



THAYER ACADEMY
745 Washington St.
Braintree, Massachusetts 02184
(781) 843-3580

Monday, April 26, 2010

Dear Track Coaches & Athletic Directors,

The 24th Annual ISTA Championship Meet is being held at Thayer Academy on Saturday, May 8th, with field events beginning at **11:00 a.m.** and the running events will begin at **1:30 p.m.** We have an 6-lane, 400m all-weather track and hence, recommend athletes wear 1/4" 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 emailed to Dave Jeffrey of Brewer Timing Services at 207-989-8659 by the deadline:

8:00 p.m. on Wednesday, April 28th, 2010

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

ENTRIES

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 5th, 2008

- ✓ 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** 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.



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Please submit accurate times and distances, from the 2010 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, totaling **\$300.00**/

Checks for entrance fees must be made payable to "Thayer Academy." Entrance fees must be brought the day of the meet or mailed prior to:

Peter Robarts
c/o Thayer Academy
745 Washington Street
Braintree, Massachusetts 02184

SCRATCHES

- ✓ Because entries are not due until 8:00 p.m. on Wednesday, May 5th, schools will only be able to scratch an athlete from an event on the morning of the ISTA meet – May 8th.
- ✓ 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.



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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. Thayer Academy will provide all the necessary equipment to run each field event.

MEET DAY SPECIFICS

➤ *IMPLEMENT INSPECTION*

We have acquired the proper weighing equipment 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 9:30 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, from each school, will meet at 10:00 a.m. on the morning of the meet, Saturday, May 8th, to go through any scratches and discuss any questions.



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➤ *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 Thayer Academy. Showers are available for the athletes. Remind your team that they may bring their own coolers and prepared food for a long day of competition. We ask that schools and parents not bring or use grills.

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 8th.

If teams are planning to bring awnings or 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 2010 ISTA Championships. We wish all the teams and competitors the best of luck. See you in May!

Jeff Browne and Peter Robarts
Thayer Academy

Matt McGuirk
Director of Athletics



THAYER ACADEMY

ISTA TRACK & FIELD CHAMPIONSHIP MAY 8, 2010

CHECK LIST & INSTRUCTIONS



Team Roster submitted, Include first and last name and year of graduation

by 8:00 p.m., April 28, 2010

Instructions-

1. Go to website www.sub5.com. Click on Youth Pages. 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 or djeffrey@breweredu.org.

Please remember that athletes not on this roster as of 8 p.m. Wednesday,

April 28th, 2010 will be ineligible for competition.



Entry sheet for both boys' and girls' teams submitted,

by 8:00 p.m. May 5, 2010.

Instructions

1. Go to website www.sub5.com. Click on Youth Pages. 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 the roster sheet to Dave Jeffrey at 207-989-8659 or djeffrey@breweredu.org.



Meet verification of submitted results.



Pole vault verification form.



THAYER ACADEMY
ISTA TRACK & FIELD CHAMPIONSHIP
MAY 8, 2010

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 9:30 A.M., SATURDAY, MAY 8TH, 2010.

NO COMPETITOR WILL BE ALLOWED TO COMPETE WITHOUT THIS FORM.

Any questions please email me or give me a call.

Jeff Browne

jbrowne@thayer.org

781-664-2237

School: _____

	Competitor	Weight	Pole Rating (lbs.)
1.			
2.			
3.			
4.			
5.			
6.			

Coach's Signature: _____