

**2016 MPA Class "B" State Indoor Track & Field Championship
Bates College – Lewiston, ME – Saturday, February 13, 2016**

**MEET START TIME 12:00 PM (NOON)
TEAMS MAY ENTER MERRILL GYM AT 11:00 AM**

GENERAL INFORMATION

(Subject to Change before Meet Date and Time)

Meet Director: Adam Mayo: may be reached at (Cell) 319-5659 (Cell) 330-0320
Email – emtsportsmedic@hotmail.com or mayoa@link75.org

Location: Bates College, Merrill Gym, Slovenski Indoor Track
141 Russell Street, Lewiston Maine, 04240 www.bates.edu

Meet Packets: Packets may be picked-up by coaches at the check in table **beginning at 11:00 A.M. on Saturday, February 13.**

Parking: **Due to the limited parking lot space at the facility (Bates College is still in session this year), we are requiring offsite parking for both spectators and buses. Shuttles from the established parking lot areas will run back and forth to the facility. Once offsite parking lots have been confirmed and established a list will be emailed to coaches and posted on the MPA website. Directions for each lot will also be posted. Please have a contact number for the bus driver before departing from the Bates Facility. Bus drivers can be notified toward the end of the meet to return to pick your team up at the field house. Bates Security will be assisting with the flow of bus traffic and spectator parking, please note the attached map.**

Entrance:

Again this year we will be using two entrances. Busses will be directed towards the rear of Merrill Gym where there will be an Athlete and Coaches only entrance. Once inside someone will be marking hands of the athletes and coaches. Only those names submitted to the MPA as coaching staff and eligible athletes will be permitted in this door. Spectators and all others will use the Main Entrance.

Admission Fees: Adults - \$8.00 Students and Senior Citizens (65+) - \$5.00

Seeding: Will be completed according to MPA seeding procedure. **All electronic entries** must be received by 9:00p.m. Tuesday February 9, 2016 to djeffrey@breweredu.org

Faxed confirmation to Brewer Timing (989-2657) on February 09, by 9:00 p.m. All entries must be on either Hy-Tek **TEAM MANAGER** or **TEAM MANAGER LITE**.

POLE VAULT – verification forms must be brought to the meet with each coach and turned into the Head Pole Vault official at the time of checking in poles. Note also the new rule with respect to standard set-back to 18 inches (45.7 cm).

POST PRELIMINARY SEEDINGS- may be viewed on <http://www.sub5.com/emitl/home.htm> on Thursday February 11, 2016.

FINAL ENTRIES – may be viewed on <http://www.sub5.com/emitl/home.htm> on Friday February 12, 2016

NO CHANGES or ADDITIONS WILL BE MADE TO THE ENTRIES SUBMITTED ON FEB. 12, UNLESS IT CAN BE VERIFIED BY HAND DATE INFORMATION SUBMITTED. IF HAND BACKUP DATA HAS NOT BEEN SUPPLIED, THE POSTING STANDS.

Jury of Appeals: Joyce Wiebe (Official), Dennis Kunces (Official), Diane Fournier (Official), Tom Menendez (Official) TBD (MPA Rep.), TBD (MPA Rep. TBD (Coach)

Numbers: Athletes will be identified by hip numbers. Hip numbers will be worn on the left and right hips with shirts tucked in. For the distance races a third number will be placed on the left chest area.

Event Check-In: Field events at the site. Running events at the clerk table located next to the shot put area on the infield. **Please read the Bulletin for other related information.**

Timing System: FinishLynx systems will be in use. **Please instruct your athletes to stay away from the finish area and the area along the wall by the windows. All times will be posted on the wall near the weigh in area, athletes and coaches please stay clear of this area at all times!**

FieldLynx: Will be used for field events.

Relays: Relay declaration forms must be turned in to the clerk 30 minutes before the start of the event. Clerks will have the names of the athletes on a form and all must be present for check in.

BATONS WILL BE PROVIDED

800 M Relay: **Three-turn stagger start will be used** for the first runner who stays in their lane the entire leg and the second runner can move in only after they pass the cones at the entrance to the back straight away. The second runners will also be standing in their respective exchange zones at the start of the race.

Start for the Distance events For the **3200 M Relay, 800 Run**, - these will be waterfall starts.

In the 4 x 800 meter relay each team is required to provide one responsible adult to serve as a lap counter during the race.

1 Mile, and 2 Mile events- these will be waterfall starts

In the 2 Mile Run each team is required to provide one responsible adult to serve as a lap counter during the race.

Scratches: Any athlete who is scratched from an event or fails to show for an event for which they have been entered shall be immediately ineligible from further competition in that meet with the exception of both relays.

Uniform Rule: 2016 Federation Rule book articles are in effect. **Jewelry is allowed. Please instruct your athletes to wear their school uniforms for presentation of awards. (No Hats)**

Spikes: Spikes will be allowed at the facility ¼" or less pyramid spikes. This will be checked prior to the start of each race and at all field events.

Weigh-In: **Will begin at 11:00am-11:45am.** Weigh-in location is in the storage area near the finish line.

Starting

Heights: Starting heights for high jump for girls – 4'6" and boys – 5'6". Pole vault, girls – 7'0" and boys – 9'6". **DEPENDING ON ENTRIES THE GAMES COMMITTEE WILL MEET BEFORE THE START OF THE MEET AND DETERMINE IF THE STARTING HEIGHTS WILL NEED TO BE CHANGED.**

Trainer:

Certified trainer will be available 1 hour before the start of the first event and 30 minutes after the final event. Teams **must** bring all needed supplies. Trainer may be found directly behind the finish line area.

Tape Markings:

Tape markings are allowed on the sides of long, triple, and pole vault runways. High jumpers are allowed 2 marks, both of which must be more than 2 feet from the standards. Relays are allowed 2 tape marks or tennis balls placed in their lane one minute prior to the start of their heat. The tape marks or balls, **MUST** be removed by a team member prior to the start of the next section.

Finals

Running Events – 8 competitors to finals (100 dash & 100/110 hurdles). **Field Events** – 8 competitors to the finals, competing in reverse order.

Spectators &

Coaches: Spectators and coaches are **NOT** allowed in the infield unless designated areas are set by the head field event official. Use bleachers and areas designated for coaches. **No bare-chested individuals are allowed within the track complex.**

Awards:

Medals will be awarded to the **first seven** place winners in each event during the meet at the awards area in the infield. Please instruct your athletes to be prompt and in proper uniform when they are called to the infield. Trophies will be awarded to each winning team shortly after the conclusion of the last event.

Scoring:

Meet scoring is 10-8-6-4-3-2-1, scoring 7 places.

Programs:

Will be on sale at the main entrance for \$2.00.

T- Shirts:

Will be sold at the main entrance.

Trash:

Each team will be provided with a trash bag. Please use the bag to clean up your area and deposit them at the nearest trash can.

Concessions:

Concession stand is available at the main entrance.

**Protests &
Appeals**

The Jury of Appeals (listed above) and the Games Committee will also be listed in the meet program. A protest form may be picked up at the scoring table. All protests must be in writing from a coach, accompanied with a \$35 fee, the protest, and along with the fee must be given to the meet referee.

TRACK REFEREE: Donald Berry and FIELD REFEREE: Peter Doran

Time**Schedule:**

The meet will **NOT** go ahead of the time schedule. It is up to the coaches and athletes that athletes report to the event at the appropriate time. Please listen for the calls.

Team Areas:

PLEASE KEEP TEAM AREAS OFF OF THE BLEACHER AREAS SO THAT SPECTATORS CAN FIND AN AREA TO SIT. TEAM AREAS MAY BE IN THE HALLWAY NEAR THE LOCKERS, FAR END OF THE TRACK, OR ANY AREA OFF OF THE BLEACHER AREA.

Other:

NEW ENGLAND COMPETITION

The 28th Annual New England Interscholastic Boys' and Girls' Indoor Track and Field Championships will be held Sunday, February 28, 2016, at the Reggie Lewis Track and Athletic Center, Roxbury Community College, Boston, MA.

Coaches of athletes who place (1-7) in each event should be prepared to forward status of their entries to George Mendros (george.mendros@thorntonacademy.org) no later than Tuesday, February 17th. Qualifiers will be posted on Sub 5 the next day (Wednesday, February 18th). Athletes who are not submitted by their coach will not be seeded.

Athletes will be selected based on the results of state competition. The champion in each event for Class A and B and the next four best finishers will represent the state. Maine will be allowed to have six athletes and relay teams in each event. Pole vault and triple jump are not events and the 300, 600m, and 1000m races replace Maine's 200m, 400m, and 800m races. Each athlete will be allowed to participate in three races/events or relays. [Athletes' selection and notification will be handled by George Mendros (home phone -282-5065 or george.mendros@thorntonacademy.org). Appeals of George's decisions will be handled by the Indoor Track Committee Chairperson.] Every effort is made to fill the field with only state scoring athletes.

The MPA will enter all qualified athletes. Information will be distributed to all coaches in their post season event championship packets and posted on the MPA and New England Council web pages. It is the parents' or school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The school, which the qualifying athlete attends, has an automatic waiver of the Sport Season Policy for the athlete. A coach may work with the qualifying athlete prior to the event and coach the athlete at the New England Competition.

A coach who holds current coach's eligibility status must be present and assume responsibility for a school's athlete(s) at the New England Competition.

ADAM J. MAYO

Meet Director

Class B Indoor Track State Championships