

Will follow NFHS Rules 4.3.1, 4.3.2, and 4.3.3

B. ADVANCING TO FINALS

In shot put and long jump the top 9 qualifying performances and ties from the trials will proceed to the finals. *In the 55 and 55H top 8 times will advance to a final. Order for preliminaries & finals of hurdles & dash; prelims: B-H, G-H, B-D, G-D finals: G-H, B-H, B-D, G-D. At ALL-STATE, heat winners & next best time for field of 8 will qualify for Finals.*

C. 300 METER RUN

The Divisional Championships and the All-State Championship will have the 300 Meter Run as a 'Final' event.

D. 2-MILE

- a. *We guarantee for the seeded heat – the top 12 from Direct Athletics for each Division/Gender.*
- b. *The unseeded heat will be run during the trials of the 50m & 55mH and will consist of all others who qualify via Direct Athletics and the TD.*
- c. *With scratches at check-in, some from the unseeded heat, may be moved up to the seeded heat – but no one from the seeded heat (top 12) would be moved down.*
- d. *Any athlete from the "bottom 20" offered a place in the seeded heat due to scratches among the top 12 may decline that offer, in which case the offer could be extended to the next highest seeded athlete.*

E. LONG JUMP and HIGH JUMP MARKS

The only events in which an athlete will be allowed to use a 'mark' will be the Long Jump and High Jump. The only acceptable material for making these marks shall be white athletic tape. Each athlete may use a maximum of two marks with each mark no greater than 6 inches x 1 ½ inches. In the High Jump no mark may be within 2 meters of either standard. Athletes will be asked to remove any illegal marks and failure to remove them will result in removal by the event official. Meet management also requests coaches to tell their athletes to remove marks when the athlete is no longer in the competition.

F. FIELD EVENTS INFORMATION / INCLUDING EXCUSED TIME

All student-athletes competing in Field Events MUST sign in at the beginning of the event – NOT the beginning of their flight.

Competition order changes for multiple-event competitors & excused time from field events:

- a. *Only reason for changing the order is for competitors in other events, not for other reasons or a competitor's personal convenience.*
- b. **Maximum excused time will be 15 minutes.**

G. STARTING HEIGHT HIGH JUMP

High Jump: Will go up 1" to get to even inches if starting odd, then go up by 2" increments.

H. RESTRICTED AREAS

Non-competitors and coaches will **NOT** be allowed inside the track. All warming up prior to running events must be done in the Gymnasium. Individual competitors or teams may be disqualified for failure to adhere to this rule. Hurdles are provided in the gym.

I. HEAT AND LANE ASSIGNMENTS

The Seeded Heat will run last.

On circular races run in lanes, seeding will be lanes: 5 – 6 – 4 – 3 – 2 – 1

Straightway races seeding will be lanes: 5 – 4 – 6 – 3 – 7 – 2 – 8 – 1

300M RUN FINAL will be heats of 5 max – Lane 1 will not be used.

4x200M Relay - 3 Turn Stagger in Lanes – heats of 4 lanes only: 5 - 4 - 3 - 2

4x400M Relay - 2 Turn Stagger in Lanes – slowest heat may be a barrel start.

4x800M Relay - 2 Turn Stagger - Barrel start

J. RUNNING SHOES/ SPIKES

Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. **The only spikes allowed at the Reggie Lewis Track are ¼" pyramid.**

K. SCORING/AWARDS

In Divisional and All State meet scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded for 8 scoring places in each event. Plaques will be awarded to Division winning teams and finalists.

L. Finality of Decisions – The referee’s decision in all matters shall be final and without appeal except in those meets for which a Jury of Appeals has been established for that special purpose. The Jury of appeals then will have the final authority. In order to have an appeal processed, a coach must submit the appeal in writing to the referee within thirty (30) minutes after the announcement of event results.

M. Jury of Appeals: Will be composed of three (3) officials and two (2) coaches.

N. For all Coaches to know & understand: Hearing impaired athletes who are entered in any running event, CANNOT be in the outside lane in case of a false start. These athletes need to see others in the race stop since they are unable to hear a second gun fired. Hearing impaired athletes will be using a light connected to the starter’s gun that will allow them an even start.

O. Process for determining Qualifying Standards – Tournament Director takes the top 32 for running events and the top 24 for field events and relays. Using an automatic standard of 12th place from previous 3 years of results and then adding remaining number from Direct Athletics. For Hand Time, will add .4

P. HONEST EFFORT RULE: Failure to Participate

- a. A declared athlete must participate in the trials and/or finals of all events in which they are declared. A declared athlete who fails to participate in an event is prohibited from participating in any subsequent event in the meet.
- b. An athlete is declared if he or she is entered in an event and has NOT been scratched when the first event of the meet begins.
- c. Participation is defined as beginning the athletic challenge of the event.
 - i. For a field event, participation means attempting at least one trial. An unsuccessful trial or a foul meets this requirement.
 - ii. For a running event, participation means beginning the event and making an effort to complete it. An athlete who begins the event but is disqualified from the event meets the participation requirement.
- d. For events with multiple rounds, a declared athlete must participate in all rounds for which he or she has qualified.
- e. For combined events, the athlete must participate in at least the first event of the combined event competition.
- f. Relay events are not covered under this rule. If a school does not participate in a relay, that shall not affect the participation status of any individual athlete entered in that relay.
- g. The referee will be the final authority on all applications of this rule. The referee has the authority to waive application of this rule if circumstances beyond the competitor’s control including, but not limited to, medical conditions have prevented the athlete’s participation. A coach who wishes this rule waived must apply in a timely manner to the referee for a waiver.

Q. Seeding Committee to assist Tournament Directors (TD)

1. Each member will review events assigned by the TD, and monitor 10 days prior to MIAA deadline.
2. Any infractions or violations will be reported to the TD - who will maintain a log and contact the school in question.
3. Each TD will send a final list (PDF) of all entries to each member who will review/make note of any questionable performances, and report to TD by noon time of posting day for entries.
4. TD’s will make all final decisions and report to MIAA Liaison.

Both the MIAA & MSTCA will seek active coaches who would like to nominate themselves for these committees by MIAA Divisions - Indoor: 1, 2, 3, 4, & 5. Tournament Director’s will serve as chair of each Divisional Seeding Committee. Final selection decision will be done by TD & MIAA Liaison.

R. Officials will be assigned by the Tournament Directors.

MIAA / NFHS Indoor Track Rules HIGHLIGHTS

All MIAA rules will be followed. High School Track and Field in Massachusetts for both boys’ and girls’ is governed by the National Federation latest edition of Track and Field Rules 2019.

MIAA

- A. ALL COMPETITORS MUST BE ACCOMPANIED BY A COACH OR SCHOOL REPRESENTATIVE (WITH APPROVAL OF HIGH SCHOOL PRINCIPAL), WHO MUST REMAIN AT THE MEET OR THE COMPETITOR(S) MAY BE DISQUALIFIED.**
- B. RESPONSIBILITY OF PARTICIPATING SCHOOLS

ALL SCHOOLS ARE RESPONSIBLE BEFORE, DURING AND AFTER A CONTEST FOR THE PROPER CONDUCT OF THEIR COACHES, ATHLETES, STUDENTS, AND SPECTATORS AND WHEN REQUESTED, A SCHOOL MUST COMPLETE A REPORT REGARDING THE CONTEST IN WHICH A PROBLEM OCCURRED.

- C. **EMERGENCY CONTACT FORM** for Reggie Lewis Track & Athletic Center, Roxbury, MA (see pg.19 of this format). *This form MUST be completed and turned in at Check-In at the RLC to receive bib numbers.*

ENTERING and LEAVING THE REGGIE LEWIS ATHLETIC CENTER

Coaches and athletes are required to enter and leave the Reggie Lewis facility via the Athletes Entrance at all times. **Running on the streets of Boston, prior, during, or after your event is not recommended. Coaches are responsible for all athletes they bring to the meet.** Coaches entering facility without athletes, will need to show identification to be admitted.

- D. AWARDS: ONLY MIAA AWARDS MAY BE PRESENTED AT ANY TOURNAMENT SITE.

ELECTRONIC DEVICES

Will follow NFHS Article 8...Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.

- Electronic devices shall not be used to transmit information to the competitor during the race or trial.
- Electronic devices shall not be used for any review of an official's decision.

2019 PARA INDOOR TRACK & FIELD COMPETITION

For student-athletes with visual impairments and those with mobility/physical impairments

Student athletes at MIAA member schools who have visual or mobility impairments of the type and severity described below, who also meet all MIAA requirements for participation on their school track and field teams, are eligible to participate in Para track & field category competition that will be conducted at pre-determined interscholastic track & field meets. The eligibility criteria are drawn from the World Para Athletics rules.

MIAA CHAMPIONSHIP COMPETITION

- Eligible and qualified student-athletes may compete in the Para ambulatory 55m dash, the Para Ambulatory or Blind/VI 1000m races, and/or the Shot Put at the 2019 MIAA Indoor Track & Field Divisional and All-State Championships. There are no wheelchair races contested indoors in Para track & field.
- Athletes will be seeded within the main field according to their actual qualifying marks, and Para category results will be posted similar to how age group results are posted for road races.
- Seated throwers will be seeded at the front of a flight chosen by the meet officials.

EVENTS AND QUALIFICATION

Student-athletes eligible for Para Track & field competition must achieve the modified qualifying standard for their category in each event to be entered in the Divisional Meet. Athletes may achieve a Divisional meet qualifying mark at any current season competition entered as a bona fide member of the school team. In 2019, athletes will advance to the All-State meet if they post a result in the Divisional meet or at the discretion of the MIAA. Para Track & Field results will not count towards team scores.

2019 Divisional Meet Qualification Standards (All divisions)

PARA	GIRLS			BOYS		
Event	Blind/VI	Para-Amb	WC/Seated	Blind/VI	Para-Amb	WC/Seated
55m		11.50			10.50	
1000m	3:50	3:50		3:10	3:10	
Shot	20	14	18	30	20	25

* An athlete eligible for Para track & field events is not restricted to the Para events if the athlete has achieved the qualifying mark(s) for other Championship events.

**Schools may request that an athlete competing in one or more of the Para track & field events be entered in one additional event that does not have Para track & field category competition. MIAA will grant this request based on the athlete's performances

in that event during the current season and meet management considerations. Participation in these events will be on an exhibition basis and no awards will be presented. Requests must be made to MIAA in writing by Monday, February 4th.

COMPETITION CATEGORIES

1. BLIND/VISUALLY IMPAIRED

- a. Eligibility - Athletes must be registered with the Massachusetts Commission for the Blind as legally blind. Legally blind is defined as having best corrected vision of 20/200 or lower in the better eye OR as having a field of vision of less than 20 degrees.
- b. Para track & field accommodations – *Running*: Athletes who are totally blind or with very low vision run with a guide, using a shoelace/tether held between the two runners to keep them stride for stride. The guide is generally a teammate or may be a coach (generally under the age of 26). The runner/guide pair gets two lanes, and uses the start line of the inside lane. Athletes with more vision run without a guide. *Throwing*: Athletes may be guided to the circle/runway by a coach or teammate and may receive initial orientation. The athlete or coach may place a towel or object outside the circle to provide additional orientation. No coaching is allowed during the attempt.
- c. Competition Format – Athletes are included in the most appropriate heats or flights based on the actual seed times/marks of each individual. This may mean that two blind athletes running the same event may race in different heats if their seed times warrant.

2. PARA-AMBULATORY

- a. Eligibility – Athletes must be affected by one of the following conditions/circumstances at the level described.
 - i. Amputation through the ankle, or another orthopedic/neuromuscular impairment resulting in a similar loss of running-related function.
 - ii. Amputation through the wrist of one (sprints only) or both arms; amputation of one/both arms through the elbow; limb deficiency/paralysis of one/both arms.
 - iii. Dwarfism – (achondroplasia or a variant) with height/arm/sum measurements all not more than: boys 145cm/66cm/200cm; girls 137cm/63cm/190cm
 - iv. Cerebral Palsy, Traumatic Brain Injury or Stroke - must have diagnosis of CP or other non-progressive brain damage with locomotor dysfunction.
- b. Para track & field accommodations – *Running*: Athletes may choose to start out of blocks or may not be able to place hands on ground; *Throwing*: Some sport class groups will use lighter implements based on World Para Athletics rules.
- c. Competition Format – Athletes are included in the most appropriate heats or flights based on the actual seed times/marks of each individual.

3. WHEELCHAIR/SEATED

- a. Eligibility – Athletes must be affected by one of the following conditions/circumstances at the level described.
 - i. Spinal Cord Injury, Spina Bifida, or other neuromuscular impairment resulting in loss of function in the lower extremities such that running is impractical.
 - ii. Above-knee amputation of one or both lower extremities, hip disarticulation, or similar impairments such that dynamic balance is severely compromised. *Note*: Amputees or athletes with similar impairments sometimes run in Para-ambulatory races and throw in seated events.
 - iii. Cerebral Palsy, Traumatic Brain Injury or Stroke - must have diagnosis of CP or other non-progressive brain damage with locomotor dysfunction such that running is impractical.
- b. Para track & field accommodations – *Throwing* – the throwing chair has maximum height and other specifications; some sport classes use lighter implements according to World Para Athletics rules; a coach may assist the athlete getting to and setting up in the circle, and departing the circle at the conclusion of the attempts.
- c. Competition Format – *Throwing*: seated athletes can be placed at the front of an appropriate flight; if using a throwing chair, athletes make all six attempts consecutively, except at Divisional and All-State meets where they make 3 plus 3.

DUAL/LEAGUE COMPETITIONS

Student athletes who are eligible for Para track & field competition may be entered by their schools in regular season league and non-league meets. Para category results generally will not be recognized/published.

For assistance contact joe.walsh@adaptivesportsne.org 617-690-9103

LINK TO PARA ATHLETICS RULES & REGULATIONS: <https://www.paralympic.org/athletics/events/rules-and-regulations>

COACHING BOX

- a. Only 1 coach per school
- b. No competitors in Coaching Box

MIAA DRONE POLICY

Prohibiting the Use of Drones (Unmanned Aircraft Systems or UAS's)

This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the MIAA event, including the spectator stands and parking areas.

BOYS' QUALIFYING STANDARDS – 2019 – updated 1/22/19

EVENT	DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4	DIVISION 5
	FAT*	FAT*	FAT*	FAT*	FAT*
55M Hurdles	8.32	8.31	8.55	8.52	8.55
55M Dash	6.83	6.87	6.89	6.86	6.93
300 Meter	37.06	37.70	37.83	37.81	38.14
600 Meter	1:26.43	1:28.40	1:27.92	1:28.45	1:29.14
1000 Meter	2:39.54	2:43.09	2:47.27	2:46.36	2:47.07
One-Mile	4:34.17	4:38.53	4:48.34	4:42.32	4:46.03
Two-Mile	9:56.38	10:14.14	10:23.23	10:24.58	10:27.47
Shot Put	47'8.5"	44' 8.75"	45'6.5"	42' 4"	41' 4"
High Jump	5' 10"	5' 10"	5' 10"	5' 10"	5' 8"
Long Jump	20' 1.75"	20' 0.75"	19' 10"	19' 8"	18' 8"
4x200M Relay	1:34.22	1:35.89	1:36.43	1:37.48	1:38.94
4x400M Relay	3:32.50	3:37.99	3:39.88	3:44.08	3:45.77
4x800M Relay	8:20.80	8:28.92	8:41.45	8:56.24	9:07.17

GIRLS' QUALIFYING STANDARDS – 2019 – updated 1/22/19

EVENT	DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4	DIVISION 5
	FAT*	FAT*	FAT*	FAT*	FAT*
55M Hurdles	9.36	9.39	9.31	9.44	9.52
55M Dash	7.69	7.67	7.68	7.70	7.72
300 Meter	43.49	44.13	43.91	43.95	44.07
600 Meter	1:44.52	1:45.87	1:44.74	1:43.62	1:45.17
1000 Meter	3:14.61	3:14.83	3:16.19	3:15.70	3:15.73
One-Mile	5:35.63	5:37.60	5:34.21	5:33.23	5:37.90
Two-Mile	12:16.61	12:24.40	12:23.41	12:10.49	12:18.10
Shot Put	32'7.5"	32' 4.75"	32'3.5"	32'1"	30'11"
High Jump	4' 10"	4' 11"	4' 11"	4' 11"	4' 10"
Long Jump	16' 4.75"	15'10.5"	16'1.75"	15' 7"	15' 5"
4x200M Relay	1:49.93	1:50.64	1:50.46	1:52.34	1:54.10
4x400M Relay	4:11.87	4:16.77	4:16.75	4:25.74	4:28.12
4x800M Relay	10:06.85	10:12.99	10:14.67	10:39.74	10:48.26

*** When entering a performance with a hand time on Direct Athletics you need to put an "h" after time. Hand time is to the tenth only.**

**Example: 55m hurdles hand time of 8.1 - enter 8.1h
1000m hand time of 2:42.9 - enter 2:42.9h**

***HAND TIMES MAY BE USED, BUT MUST USE FAT IF AVAILABLE.**

Process for determining Qualifying Standards – Tournament Director takes the top 32 for running events and the top 24 for field events & relays. Using an automatic standard of 12th place from previous 3 years of results and then adding remaining number from Direct Athletics. For Hand Time, will add .4

ORDER OF EVENTS FOR DIVISIONAL CHAMPIONSHIPS

Approximate time from the Meet start times. Times are approximate and each meet will vary according to the number of participants. (e.g. – If planning to watch Boys' 2-Mile run, it would be 75 minutes from start of Track Events. If 5 pm meet start, 2 mile start would start approximately at 6:15 pm).

4:30, 10:30, 1:00	5:00, 11:00, 1:30	
LONG JUMP	ONE MILE RUN FINAL *	
SHOT PUT	600M RUN FINAL (30 min.)	
55M HURDLES TRIALS & FINALS	1000M RUN FINAL (45 min.)	All Sprint Finals will use 8 lanes
55M DASH TRIALS & FINALS	300M RUN FINAL (60 min.)	In lanes
Mobility & Visually Impaired Exhibition Events		
HIGH JUMP – <i>will begin at conclusion of mobility events</i>	TWO MILE RUN FINAL–Boys (75 min.)	
	TWO MILE RUN FINAL – Girls (100 min.)	<i>Will follow completion of the boys 2-mile</i>
	4x200M RELAY FINAL (125 min.)	Report no later than the start of the girls 2 mile
	4x800M RELAY FINAL (145 min.)	Report no later than the start of the boys 2 mile
	4x400M RELAY FINAL (175 min.)	Report no later than the start of the girls 4 x 200

ALL TRACK EVENTS: **Boys followed by Girls** (flip flopped yearly – 2020 will be G-B)
 LONG JUMP AND SHOT PUT: **Boys followed by Girls** (flip flopped yearly – 2020 will be G-B)
 HIGH JUMP: Boys and Girls compete simultaneously

Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. The only spikes allowed at the Reggie Lewis Track are ¼” pyramid.

COACHES INFORMATION

Performance lists will be posted on <http://www.miaa.net> by 4:00 PM Monday, February 11, 2019.

Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event and done with the Tournament Director. All corrections must be completed by noon on Tuesday, Feb. 12th and done with the Tournament Director. No changes will be allowed on the switching of events for any athlete. **If there is a change to a performance the new performance must have been attained by the cut-off date. FINAL Performance List will be posted by 5:00 PM on Tuesday, February 12th.**

REMINDER: Competitors must achieve qualifying performance by Sunday, February 10, 2019.

* One Mile Run Final will begin at the conclusion of the Dash Finals.

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

34th ANNUAL ALL STATE INDOOR TRACK & FIELD CHAMPIONSHIPS BOYS' AND GIRLS'

MIAA All State Meet
Reggie Lewis Track and Athletic Center, Roxbury, MA
Saturday, February 23, 2019 @ 10:30 AM

QUALIFIERS

FIRST **THREE (3)** PLACE WINNERS (DIVISIONS 1, 2, 3, 4, 5) and the next top **9** performances in the finals, INCLUDING THE RELAYS, are eligible for the competition in the All-State Meet. In the High Jump, must score in Top 6, to advance as stated above. ***Student-Athletes can only compete in the All-State if they qualify via their Divisional Tournament.***

NO ALTERNATES

ALL-STATE MEET QUALIFIERS

There will not be any individual notification made for athletes who have qualified to compete in the MIAA All-State Meet. The Performance List of All-State Meet qualifiers will be posted on the MIAA website (www.miaa.net) on the day after the last Divisional Championship. Coaches and athletes should check this list to see who the qualifiers are. If an athlete has qualified to compete in the MIAA All-State Meet there are no other entry requirements, simply come to the meet.

THE SCHOOLS SCORING THE MOST POINTS WILL BE THE 2019 STATE INDOOR TRACK CHAMPIONS (BOYS' AND GIRLS'). SCORING WILL BE 10-8-6-5-4-3-2-1.

TEAMS ARE REQUESTED TO COME DRESSED, DUE TO LACK OF DRESSING FACILITIES.

JURY OF APPEALS: WILL BE COMPOSED OF THREE OFFICIALS AND TWO COACHES.

NEW ENGLAND INDOOR TRACK & FIELD CHAMPIONSHIP MEET to be held on Saturday, March 2, 2019 – beginning at 10:30 a.m. at the Reggie Lewis Center

The New England Council voted on October 10, 2018 that all entries into the New England Indoor Meet must come from our MIAA All-State Indoor Meet. We now will go back to the entry process that we used in prior years and you WILL NOT enter athletes via Direct Athletics for the New England Meet.

The top 6 in each event will automatically qualify, and if someone in the top six is unable to attend, then places 7 & 8 will replace in that order. All declarations MUST be made by the conclusion of the All-State Meet. No changes/additions will be allowed after the Meet. The New England Entries will be posted on the New England Web-site.

MIAA All-State Meet: Reggie Lewis Track and Athletic Center, Roxbury, MA
Saturday, February 23, 2019 @ 10:30 AM

ORDER OF EVENTS

10:30 AM

Long Jump, Shot Put, Trial & Finals
Hurdles/Dash, Mobility & Visually Impaired
Exhibition Events.
High Jump: (will start at conclusion of Mobility
Events).
ALL TRACK EVENTS:

Boys followed by Girls (2019)

Boys and Girls compete simultaneously.

Boys followed by Girls (2019)

Approximate event start times below (will vary
according to the number of participants & heats)

***AWARDS: Hurdles & Dash 11:00**

ONE MILE RUN FINAL 11:10

600M RUN FINAL 11:35

1000M RUN FINAL 11:50

300M RUN FINAL 12:05

TWO MILE RUN FINAL – **Boys** 12:20

TWO MILE RUN FINAL – **Girls** 12:45

4x200M RELAY FINAL 1:10

4x800M RELAY FINAL 1:40

4x400M RELAY FINAL 2:15

*** All other AWARDS: Will be given at Conclusion of Event and final results posted.**

Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. The only spikes allowed at the Reggie Lewis Track are ¼” pyramid.

- The Seeded Heat will run last.
- On circular races run in lanes, seeding will be lanes: 5 – 6 – 4 – 3 – 2 - 1
- Straightway races seeding will be lanes: 5 – 4 – 6 – 3 – 7 – 2 – 8 – 1
- 300M RUN FINAL will be heats of 5 max – Lane 1 will not be used.
- 4x200M Relay - 3 Turn Stagger in Lanes – heats of 4 lanes only.
- 4x400M Relay - 2 Turn Stagger in Lanes – slowest heat may be a barrel start.
- 4x800M Relay - 2 Turn Stagger - Barrel start

[DIRECTIONS TO THE REGGIE LEWIS TRACK AND ATHLETIC CENTER](#)

From Southeast Expressway

Southeast Expressway to Mass. Ave./Roxbury Exit - straight off ramp - through lights (Mass. Ave.) on the Melnea Cass Boulevard - follow to end - go left onto Tremont Street - Reggie Lewis Track and Athletic Center 1/4 mile on left.

South of Boston

Route 93 North to Southeast Expressway - follow directions above.

North of Boston

Route 93 South/Route 1 South to Southeast Expressway - follow directions above.

West of Boston

Mass. Pike East to last Exit (Southeast Expressway) - follow directions above.

Bus Directions

Follow Expressway Directions - through Mass. Ave. lights - on to Melnea Cass Blvd. - at 6th set of lights (including Mass. Ave.) go left on to Shawmut Ave. - follow Shawmut Ave. to end - go right on to New Dudley St. - 1/4 mile on right Bus Drop-Off Lane for Reggie Lewis Track and Athletic Center.

The Seventeenth Annual Ralph Lord Team Sportsmanship Award For Boy's Indoor Track

The Annual Ralph Lord Team Sportsmanship Award is co-sponsored by the Massachusetts Interscholastic Athletic Association and the Massachusetts State Track Coaches Association.

This award is to be presented to boys' indoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

The award is named after Ralph Lord who served the state track community as a member of the MIAA state track tournament committee and served as one of the top officials in our sport for years. Ralph represented the Massachusetts track community on the national level as well by serving on the National Federations rules committee. At Lexington High School he served his community in many capacities. No matter where you came in contact with Ralph you met a true gentle man who lived a life that exemplified the true meaning of a sportsman. You also met a man who gave of his services wherever they were needed. It was a constant desire of his to stress sportsmanship at every level of competition and he was a living example for us to follow.

Following is the application, which needs to be filled out and mailed for a team to be considered. Please help us by promoting this prestigious award and pass the application onto your indoor boys coach.

Applications must be received by February 1, 2019.

Ralph Lord
Team Sportsmanship Award
For
Boys Indoor Track
Co-Sponsored by the M.I.A.A. and the M.S.T.C.A.

Nomination

School _____ Division Boys: 1 2 3 4 5 (*please circle*)

City/Town _____

School Phone _____ School Fax _____

Principal _____

Athletic Director _____ A.D. Phone & Email _____

Coach _____ Email: _____

Captain(s) name _____

Please describe why you think this team should be considered for this prestigious award.
List specific examples of acts of sportsmanship and community service that might help the committee with its selection.

Use back of this sheet if necessary

Athletic Directors Signature _____ Date _____

Coach's Signature _____ Date _____

Email to: **Keith McDermott** or fax to **508-541-9838**

Please feel free to attach any further data to this application.

NOMINATION MUST BE RECEIVED BY February 1, 2019

MIAA does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, sex or gender, gender identity and/or expression, sexual orientation, military or veteran status, genetic information, or any other characteristic protected under applicable federal, state or local law. Retaliation is also prohibited.

The Seventeenth Annual Joan Doherty Sportsmanship Award For Girls' Indoor Track

The Annual Joan Doherty Team Sportsmanship Award is co-sponsored by the Massachusetts Interscholastic Athletic Association and the Massachusetts State Track Coaches Association.

This award is to be presented to girls' indoor track teams that exemplify the qualities of sportsmanship during this season and are active in community service.

This award is named after Joan Doherty who is a true pioneer in the area of girls track in the state of Massachusetts. She was one of the first women to coach track in a high school in Mass. She also coached one of the first girl's track teams in the state. Her teams were known for their great records but they also were known for their sportsmanship. Joan insisted that sportsmanship was a big part of the sport of track and field. She also showed her team by example how important it was to give back to your community when she stayed hours after practice to prep the track for an upcoming meet. She was active then and remains very active in the area of track and field with volunteering at developmental track meets in her area. She is a great role model for our female track athletes and remains a living example for all of us to follow.

Following is the nomination form. Please fill it out and mail it to the address provided for a team to be considered. Please help by promoting this prestigious award and pass the nomination form to any MIAA High School girl's indoor track coaches.

Applications must be received by February 1, 2019.

**Joan Doherty
Team Sportsmanship Award
For
Girls Indoor Track**
Co-sponsored by the M.I.A.A. and the M.S.T.C.A.

Nomination

School _____ Division Girls: 1 2 3 4 5 (*please circle*)
City/Town _____
School phone _____ School Fax _____
Principal _____
Athletic Director _____ A.D. phone & Email _____
Coach _____ Email _____
Captain(s) _____

Please describe why you think this team should be considered for this prestigious award. List specific examples of acts of sportsmanship and community service that might help the committee with its selection.

Use the backside if needed.

Athletic Directors signature _____ Date _____
Coach's signature _____ Date _____

Email to: **Keith McDermott** or fax to **508-541-9838**

Please feel free to attach any further data to this application.

NOMINATION MUST BE RECEIVED BY February 1, 2019

MIAA does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, sex or gender, gender identity and/or expression, sexual orientation, military or veteran status, genetic information, or any other characteristic protected under applicable federal, state or local law. Retaliation is also prohibited.



SCHOOL NAME: _____

**MIAA & Mass State Track Coaches Association
Indoor Track & Field Coaches**

Emergency Contact Form

	Full Name	Cell Phone #
Girls Head Coach		
Boys Head Coach		
Assistant Coach		
Assistant Coach		
Assistant Coach		

What is your school's Rally point in case of evacuation?

1. Boston Police headquarters
2. Boston Police headquarters parking lot
3. Mosque across Malcom X Blvd
4. RCC parking Lot
5. Madison Park HS Main Entrance
6. Behind the Health Center

Is your school allowed to warm up/down outside? _____ YES _____ NO

IF YES IS ANSWERED: ALL ATHLETES MUST ADHERE TO THE FOLLOWING AREAS PER ORDER OF THE BOSTON POLICE:

**MALCOLM X BLVD UP TO MADISON PARK HS
OR
TREMONT ST UP TO BOSTON POLICE HEADQUARTERS**