

NEPSTA 2010 Division 1 Track & Field Championships

Hello Coaches,

Deerfield Academy is looking forward to hosting the 71st NEPSTA Division I Track & Field Championships on May 15. Below you will find important dates, meet details, entry guidelines and other information that will set the stage for a great day of competition. Deerfield is thrilled to host this meet on our brand new eight lane track!

Deadlines:

- May 1 Entry fees **in the hands of** Liv Carroll. (See below for details.)
- May 5 Rosters & contact numbers due.
Email to Dennis Cullinane (dcullinane@deerfield.edu, ph: 978-314-6165) 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 8 Preliminary entries due by 11 p.m.
Go to <http://www.sub5.com> for entry details.
- May 10 Seed sheets posted at <http://www.sub5.com>
- May 12 Final entries due by 10 p.m.
- May 13 Final seeds posted at <http://www.sub5.com>

Entry Submission Guidelines

- Hand times must be rounded **UP** to the next tenth, and submitted to the nearest tenth (.1). For example, a 53.11 hand time should be submitted as 53.2. Please follow this rule.
- 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:

\$225 per team (boys or girls), \$450 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 east: Take Rt 2 West to the exit for 91 South (this is the safest way for coach buses). Take 91 South to the exit for Rt 2 West (Mohawk Trail). At the rotary turn 270 degrees and follow the signs into Greenfield. At the Dunkin Donuts light turn right. Follow to Routes 5 and 10, take a right and proceed south for approximately 1.5 miles into Deerfield. Turn right at the "Historic Deerfield" sign onto Main Street and proceed about a half mile to the Academy. (gps coordinates: 42° 38' 38.44" N by 71° 07' 43.65" W)

From the south or MASS Pike: Take 91 North (from Mass Pike) to exit 24 "Historic Deerfield" Rts 5&10. Go right off the ramp and head north on Rts 5&10. Follow for approximately 5 miles until you see a sign for "Historic Deerfield" on the left (Richardson's Candies was just on your right). Take that left and follow Old Main St around toward the right. The Academy is down approx 0.5 miles)

Security will meet you on Albany Road, the east-west road bisecting campus. Your bus will be allowed to drop off coaches and athletes at the track, but then will be lead to long-term parking in our south fields.

Lodging

<http://www.deerfield.edu/visiting>

Meet contact information:

Dennis M. Cullinane, Meet Director
Cell: 978-314-6165
Phone: 413-774-1537
Fax: 413-774-1427
Email: dcullinane@deerfield.edu

Chip Davis, Athletic Director
Work: 413-774-1430
Email: cdavis@deerfield.edu
Martha Seretta, Asst. AD
Email: mseretta@deerfield.edu

Enclosed in this packet:

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

NEPSTA Div I Track & Field Championship
Saturday, May 15, 2010
The Moe C. Hunt Track, Deerfield, MA

Schedule of Events:

9:00-10:30 Arrival/Coaches meet/Check-in/Weigh-in/Scratches

9:30	Javelin*	Boys then Girls (*this must be run early because of safety issues)
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

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

Girls precede Boys in all running events.

Please note: This schedule is tentative. We will not run ahead of schedule, but may 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 ¼" are permitted and recommended.
- Tents should be no larger than 10'X10'.
- We will have plenty of water stations and are requesting that disposable plastic bottles are not brought to campus in an effort to make this a green championships.
- Javelin throwers should be prepared for an artificial surface and have spikes (in case of a wet surface)
- 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.
- Athletes are not allowed in the infield except when requested by officials
- A corral system will be utilized for heats of the running events (Penn Relays style), so athletes should be prepared to report fully prepared to race.
- 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. No commercial use of footage is allowed. Athletes with professional coaches cannot be taped for promotional purposes.
- 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, with greater exceptions for throws.