

**EAST - 2018 BOYS OUTDOOR TRACK QUALIFYING STANDARDS**

<b>EVENT</b>	<b>DIVISION I</b>	<b>DIVISION II</b>	<b>DIVISION III</b>	<b>DIVISION IV</b>
	<b>FAT</b>	<b>FAT</b>	<b>FAT</b>	<b>FAT</b>
SHOT PUT	46' 4"	43'3"	43'0"	42'0"
DISCUS	131'10"	112'5"	111'7"	114'7"
JAVELIN	147'2"	140'0"	134'10"	134'0"
L.J.	20'4"	19'5"	19'10"	19'4"
T.J.	41'7"	40'6"	40'4"	39'10"
H.J.	5'11"	5'10"	5'10"	5'8"
P.V.	10'0"	9'0"	9'0"	9'6"
100 M	11.54	11.75	11.59	11.77
200 M	23.40	23.56	23.43	23.68
400 M	52.06	52.73	52.87	53.32
800 M	2:02.23	2:05.01	2:05.27	2:06.11
MILE	4:33.68	4:40.32	4:42.94	4:47.01
TWO MILE	09:53.70	10:03.05	10:19.81	10:33.92
110 HURDLE	16.06	16.25	16.59	16.82
400 HURDLE	:59.51	1:00.29	1:01.95	1:01.86
4x100 RELAY	45.05	45.42	45.59	46.30
4x400 RELAY	3:33.64	3:37.90	3:37.78	3:42.67
4x800 RELAY	8:23.13	8:41.19	8:42.99	8:54.61

**EAST - 2018 GIRLS OUTDOOR TRACK QUALIFYING STANDARDS**

EVENT	DIVISION I	DIVISION II	DIVISION III	DIVISION IV
	FAT	FAT	FAT	FAT
SHOT PUT	31' 2"	31'10"	32'0"	31'0"
DISCUS	89'5"	90'9"	94'9"	87'0"
JAVELIN	91'1"	98'8"	95'8"	94'4"
L.J.	16' 2"	15'10"	16'0"	15' 7"
H.J.	4' 11"	4'10"	4'11"	4'10"
T.J.	33'3"	33'10"	33'7"	32'10"
P.V.	8'0"	7' 6"	7'6"	7'0"
100 M	13.12	13.24	13.15	13.33
200 M	27.10	27.33	27.28	27.45
400 M	1:01.22	1:01.83	1:01.69	1:02.90
800 M	2:24.54	2:27.65	2:28.38	2:30.67
MILE	5:30.79	5:30.24	5:31.35	5:40.41
TWO MILE	11:56.54	12:10.30	12:05.01	12:30.92
100 MH	16.92	17.01	17.17	17.27
400 MH	1:10.53	1:10.17	1:10.41	1:11.19
4x100 RELAY	51.73	51.88	52.54	52.93
4x400 RELAY	4:14.90	4:17.37	4:21.02	4:22.50
4x800 RELAY	10:08.37	10:32.12	10:41.24	10:43.78

***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. Examples: 55m hurdles hand time of 8.1 - enter 8.1h and for 1000m hand time of 2:42.9 - enter 2:42.9h Starting in 2019-2020 (2 year notice), MUST use FAT only for 100m, 100h, 110h & 200m.***

**Process for determining Qualifying Standards:** Tournament Director will fill the field up to 16 in the Pole Vault, up to 24 in all other field events and relays, and up to 32 in all other running events, using an automatic standard and then adding the remaining number based on times entered on Direct Athletics. For individual running events, the automatic standard is the average of the 12<sup>th</sup> place performances from the last 3 years. For field events and relays, the automatic standard is the average of the 8<sup>th</sup> place performances from the last 3 years. For Hand Time, will add .4

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## **ALL DIVISION CHAMPIONSHIPS & ALL-STATE MEETS - ORDER OF EVENTS**

***An athlete may participate in a maximum of three (3) events.***

(Approx. time after start of meet for event in parenthesis—times are approximate and each meet will vary according to number of participants & heats).

***Divisional Pentathlon (B&G) and Girls Pole Vault: Thursday, May 24, 2018 @ 2:00 PM start for East D1, D2, D4 and C/W D1.***

***@ 4:00 PM for C/W D2 and East D3.***

***All-State Pentathlon & Girls PV: Thursday, May 31, 2018 @ 2:00 PM***

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***Divisional Meets (May 26<sup>th</sup> & 27<sup>th</sup>) @ 10:00 AM start and All-State Meet (June 2<sup>nd</sup>) @ 3:00 PM start***

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**Weigh-in for all Throwing Implements - Preference will be given to order of events & gender. – 1 hour prior to start of all Meets.**

<b>FIELD EVENTS</b>	<b>(2018)</b>	<b>(2019)</b>
<b>Divisional Meets @ 10am</b>		
<b>All-State Meet @ 3pm</b>		
POLE VAULT	(B only)	(G only)
TRIPLE JUMP	(G-B)	(B-G)
HIGH JUMP	(B-G)	(G-B)
**SHOT PUT	(B-G)	(G-B)
DISCUS	(G-B)	(B-G)
JAVELIN	(G-B)	(B-G)
LONG JUMP	(B-G)	(G-B)
<b>RUNNING EVENTS</b>		
<b>Divisional's @ 11am</b>	<b>G-B</b> (2019 will be B-G)	
<b>All-State @ 4:30 pm</b>		
TWO MILE RUN	FINAL ON TIME	
400 METER HURDLES	FINAL ON TIME (25 min)	
*200 METER DASH	TRIALS (45 min.)	
ONE MILE RUN	FINAL ON TIME (55 min.)	
*100 METER HURDLES	TRIALS (75 min.)	
*110 METER HURDLES	TRIALS (85 min.)	
*100 METER DASH	TRIALS (95 min.)	
**800 METER RUN	FINAL ON TIME (105 min.)	
200 METER DASH	FINALS (125 min.)	

\*\*Para Track & Field Competition will be included here.

400 METER RUN	FINAL ON TIME (135 min.)
110 METER HURDLES	FINAL (140 min.)
100 METER HURDLES	FINAL (145 min.)
100 METER WHEELCHAIR	FINAL (150 min.)
**100 METER DASH	FINALS (155 min.)
4x800 METER RELAY	FINAL ON TIME (160 min.)
4x100 METER RELAY	FINAL ON TIME (190 min.)
4x400 METER RELAY	FINAL ON TIME (250 min.)

\* Advancing in the 100M Dash, 200 M Dash, 100M Hurdles and 110M Hurdles: TRIALS will be on FAT ONLY at the Divisional Championships. Heat winners PLUS times advance at the All-State Meet. Triple Jump will have a minimum of three boards of 28' 32' 36' at all Divisional and All-State meet sites. AWARDS: Will be given out at the conclusion of races/events and is the responsibility of each individual winner to be at the ceremony or to pick up after presentation.

**ALL-STATE MEET: Fitchburg State University  
Saturday, June 2, 2018 @ 3:00 pm**

Directions: [Fitchburg State University](http://www.fitchburgstate.edu)

*See page 12 for Order of Events*

**QUALIFIERS:**

First four place winners (Division I, II, III, IV) including relays in all four divisions in the Eastern MA Meet, as well as the first four place performances in the Central & Western Track meets, and the next top 6 performances in the finals, including relays, are eligible for the competition in the All-State meet. In pole vault and high jump, must score in top 6 to advance as stated above.

***Athlete can only compete in the All-State if qualified at the Divisional Meets – NO Alternates.***

***ADVISORY: Starting in 2018-19: 3 qualifying from each Division (6x3=18) plus next 6 top performances in the Divisional Finals advance to the All-State Meet.***

Performance Lists will be posted on <http://www.miaa.net> on Tuesday, May 29, 2018 by noon.

The first SIX place winners in each event including the first six relay teams, (400 Meter, 1600 Meter and 3200 Meter Relays) in the All-State Meet will be eligible to represent Massachusetts in the New England Track Meet to be held on Saturday, June 9, 2018 at the University of New Hampshire (see more information in red below).

**JURY OF APPEALS:** Will be composed of three officials and two coaches.

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The school scoring the most points on **Thursday, May 31 AND Saturday, June 2, 2018-combined**, will be the 2018 State Outdoor Track and Field Champion (boys and girls), scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded for all eight scoring places in each event.

All field event competitors in the Javelin, Discus, Triple Jump, Long Jump, and Shot Put will receive three trials. The top nine competitors in the trials will receive three additional attempts in the finals.

Shot Put and Discus circles are of cement. *High Jump, Pole Vault, Triple Jump, Javelin and Long Jump Runways are composition (maximum ¼" spikes).* Throwing implements will be weighed in one (1) hour before the competition.

***An athlete may participate in a maximum of three (3) events.***

***Athletes who win heats at the All-State Meet will move on to the finals.***

#### **TEAM ADMISSION AT ALL-STATE MEET:**

*All Head Coaches & Assistant Coaches that come with the Team on the Team Bus will be admitted (please wear your MSTCA lanyard). Any other coach(es) must have an MIAA(2017-18) pass, otherwise they will need to purchase a ticket to enter.*

#### ***NEW ENGLAND CHAMPIONSHIP MEET:***

***The N.E. High School Championship Meet will be held Saturday, June 9, 2018 @ 10:00 am @ The University of New Hampshire, 155 Main Street, Durham, N.H.***

***Note: Starting with the 2018 season, the process for qualifying for the New England's for Outdoor Track will be as follows: Schools via Direct Athletics will be allowed to enter up to 2 entries for individual events and then would take the top 6 on Monday after the All-State Meet. Advantage for this: NE would then have 6 for each event from MA; would not need to have athletes declare at All-State; and athletes who may have had a bad day at the All-States or Divisional would get another chance. Agreed that a committee will do the final selecting.***

#### ***NEW ENGLAND MEET ENTRY PROCEDURE:***

***Massachusetts is granted six entries in each event for the New England Championships. The MIAA will choose the athletes to be entered in 2018 according to the following procedure. Please read the instructions carefully and follow all required steps!***

- 1. If you coach an athlete you wish to have considered as one of the Massachusetts entries to the New England's, you MUST enter that athlete in the "New England Interscholastic Championship Meet" on Direct Athletics. There are NO exceptions. No athletes will automatically advance to the New England Meet.***
- 2. You may enter an athlete in up to 3 individual events. The participation rule is the same as the rule for the MIAA Meets, which is "any 3 events." You may also enter relay teams in any relay events.***

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3. **The deadline for entries will be 6PM on Sunday, June 3, 2018. PLEASE make sure to update with All-State Results.**
  4. **Entry times or distances from the 2018 outdoor season must be submitted. These performances must have been achieved at the MIAA championship, sanctioned invitational or league championship meets with at least 6 participating teams and fully automatic timing. The date and location of all qualifying performances must be entered, and will be checked by the selection committee.**
  5. **For selection purposes, coaches should enter the athlete's best performance of the year on Direct Athletics. However, by decision of CNESSPA, if the athlete is selected in an event he or she participated in during the All-State Meet, the athlete's All-State Meet performance will be used for seeding purposes. The MIAA Track & Field Committee is working to change this CNESSPA procedure.**
  6. **The selection criteria are as follows:**
    - a. **First preference will be given to athletes who place in the top 6 at the MIAA Outdoor All-State Meet.**
    - b. **If fewer than 6 of the entered athletes meet the first preference, additional athletes will be added until the event is filled. These additional athletes will be chosen by best validated entry performances.**
    - c. **If a tie exists for the 6<sup>th</sup> and final entrant, the following additional preferences will be used to break the tie:**
      - i. **First preference is given to an athlete who achieves his/her performance in the MIAA Outdoor All-State Meet.**
      - ii. **Second preference is given to an athlete who achieves his/her performance in an MIAA Outdoor Divisional Meet.**
      - iii. **Third preference will be given to an athlete who achieves his/her performance on a date closest to the date of the New England Championships.**
  7. **The list of accepted athletes will be posted on miaa.net by noon on Monday, June 4, 2018.**