



NEPSTA Div. 1 Track & Field Championships 2023

Phillips Academy is excited to host the 81st NEPSTA Division I Championships on Saturday, May 20, 2023. In this document you will find information regarding registration, our facility, and more.

Teams Participating

Andover / Phillips Academy	Phillips Exeter Academy	Northfield Mount Hermon
Avon Old Farms (Boys)	Greenwich Academy (Girls)	Sacred Heart (Girls)
Belmont Hill School (Boys)	The Hotchkiss School	St. Paul's School
Brunswick School (Boys)	The Loomis Chaffee School	The Taft School
Choate Rosemary Hall	Milton Academy	Thayer Academy (Girls)
Deerfield Academy	Miss Porter's School (Girls)	Trinity Pawling (Boys)

Key Dates

Saturday 4/15	Rosters and coaches' contact info due to meet director Keri Lambert (klambert@andover.edu). Please use the Excel file attached to Email #1 (sent 4/1) to submit this info in the proper format.
Thursday 5/4	Payment of championship fee due to NEPSAC. The fee is \$225 per team (or \$450 for a combined boys/girls team). Click here to pay online. If a team's entry numbers will be very low / "individual," contact Beth Larson (larsonb@avonoldfarms.com) before May 1.
Sunday 5/14 by 5pm	Preliminary entries due to Direct Athletics
Tuesday 5/16	Preliminary performance lists posted on Direct Athletics
Thursday 5/18 by 5pm	Final entries due to Direct Athletics
Friday 5/19	Final heat sheets posted on Direct Athletics
Saturday 5/20	Meet Day!

Key Individuals

Meet Director: Keri Lambert, Andover Director of Track & Field (klambert@andover.edu)

Host School Athletic Director: Lisa Joel (ljoel@andover.edu)

NEPSTA President: Tom O'Riordan (toriordan@landmarkschool.org)



Schedule of Events

9am-10:15am Arrival/Weigh-in | Check-in/Scratches in the Snyder Center (Title IX Room)

9:45am Coaches' Meeting in the Snyder Center (Title IX Room)

10:30am Field Events

**All throwers, long jumpers, and triple jumpers will have 3 attempts in the trials. The top 8 athletes after the trials will be re-ordered, and all will have 3 additional attempts in the finals in reverse order of placement after the trials. Results are based on best effort in the trials or finals.*

Girls Shot Put followed by Boys Shot Put

Boys Discus followed by Girls Discus

After conclusion of Boys Shot Put: Boys Javelin followed by Girls Javelin (grass runway)

Girls High Jump followed by Boys High Jump

Boys Pole Vault followed by Girls Pole Vault

Runway "A": Boys Long Jump followed by Boys Triple Jump

Runway "B": Girls Long Jump followed by Girls Triple Jump

12:30pm Running Events

**Boys will compete before girls. All events are finals unless otherwise noted. All field events must be completed before the 4x400m Relay begins*

4x100m Relay (run in lanes)

100/110 Hurdles *Trials* (run in lanes)

100m *Trials* (run in lanes)

1500m

400m (run in lanes)

100m *Final* (run in lanes)

100/110 Hurdles *Finals* (run in lanes)

800m (begin in lanes with a one-turn stagger)

300 Hurdles (run in lanes)

200m (run in lanes)

3000m

4x400m Relay (begin in lanes with a three-turn stagger)

4:00pm Awards Ceremony



Entry Info / Standards

Eligibility

- Athletes listed on the roster submitted by 4/15 are the only athletes eligible to be entered.
- In order to be eligible to compete at the NEPSTA championship, an athlete must have competed in at least two meets against NEPSTA schools. If a coach would like to enter an athlete who has not competed in at least two NEPSTA meets (due, for example, to illness having limited an athlete's competitive opportunities during the regular season), they may submit a petition for an exception to this rule by contacting the NEPSTA President, Tom O'Riordan at toriordan@landmarkschool.org.
- Any team may enter up to two athletes per event. There are no official qualifying standards.
- Preliminary entries submitted on Direct Athletics by 5/15 should include any athlete who will be considered for your final entry in that event.
- Final entries due by 5/18 must be taken from the preliminary entries submitted by 5/15. No athletes may be added to any event at this time.

Registering Athletes / Submitting Entries

- Submitted marks are understood to be 2023 Outdoor season bests.
- Hand times must be rounded up to the next tenth (ex/ a 53.11 hand time becomes 53.2).
- Fully automatic times (FAT) must be submitted to the nearest hundredth (.01).
- Do not convert hand times to FAT. The timing company will make necessary adjustments.
- Athletes may compete in a maximum of four events; at least one of those events must be a relay, therefore no athlete may compete in more than three individual events.
- On the following page are marks for field events that are *guidelines* to help ensure a smooth and efficient meet. These are not "qualifying marks." It is left to coaches' discretion whether or not to enter a particular athlete.



Opening Heights

	<u>Boys</u>	<u>Girls</u>
High Jump	5'6"	4'6"
Pole Vault	10'6"	7'6"

These heights may be adjusted by the meet director in consultation with the Lead Official and Rules Committee in the case of a weak field or as a result of poor weather. Any changes will be announced at the Coaches' Meeting.

Minimum Standards

	<u>Boys</u>	<u>Girls</u>
Shot Put	38'	28'
Discus	100'	80'
Javelin	120'	80'
Long Jump	18'	15'
Triple Jump	38'	28'

To keep the meet moving efficiently, officials will not be required to measure performances under the minimum listed above. The threshold may be adjusted if the field looks particularly weak or the weather looks to impact the field in a negative way. Any changes will be announced at the Coaches' Meeting the morning of the meet. Measurement of all first attempts is advised to assure a full slate of athletes for finals.



Meet Info

Meet Officials

A team of certified officials, led by referee / lead official Fred Doyle, will officiate this meet. Andover faculty officials (who are not Andover coaches) will support the certified officials.

Coaches' Rules Committee

The Rules Committee will comprise Keri Lambert (Andover, 2023 meet director), Kevin Brooks (St. Paul's, 2022 meet director), and a head coach from Deerfield Academy (2024 championship hosts).

Meet Rules

- NEPSTA follows NFHS rules with the exceptions/quirks listed below. (Note that up-to-date NFHS Rules can be reviewed and easily searched using the app “NFHS Rules.”)
 - *False Starts:* Two false starts will result in disqualification. The first is not charged to the field.
 - *Order of Events:* The meet will follow the order of events listed above on page 2 rather than the order recommended by NFHS.
 - *Scratch rule:* Any athlete may be scratched from specific events, without penalty, before the meet begins at 10:30am on 5/20. Scratches will be invited during the Coaches' Meeting. Any athlete who is scratched may not be replaced by another teammate. Once the meet begins at 10:30am, any athlete who scratches must be scratched for the remainder of their events. Again, no replacement is allowed.
 - *Relays:* Relays may be made up of any athlete on the roster submitted on 4/15.
 - *Participation:* Athletes may participate in four events providing at least one is a relay.
 - *Jewelry:* NEPSTA is less restrictive than NFHS here. If the meet director and referee feel that an item is dangerous, we will address the concern with the athlete and coach.
 - *Uniforms:* All athletes must wear some version of a school uniform, and schools should do their best to have uniforms be similar. Weather-related changes are allowed at the discretion of the meet director and referee. If an athlete thinks they may be called out on a uniform violation, they should proactively ask the referee ahead of their event.
- Excellent sportsmanship is expected. Officials are prepared to disqualify any athlete who uses any profanity, throws a baton, or turns to taunt an opponent.
- Other athletes, coaches, or spectators may not run alongside an athlete during an event, even if just cheering. This “pacing” will cause a disqualification if considered more than a few steps.
- Athletes may not use electronics (including headphones and cell phones) on the infield, in field event competition and warm-up areas, or on the track itself.



Event and Check-In Information

- All head coaches will receive a coaches' packet upon checking in. Please review all materials before the Coaches' Meeting at 9:45am.
- Vaulters will need to weigh in on the morning of the event to verify that they are on the correct pole rated for their weight.
- Athletes must check in when their event is called. At (or before) the "first call," athletes should check in to pick up their hip/shoulder numbers at the clerking table on the infield. (In case of heavy rains, this table may be moved inside the Snyder Center.) At the "final call," athletes should report to the clerk or official responsible for organizing the heats for their event. Failing to check in promptly may result in the event beginning without missing athletes.
- Running events take precedence over field events. Athletes are expected to work with officials to balance moving the meet along in a timely manner and honoring the likelihood that a competitor will be pulled between events. Athletes must communicate with officials to "check out" if/when they have to leave a field event, and athletes must return to their field event promptly after their running event is complete.
- We will use the "five-alive" rule in the vertical jumps. Refer to NFHS 2023 Rule Book: 6.8.2: *"When the number of entries dictates, the games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the five competitors, as determined by the games committee, constitute a flight. As a competitor clears a bar, passes a turn at a height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the number of competitors remaining at a given height is fewer than nine, all competitors will be in a single continuing flight."*
- In case of inclement weather (high winds, heavy rains, etc.) that can make pole vaulting and high jumping risky, there will be the option to move one or both of these events into the Snyder Center. This will need to be decided at least 24 hours before the meet so that Andover staff can move the mats/equipment inside. Depending on the weather forecast for 5/20, this will be considered by the meet director, athletic training staff, and NEPSAC leadership before being put to all Division I head coaches for a vote 2-3 days before the meet.

Miscellaneous

- At the conclusion of the meet, all NEPSAC head coaches will convene to vote for one MVP for each gender.
- If athletes would like to, they may bring money to purchase meet t-shirts on site.



Host / Facility Information

Contacting the Meet Director

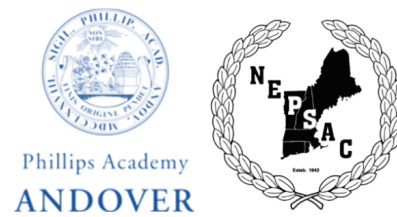
- Keri Lambert - klambert@andover.edu | (413) 237-5993 (on meet day)

Directions / Lodging / Parking

- For lodging information, directions to campus, and a campus map, visit <https://www.andover.edu/community/visit>.
- Info/instructions for team drop-off and parking will be provided at a later date. In the meantime, please complete [this form](#) to indicate the type of vehicle(s) your team will be arriving in (ex/ a full bus, school's minibus, 15-passenger vans, etc.).
- Info/instructions for spectator parking will be provided at a later date. Handicap accessibility is planned for. Please speak with the security officer on site for specific details.

Facility Information

- The Snyder Center, which is adjacent to our outdoor track, will be open to teams throughout the meet for access to restrooms, water fountains, our athletic training room, space for warming up, and shelter in case of inclement weather.
- On the second floor of the Snyder Center (accessible from inside or outside) is the Title IX Room. This is where coaches should go to check in upon their arrival at the track and it is also where the Coaches' Meeting will be held at 9:45am.
- Athletes may use ¼" pyramid spikes. Other sizes and types of spikes are prohibited.
- Only coaches and competing athletes are allowed on the infield. Spectators and team members who are cheering must remain off the infield. This will be strictly enforced.
- Information from Andover's Athletic Trainers (regarding, for example, where they will be located) will be shared prior to the meet. Please be sure to carefully review this info when it becomes available.
- Heat sheets will be posted inside the Snyder Center after the conclusion of the Coaches' Meeting.
- Teams may set up camps outside according to a map that will be provided at a later date.
- Please make sure your athletes bring water bottles. There will be water cooler stations around the Outdoor track as well as water fountains inside the Snyder Center.
- Andover has eight starting blocks to cover all lanes. Teams are welcome to bring their own.
- Please discourage your athletes from wandering about campus.



Map

A detailed map providing information related to drop-off/parking, athletic training, team camps, and more will be provided at a later date.





Division I Meet Records

NEPSA Division 1			EVENT	NEPSA Division 1		
Taryn Gangi, Charlie Jarvis, Shanice Pimentel, Camille Little (Andover)	2014	49.07	4X100 M RELAY	James Lin, Mike Gargiles, Rob Tyson, Scott Schilling (NMH)	1996	42.20
Haley Baker (Exeter)	2013	14.55	100 M HURDLES	-	-	-
-	-	-	110 M HURDLES	Marcus Polk (Exeter)	2015	14.27
Patty Davis (Loomis)	1979	11.5h	100 M	Michael Gargiles (NMH)	1996	10.5h
Camille Little (Andover)	2016	11.94		Elic Ayomanor (Deerfield)	2022	10.76
Kristin Perini (Milton)	1984	4:35.1h	1500 M	Steve O'Hern (Exeter)	1984	3:54.1h
Aoibhe Gormley (Thayer)	2022	55.90	400 M	Mario Watts (Andover)	1993	47.75
Camille Little (Andover)	2016	24.89	200 M	Elic Ayomanor (Deerfield)	2022	21.66
Marleigh Giliberto (Loomis)	2019	2:15.24	800 M	James Donahue (Belmont Hill)	2022	1:49.81
Katie Dlesk (Andover)	2003	44.89	300 M HURDLES	Marcus Polk (Exeter)	2015	38.32
Kristin Perini (Milton)	1984	9:55.1h	3000 M	Byron Grevious (Exeter)	2022	8:39.67
Chloe Clifford, Devin McConnaughey, Taryn Madsen, Aoibhe Gormley (Thayer)	2022	3:59.98	4X400 M RELAY	Jeremy Nichols, Evereese Hamilton, Trevor Bayliss, Mario Watts (Andover)	1993	3:21.97
Kendra Offiaeli (Loomis)	2015	43-01	SHOT PUT	Brian Donahue (Exeter)	1981	63-10.50
Caitlin Coan (St. Paul's)	1999	137-11	DISCUS	Chukwudi Ikpeazu (Exeter)	2016	176-02
Jennifer Cronin (NMH)	1982	151-00	JAVELIN	Gregory Warden (NMH)	1967	203-02
Faimie Kingsley (Hotchkiss)	2009	131-07	JAVELIN NEW	Richard Bradley (St. Paul's)	2013	197-11
Aria Small (NMH)	2016	19-00	LONG JUMP	Allen Dyson (NMH)	1967	24-03.75
Aria Small (NMH)	2016	40-10.25	TRIPLE JUMP	Fred Jones (NMH)	2003	48-09
Patty Portilla (Exeter)	1988	5-05	HIGH JUMP	David Arundel (NMH)	1999	6-08.75
Laura Jordan (Andover)	1997					
Sophia Slovenski (Andover)	2018	10-10	POLE VAULT	Yoo Kim (Deerfield)	1988	14-07