Dear Track Coaches & Athletic Directors,

The 34th Annual ISTA Championship Meet is being held at Tabor Academy on Saturday, May 13th, with field events beginning at **11:00 a.m.** The running events will begin at **1:30 p.m.** There is a 6 lane, 400m all-weather track with an 8 lane home straightaway. We recommend athletes wear 3/16” needle spikes or racing flats. Throwing circles are cement and the javelin approach is grass. The jumping and vault approaches are an identical surface to the track.

**REGISTRATION (Same as last year.)**

We will follow the same registration process as the last few years. All team **rosters** must be emailed to Dave Jeffrey of Brewer Timing Services at djeffrey@breweredu.org by the deadline:

**8:00 p.m. on Monday May 1, 2017**

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

**ENTRIES**

All team **entries** must be emailed to Dave Jeffrey of Brewer Timing Services at djeffrey@breweredu.org before or by the deadline: *(Please follow the instructions on the Coaches’ Checklist – the penultimate page of this document -- regarding entry of hand times.)*

**BEFORE Noon on Wednesday, May 10th, 2017**

- Schools submitting entries early may make any changes up until the deadline but after NOON on May 10th no entries will change. This allows the timing company to do a great deal of their work ahead of time and will likely result in earlier release of seeds and heats for the Championship meet.

- 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.

Please submit accurate times and distances, from the **2017 regular 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.**
SCRATCHES

✔ Because entries are not due until noon on Wednesday, May 10th, schools will only be able to scratch an athlete on the morning of the ISTA meet. This will scratch the athlete from the entire meet.

✔ 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.
- 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 have secured state officials to run and/or assist with the field events but please be prepared to help in order to keep the meet running smoothly. Event assignments were discussed at the ISTA Coaches meeting and an update will be shared shortly. Tabor Academy will provide all the necessary equipment to run each field event.

MEET DAY SPECIFICS

- **IMPLEMENT INSPECTION**
  All throwing implements must meet proper weight. All implements will be inspected and certified for competition. 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. 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 14th.

- **COACHES MEETING**
  Head coaches, from each school, will meet at 10:00 a.m. on the morning of the meet, Saturday, May 13th, 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 in the Coaches’ Tent where we will discuss and determine the winner of the individual awards. Each school will be allowed one vote (via paper ballot) per team (1 male, 1 female).

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**FACILITIES**

- **PARKING**
  Vans and buses must park in the main parking lot along Spring Street and behind the Fish Athletic & Fitness Center. There will be additional parking at the waterfront parking lot off of Front Street. There will be Tabor personnel around to help direct traffic.

- **LOCKER ROOMS**
  PLEASE REMOVE SPIKED SHOES BEFORE ENTERING THE FISH ATHLETIC & FITNESS CENTER.
  Teams will not have individual locker rooms.

- **BATHROOMS**
  Port-a-lets will be located behind the Tabor Chapel. Public restrooms are also available in the Fish Athletic & Fitness Center.

- **WATER**
  Coolers of water for the athletes to refill their own water bottles will be found by the track. Please remind athletes to bring their water bottles.

**ATHLETIC TRAINING**

Athletic training coverage will be provided. An athletic training tent will be set up at the north end adjacent to the track.

**ISTA MEET SHIRTS**

ISTA Championship t-shirts will be available to pre-order and a limited supply will also be available on the day of the event, out near the track. T-shirts will be tech wick. Information will be sent out to all coaches with shirt designs and order forms in the next week.
FEES

To cover the costs of the meet each school is asked for a $225.00/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 $450.00.

Checks for entrance fees must be made payable to “Tabor Academy.” Entrance fees must be paid by May 5th. They can be mailed to Tabor’s Athletic Director:

Conan Leary  
Tabor Academy  
Marion, MA 02738

We are looking forward to hosting the 2017 running of the ISTA Championships. We wish all the teams and competitors the best of luck. See you in May!

Chris Adams  
Head Coach, Tabor Academy

Desiree Sheff  
Head Coach, Middlesex School
ISTA TRACK & FIELD CHAMPIONSHIPS
MAY 13, 2017

CHECK LIST & INSTRUCTIONS

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

by 8:00 p.m., May 1, 2017

Instructions-

1. Go to website http://www.sub5.com/youth-pages/ista 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. Email the roster sheet to Dave Jeffrey at djeffrey@breweredu.org.

Please remember that athletes not on this roster as of 8 p.m. Monday, May 1, 2017 will be ineligible for competition.

☐ Team Entry Fee submitted by May 3, 2017 to Conan Leary at Tabor Academy.

☐ Entry sheet for both boys’ and girls’ teams submitted,

by noon Wednesday, May 10, 2017.

Instructions

1. Go to website http://www.sub5.com/youth-pages/ista and you can download the appropriate forms.

2. Print or download 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. Email the entry sheet to Dave Jeffrey at djeffrey@breweredu.org.

☐ Meet verification of submitted results.

☐ Pole vault verification form.
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 13, 2017**

**NO COMPETITOR WILL BE ALLOWED TO COMPETE WITHOUT THIS FORM.**

Any questions please email me or give me a call.

Chris Adams  
Tabor Academy  
Head Coach  
cadams@taboracademy.org

School: ____________________________

<table>
<thead>
<tr>
<th>Competitor</th>
<th>Weight</th>
<th>Pole Rating (lbs.)</th>
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<tbody>
<tr>
<td>1.</td>
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Coach’s Signature: ____________________________
Officiating Assignments for 2017 ISTA Championships

1st Round: Long Jump (B & G), High Jump (B), Shot Put (B), Jav (G), Pole Vault (G)
2nd Round: Triple Jump (B & G), High Jump (G), Shot Put (G), Jav (B), Pole Vault (B)
3rd Round: Discus -- Girls DT will begin after the completion of Boys’ SP – followed by Boys

<table>
<thead>
<tr>
<th>Event</th>
<th>Girls</th>
<th>Boys</th>
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</thead>
<tbody>
<tr>
<td>Shot Put</td>
<td>Thayer Academy</td>
<td>Thayer Academy</td>
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<tr>
<td>Discus</td>
<td>St. Paul's School</td>
<td>St. George's School</td>
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<tr>
<td>Javelin</td>
<td>Governor’s Academy</td>
<td>Roxbury Latin</td>
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<tr>
<td>Long Jump</td>
<td>Middlesex School</td>
<td>Groton School</td>
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<tr>
<td>Triple Jump</td>
<td>Rivers School</td>
<td>Milton Academy</td>
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<tr>
<td>High Jump</td>
<td>Lawrence Academy</td>
<td>Tabor Academy</td>
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<tr>
<td>Pole Vault</td>
<td>Belmont Hill School</td>
<td>Belmont Hill School</td>
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</tbody>
</table>

400 Meter Relay Zone Judges – 6 Lane Track/8 Lane Straight -- All Heats (Boys then Girls)

<table>
<thead>
<tr>
<th>Zone</th>
<th>Location</th>
<th>Front of Zone</th>
<th>Rear of Zone</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Near 1500m Start</td>
<td>Rivers (1-4) Groton (5-8)</td>
<td>Lawrence (1-4) St. George’s (5-8)</td>
</tr>
<tr>
<td>2</td>
<td>Near 200m Start</td>
<td>Governor’s (1-4) Middlesex (5-8)</td>
<td>Belmont Hill (1-4) Roxbury Latin (5-8)</td>
</tr>
<tr>
<td>3</td>
<td>Near 100m Start</td>
<td>Milton (1-4) Tabor (5-8)</td>
<td>Thayer (1-4) St. Paul’s (5-8)</td>
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</tbody>
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1600 Meter Relay Zone Judges -- All heats (Girls & Boys) = MSTOA Meet Officials