



Friday, April 24, 2009

Dear Track Coaches & Athletic Directors,

The 23RD Annual ISTA Championship Meet is being held at The Governor's Academy on Saturday, May 9th, with field events beginning at **11:00 a.m.** The running events will begin at **1:30 p.m.** We have an 8-lane, 400m all-weather track and hence, recommend athletes wear 3/16" needle spikes or racing flats. The throwing circles are cement and the javelin approach is grass. The jumping and vault approaches are an identical surface to the track.

REGISTRATION

All team **rosters** must be faxed or email to Dave Jeffrey by

8:00 p.m. on Wednesday, April 29th, 2009

djeffrey@breweredu.org

Rosters should include each athlete's first name, last name, and grade (please use FR, SO, JR, & SR).

All team **entries** must be faxed or emailed to Dave Jeffrey of Brewer Timing Services at 207-989-8659 by the deadline: (*Instructions attached.*)

8:00 p.m. on Wednesday, May 6th, 2009

- ✓ Each school is limited to two entries per event and one team entry per relay.
NOTE: Schools may **NOT** add athletes to events after this original submission. If a school fails to submit two athletes or a relay team, there will be no other opportunity to enter competitors. **The Wild Card Policy is in effect this year.**
- ✓ Each team is granted one additional entry. In **one** individual event of each team's choosing a third competitor may be entered. (For a co-ed school, it may use the wild card for a girls' event and a boys' event.)
- ✓ Each athlete may participate in a maximum of four events. Contrary to NFHS Rules (4-2.1), each athlete is limited to 3 individual events. The fourth event **must** be a relay.
Please submit accurate times and distances, from the 2009 season, for seeding purposes in the running events. If an entrant did not compete this season in the event entered, the athlete can compete, but will be seeded with no time/distance.
Please be sure to know the meet at which each time/distance was clocked and have that for the coaches' meeting on Saturday morning in the event there are any protests to the seedings.
- ✓ **THERE WILL BE NO UPDATES.**

FEES

To cover the costs of the meet each school is asked for a **\$150.00**/team entrance fee. Schools entering both boys and girls are asked to count each program separately and pay an entrance fee for each gender.

Checks for entrance fees must be made payable to "The Governor's Academy." Entrance fees can be brought the day of the meet or mailed to:

Tim Weir
c/o The Governor's Academy
1 Elm Street
Byfield, Massachusetts 01922-2728

SCRATCHES

- ✓ Because entries are not due until 8:00 p.m. on Wednesday, May 6th, schools will only be able to scratch an athlete from an event on the morning of the ISTA meet – May 9th.
- ✓ An athlete may be scratched from an event at the Meet Day Coaches' Meeting DUE TO INJURY and still be allowed to compete in events that the injury does not affect. No substitutions are allowed.

Example: A thrower suffering a shoulder injury on Thursday would be allowed to compete in his/her running events. However, scratching an entrant from a running event will remove that entrant from ALL other running events.

THESE CHANGES SHOULD NOT BE DONE THROUGH THE TIMER.

- ✓ There will be NO SUBSTITUTIONS AND THE SLOT OR LANE WILL REMAIN OPEN. Once the meet has started, an athlete that scratches from an event will be scratched from the remainder of the meet.

RULES & OFFICIALS

We are following the National Federation of High School Rules. There are a few exceptions to be noted.

- ♦ 5-7.4 states that 1 false start shall result in disqualification. We will continue to allow one false start before disqualification.
- ♦ 4-3.5 states that all color and design of uniforms should be identical. We will only require that all athletes must wear a uniform that clearly denotes their school and associates them with other athletes on their team.
- ♦ 4-3.7 states that jewelry should not be worn. We will ignore this rule, but we ask that coaches consider the safety of all athletes competing, and keep their athletes from creating any hazardous situations.
- ♦ 1-1.1 states the order of events listed shall be conducted unless changed by the games committee or the meet director. We will stay with the same order of events that we have used in the past.
- ♦ 4-1.2 states that a contestant shall not be entered in more than four events, excluding relays. We will continue to use 4 events total. No more than 3 individual events and a relay.

We are in the process of securing state officials to run our field events but please be prepared to help in order to keep the meet running smoothly. The Governor's Academy will provide all the necessary equipment to run each field event.

MEET DAY SPECIFICS

➤ *IMPLEMENT INSPECTION*

*We have acquired the proper weighing instruments to inspect all throwing implements. PLEASE BE AWARE that we now require javelins to meet the 2002 specifications as detailed in the NFHS Rule Book.

Please allow extra time for athletes to weigh-in their implements. Weigh-ins will begin at 10:00 a.m. and continue until the start of the first throwing event.

Pole verification will be done at this time also. All vaulters must have their verification sheets and will be weighed before being allowed to compete.

➤ *COACHES MEETING*

Head coaches will meet at 10:00 a.m. on the morning of the meet, Saturday, May 9th, to go through any scratches and discuss any questions.

➤ *MVP VOTING*

We will continue with the tradition of naming a Most Valuable Track athlete, Most Valuable Field athlete, and Coaches' Award.

At the conclusion of the Meet, a coach from each school should meet at the Awards Table where we will discuss and determine the winner of the individual awards. Each school will be allowed one vote per team (1 male, 1 female).

FACILITIES

Rest rooms and changing areas are located in the Athletic Center at The Governor's Academy. Showers are available for the athletes. T-Shirts will be available for purchase. The Governor's Academy is providing a concessions stand and is asking all schools participating not to bring or use grills. It will have a selection of hot foods. Coolers and prepared food are welcome.

The best advice for directions is to get on Interstate 95 north of Boston. Get off at Exit 55 and follow the red signs to The Governor's Academy. Upon entering the campus, instruct your bus driver to drive straight and pass the athletic center. Take your first right after the athletic center. You will be instructed where to go from there.

Pole vault verification forms must be submitted prior to competition. The form is included with this information. Print it out and bring it with you on the 9th.

If teams are planning to bring tents to set up, please let us know ahead of time. We need to direct schools to specific areas to set these up because of our underground sprinkler system.

We are looking forward to hosting the 2009 ISTA Championships. We wish all the teams and competitors the best of luck. See you in May!

Tim Weir
Head Coach

Roberta McLain
Director of Athletics



**ISTA TRACK & FIELD CHAMPIONSHIP
MAY 9, 2009**

CHECK LIST & INSTRUCTIONS



Team Roster submitted, Include first and last name and year of graduation
(by 8:00 p.m., April 29, 2009)

Instructions-

1. Go to www.sub5.com There will be a link for the ISTA Championship meet and you can download the appropriate forms.
2. Select the form for team roster and list each athlete's first name, last name, and grade (FR, SO, JR, SR).
3. Fax or email the roster sheet to Dave Jeffrey at 207-989-8659 djeffrey@breweredu.org.

**Please remember that athletes not on this roster as of 8 p.m. Wednesday,
April 29th, 2009 will be ineligible for competition.**

Entry sheet for both boys' and girls' teams faxed or emailed to Dave Jeffrey at 207-989-8659 djeffrey@breweredu.org. **(by 8:00 p.m. May 6, 2009).**

Instructions

1. Go to site www.sub5.com There will be a link for the ISTA Championship meet and you can download the appropriate forms.
2. Print the entry forms (one for boys, one for girls) and fill in all of the information. If a time is handheld time, please write 53.2h. If the timing was done automatically, write 19.35AT. As a coach, DO NOT add .24 to the handheld times.
3. Enter athletes in events with accurate times, distances, or heights- not to exceed 3 individual events and 1 relay per individual.
4. Fax or email these entry forms to Dave Jeffrey at 207-989-8659 djeffrey@breweredu.org.



Meet verification of submitted results.



Pole vault verification form.



Est. 1763 by bequest of Governor William Dummer

**ISTA TRACK & FIELD CHAMPIONSHIP
MAY 9, 2009**

Pole Vault Verification Form

Due to National Federation Rules, it is necessary to have verification of all competitors in the Pole Vault. Each competitor must be certified in using a pole that is rated for her/his weight.

YOU MUST FILL OUT THE FOLLOWING INFORMATION FOR EACH COMPETITOR, SIGN IT AND PRESENT IT AT THE IMPLEMENT WEIGH-IN AT 10:00 A.M., SATURDAY, MAY 9TH, 2009.

NO COMPETITOR WILL BE ALLOWED TO COMPETE WITHOUT THIS FORM.

Any questions please email me or give me a call.

Tim Weir
The Governor's Academy
tweir@govsacademy.org
978-499-3295

School: _____

Competitor	Weight	5/10	Pole Rating (lbs.)
1.			
2.			
3.			
4.			

Coach's Signature: _____