

2009 NEPSTA Division 1 Track & Field Championships

Dear Coaches,

Phillips Academy is looking forward to hosting the 70th NEPSTA Division 1 Track & Field Championships on May 16. Below and on the pages that follow, you will find important dates, meet details, entry guidelines and other information that will help us set the stage for a great day of competition and a fitting culmination to the season for all of the athletes and teams.

Deadlines:

- May 6 Rosters & contact numbers due.
Email to Corbin Lang (clang@andover.edu; 978-409-4984) your rosters of all potential athletes, including full name and graduation year. Please also include coaches' phone numbers (work and home) and fax numbers.
- May 6 Entry fees postmarked. (See below for details.)
- May 9 Preliminary entries due by 11 p.m.
Go to <http://www.sub5.com/pvctrack/nepsta/nepsta.htm> for entry details.
- May 11 Seed sheets posted at <http://www.sub5.com/pvctrack/nepsta/nepsta.htm>
- May 13 Final entries due by 10 p.m.
- May 14 Final seeds posted at <http://www.sub5.com/pvctrack/nepsta/nepsta.htm>

Entry Submission Guidelines

- Hand times must be rounded UP to the next tenth submitted to the nearest tenth (.1). For example, a 53.11 hand time should be submitted as 53.2.
- Fully automatic times (FAT) must be submitted to the nearest hundredth (.01).
- Do not convert hand time to FAT times on entry form. (The timing service will standardize the times).
- Submitted marks are understood to have been made during the current season and be season bests.
- Submitted rosters are the only athletes that can be used as entries.
- Preliminary entries should include all athletes that will/could/should complete in that event.
- Final entries must be taken from preliminary entries.
- Do not add new entries to final entries.
- Final entries include at most 2 athletes per event per school.
- Participants in the NEPSTA championships may participate in three individual events plus a fourth if this is a relay.

Fees:

\$250 per team (boys or girls), \$500 for combined boys/girls team.*

Checks should be made out to NEPSTA-Roxbury Latin and mailed to:
Livingston Carroll
Roxbury Latin School
101 St. Theresa Avenue
West Roxbury, MA 02132

* If a team is entering only a few athletes in the meet, the fee is \$150 per team (\$300 for combined girls/boys team) plus \$2 per athlete per individual event entered and \$8 per relay entered.

Directions:

From points south: Take I-93 North for 19 miles. Take Exit 41, then turn right (east) onto Route 125 North for two miles. Exit right onto Route 28 North, and travel north a little over three miles to the Andover campus. Just before Bell Tower, turn right onto Dwight Street and follow road through brick columns, then you will be directed by PA Public Safety officers. (gps coordinates: 42° 38' 38.44" N by 71° 07' 43.65" W)

From points north, east and west: Take I -495 South to Exit 41, marked Andover. Travel south on Route 28 through the town of Andover. The Phillips Academy campus is approximately one mile south of Andover center on Route 28. Just after the Bell Tower take a left onto Dwight Street and follow road through brick columns, then you will be directed by PA Public Safety officers. (gps coordinates: 42° 38' 38.44" N by 71° 07' 43.65" W)

Lodging

Andover:

Andover La Quinta Inn & Suites
131 River Road (I-93, River Road exit)
978-685-6200
(800) 531-5900

Comfort Suites (Special Rate for PA events: \$74.95per night)
4 Riverside Drive
(I-93, River Road exit # 45)
978-475-6000
800-527-1133

Tewksbury:

(this Inn is holding a block of rooms)
Fairfield Inn by Marriott (Special Rate for PA events: \$69.00per night)
1695 Andover St. (I-495 & Route 133)
978-640-0700

Haverhill:

Comfort Suites
106 Bank Road (I-495, exit 49)
978-374-7755
800-521-7760

For additional lodging options and for local restaurants, go to www.andover.edu choose the "Visitors" section and click on the tabs for "Dining" and "Lodging."

Meet contact information:

Corbin Lang, meet director
Work: 978-749-4240
Fax: 978-749-4098
Email: clang@andover.edu

Mike Kuta, athletic director
Work: 978-749-4092
Email: mkuta@andover.edu

Enclosed in this packet:

Schedule of events
Opening heights, minimum standards and competition notes
NEPSTA meet records

70th NEPSTA Division 1 Track & Field Championship
 Saturday, May 16, 2009
 The Sorota Track- Phillips Academy, Andover MA

Schedule of Events:

9:30-10:30	Arrival/Check-in/Weigh-in/Scratches	
10:30	High Jump	Boys then Girls
	Long Jump	Boys and Girls simultaneously
	Pole Vault	Girls then Boys
	Triple Jump	Boys and Girls simultaneously after Long Jump
	Shot Put	Boys then Girls
	Discus	Girls then Boys
	Javelin	Girls at conclusion of Girls Shot Put Boys at conclusion of Girls Javelin

(To clarify the throwing events order:
 Girls will do Discus then Shot Put then Javelin.
 Boys will do Shot then Discus then Javelin.)

Boys precede Girls in all running events.

Please note: This schedule is tentative. We will not run ahead of schedule, but could run behind. Please alert athletes to stay aware of any variation.

12:30	4 x 100 Relay	Sections, places on time
12:50	100m/110m Hurdles	Trials
1:15	100m	Trials
1:40	1500m	Sections, on time
2:00	400m	Sections, on time
2:20	100m	FINALS
2:30	100m/110m Hurdles	FINALS
2:40	200m	Trials
3:00	800m	Sections, on time
3:15	300m Hurdles	Sections, on time
3:30	200m	FINALS
3:40	3000m	
4:15	4 x 400m Relay	Sections, on time
4:30 p.m.	Awards Presentation	

Opening heights:

HIGH JUMP	POLE VAULT
Girls 4' 6"	Girls 7' 6"
Boys 5' 6"	Boys 10' 06"

These opening heights may be adjusted down if poor weather or the strength of the field indicates that fewer than six competitors would clear the opening heights. Any changes will be announced at the coaches' meeting on the morning of the meet.

Minimum standards:

SHOT PUT	DISCUS	JAVELIN
Girls 28'	Girls 80'	Girls 80'
Boys 38'	Boys 100'	Boys 120'
LONG JUMP	TRIPLE JUMP	
Girls 15' 0"	Girls 28' 0"	
Boys 18' 0"	Boys 38' 0"	

To keep the meet moving efficiently, officials will not be required to measure throws and jumps under these minimum standards. These minimums may be adjusted downward if poor weather or the strength of the field indicates that fewer than six competitors would surpass these standards. Any changes will be announced at the coaches' meeting on meet day.

Special Notes:

- Spikes up to 1/4" are permitted and recommended.
- Javelin is on grass.
- Trainers will be available track side.
- Sportsmanship is expected. Officials are prepared to disqualify any athlete who swears, throws a baton or turns to taunt opponents.
- In the throwing events and long and triple jumps, each competitor will be allowed three attempts in the preliminary round. The top eight performers will advance to the finals and be allowed three more attempts.
- Teams should bring their own blocks. Make sure you label them with your school name.
- Weigh pole vaulters to validate that they are using a pole rated for their weight.
- Video camera rule will be enforced
- Meet t-shirts will be for sale at the championship. Please remind your athletes to bring money if they would like to buy t-shirts.
- Follow NFHS rules except... (See NEPSTA 2008 Spring meeting minutes)
 - The false start rule (two are allowed prior to disqualification for a runner and the first false start is not charged to the field)
 - The order of events
 - Participation rule (Participants in the NEPSTA championships may participate in three individual events plus a fourth event if this is a relay).
 - NEPSTA will use a softer version of the jewelry rule and this will be at the discretion of the meet directors and officials.
 - Schools should make the best possible attempt to have similar uniforms.

NEPSTA Division 1 Track & Field Records: Boys

Shot Put	Record 2008 winner	63' 10.5" 51' 09.00"	Brian Donohue Owen Fraser	Exeter Trinity	1981
Discus	Record 2008 winner	169' 5" 134' 06"	Kyle Morse Peter Holst-Grubbe	NMH Avon	2005
Javelin	Record 2008 winner	203' 2" 175'3.06"	Gregory Warden Peter Holst-Grubbe	NMH Avon	1967
High Jump	Record 2008 winner	6' 8.75" 6' 02"	David Arundel Raoul Oloa	NMH Exeter	1999
Pole Vault	Record 2008 winner	14' 7" 12' 00"	Yoo Kim Chance Jennings	Deerfield Taft	1998
Long Jump	Record 2008 winner	24' 3.75" 21' 02.50"	Al Dyson Nicholas Cox	NMH Avon	1967
Triple Jump	Record 2008 winner	48' 9" 43' 5.50"	Fred Jones Michael Donelan	NMH Andover	2003
4 x 100m relay	Record 2008 winner	42.20 42.59	Alex Amidon, Derrick Wilson Jermaine Jarrett, Chudi Motanya	NMH Hotchkiss	1996
4 x 400m relay	Record 2008 winner	3:21.97 3:22.96	Jeremy Nichols, Reese Hamilton, Trevor Bayliss, Mario Watts Nick Salerno, Alexander Amidon, Richard Kirby, Jermaine Jarrett	Andover Hotchkiss	1993
110m hurdles	Record 2008 winner	14.28 15.52	Marcus Stokes Sam Fisher	NMH Loomis	1993
300m hurdles	Record 2008 winner	38.4 39.42	Clive Watkins Pat Meggars	Exeter Loomis	1983
100m	Record 2008 winner	10.6 10.78	Al Dyson Cailean Robinson	NMH Exeter	1967
200m	Record 2008 winner	21.90 21.90	Alex Amidon Alex Amidon	Hotchkiss Hotchkiss	2008
400m	Record 2008 winner	47.75 49.52	Mario Watts Alex Amidon	Andover Hotchkiss	1993
800m	Record 2008 winner	1:53.4 2:02.33	Darren Dineen Brian Basham	Andover Exeter	1996
1500m	Record 2008 winner	3:54.1 4:08.21	Steve O'Hearn J. Anthony Schurz	Exeter St. Paul's	1984
3000m	Record 2008 winner	8:40.8 9:11.81	Chris Schille Eyob Eyualem	Andover Exeter	1984

NEPSTA Division 1 Track & Field Records: Girls

Shot Put	Record 2008 winner	39' 9" 38'2.5"	Angela Ruggiero Juliana Hernandez	Choate Choate	1998
Discus	Record 2008 winner	137' 11" 112' 3"	Caitlin Coan Juliana Hernandez	St. Paul's Choate	1999
Javelin	Record 2008 winner	151' 0" 103' 8"	Jennifer Cronin Miya Lee	NMH Exeter	1982
High Jump	Record 2008 winner	5' 5" 5' 5" 4' 10"	Patty Portilla Laura Jordan Sarah Hansen	Exeter Andover Miss Porters	1988 1997
Pole Vault	Record 2008 winner	10' 9" 9' 0"	Bailey Carroll Cat Ingram	Milton Loomis	2005
Long Jump	Record 2008 winner	18' 7.25" 17' 7"	Joslyn Woodard Faime Kingsley	Choate Hotchkiss	2001
Triple Jump	Record 2008 winner	38' 11" 38' 11"	Faime Kingsley Faime Kingsley	Hotchkiss Hotchkiss	2008
4 x 100m relay	Record 2008 winner	49.57 49.57	Faime Kingsley, Elizabeth Norris, Brittany Bell, Z'Hara Green Faime Kingsley, Elizabeth Norris, Brittany Bell, Z'Hara Green	Hotchkiss Hotchkiss	2008
4 x 400m relay	Record 2008 winner	4:04.49 4:04.49	Alexis Dawkins, Anne McDonough Catherine Coppinger, Anna Fang Alexis Dawkins, Anne McDonough Catherine Coppinger, Anna Fang	Andover Andover	2008
100m hurdles	Record 2008 winner	15.07 16.03	Alex Zukerman Jasmine Reid	Andover Milton	2001
300m hurdles	Record 2008 winner	44.89 47.22	Katie Dlesk Jasmine Reid	Andover Milton	2003
100m	Record 2008 winner	12.06 12.41	Joslyn Woodard Z'Hara Green	Choate Hotchkiss	2001
200m	Record 2008 winner	24.95 25.98	Joslyn Woodard Brittany Bell	Choate Hotchkiss	2001
400m	Record 2008 winner	57.52 59.35	Katie Dlesk Brittany Bell	Andover Hotchkiss	2003
800m	Record 2008 winner	2:15.6 2:16.68	Kristin Perini Anna Fang	Milton Andover	1984
1500m	Record 2008 winner	4:35.1 4:48.18	Kristin Perini Katrina Coogan	Milton Exeter	1984
3000m	Record 2008 winner	9:55.1 10.19.29	Kristin Perini Abbey Levene	Milton Andover	1984