

# **The 2023 NEPSTA Division II Track and Field Championships**

## **Saturday, May 20, 2023 @ The Williston Northampton School**

### **FIELD EVENTS @ 11:00 AM, RUNNING EVENTS @ 1:30 PM**

- ❖ Berkshire School's Dory Driscoll and Mike McCabe will serve as the meet directors.
- ❖ Williston Northampton's Chris Pelliccia will serve as the site director.
- ❖ Registration information is enclosed.

Meet Director:	Dory Driscoll	860-208-4246	dorydriscoll@berkshireschool.org
Meet Director:	Mike McCabe	203-598-4740	mmccabe@berkshireschool.org
Site Director:	Chris Pelliccia	207-344-8265	cpelliccia@williston.com
Chief Timer:	Reid Monk		rmonktype1@gmail.com

### **PRELIMINARY RESPONSIBILITIES:**

#### **I. Team Rosters must be received by Saturday, April 15th, 2023.**

- ❖ The roster must include all athletes who may be eligible for the championship meet.
- ❖ It must contain the **Athlete's first name, last name, and current grade in school (7, 8, FY, SO, JR, SR, PG).**
- ❖ The Athletic Director must verify the team roster.
- ❖ Please submit the roster by email to the meet directors Dory Driscoll and Mike McCabe at [dorydriscoll@berkshireschool.org](mailto:dorydriscoll@berkshireschool.org) and [mmccabe@berkshireschool.org](mailto:mmccabe@berkshireschool.org) and to the Official Scorer, Mary Cady, at [kdmmarykd@gmail.com](mailto:kdmmarykd@gmail.com).
- ❖ **Roster** should also be submitted to DirectAthletics @ <https://www.directathletics.com/>.

#### **II. Team Entry Fee must be received by Friday, May 12th, 2023**

- ❖ \$200.00 for each boy's team and \$200.00 for each girl's team entered, regardless of the size of the team. If you are sending both a boy's and girl's team, the fee is \$400.00 for the school.
- ❖ **Payment Link:**  
[https://nepsac.cr3.rschooldtoday.com/public/getclass/category\\_id/13/program\\_id/2](https://nepsac.cr3.rschooldtoday.com/public/getclass/category_id/13/program_id/2)

#### **III. N.E. Event Entries must be completed by 6:00 PM on Wednesday, May 17th, 2023.**

- ❖ All of your entries should be put into DirectAthletics.
- ❖ **Failure to comply will result in non-entry into the meet.**
- ❖ Print and keep a copy of your entries
- ❖ Please enter earlier if you can, entries may be submitted prior to May 17<sup>th</sup>.
- ❖ Please bring information about when and where entry marks were achieved for the purpose of verification to the Coaches' Meeting.
- ❖ If the athlete has not competed in an event this season, they may still compete but must be entered with no time or distance.
- ❖ Athletes entered must be on the rosters that you submitted on April 15th.

## ENTRY DETAILS:

### Individual Eligibility:

As stated in the NEPSAC Policies:

- ❖ Individual athletes who are 19 years old or younger on September 1st of 2022 are eligible to participate in all NEPSAC Championships.
- ❖ An athlete may only participate in the tournament of the sport that they have played and represented the school in that season.
- ❖ A player must be on the tournament-bound team by the classification deadline in order to participate in a NEPSAC Tournament.

### Individual Event Limitations:

- ❖ Each team member can be entered in up to 4 events, **but only 3 individual events.** (3 individual events and 1 relay or 2 individual events and 2 relays is the maximum)
- ❖ Each team is allowed to enter a third individual in one event only. This is the WILD CARD ENTRANT
  - In one event only, a school may enter a third competitor.
  - This applies only to individual events – NOT RELAYS.
  - An athlete is only permitted to compete in three individual events.
  - The wild card adds a third entry in one event for a team, not a fourth individual event for a competitor.

### Updates and substitutions:

- ❖ There will be no updates or substitutions after the entry deadline of May 17th at 6:00 PM.
- ❖ At the Coaches Meeting, we will only accept scratches.

## Entry Recommended Minimum Marks: Track and Field Events

Event	Boys	Girls	Event	Boys	Girls
100m	12.5	14.3	Shot Put	38	27
200m	26.0	29.5	Discus	100	70
400m	56.0	68.0	Javelin	120	70
800m	2:15	2:45	Long Jump	17	13'6
1500m	4:50	5:45	Triple Jump	36	28
3000m	10:30	13:00	High Jump	5' 4"	4' 4"
110/100m Hurdles	19.0	20.0	Pole Vault	9' 0"	6' 0"
300m Hurdles	48.0	58.0			

### Please note the following:

- ❖ Opening height for boys and girls HJ and PV will be the entry standard listed above.
- ❖ In LJ, TJ, SP, Disc, and Jav, a mark will be put at the entry standard distance. All entered athletes will have their 1st attempt measured, and then only the attempts that equal or exceed the standard will be measured. This is to speed up the field events.
- ❖ Running events - Coaches are strongly asked to enter their runners according to the entry standard.

## MEET DETAILS:

### Governing Rules:

- ❖ The meet will be governed by the National Federation Rules Book, with the following exceptions: Order of events (included in the packet)
- ❖ One false start is allowed per individual
- ❖ Limits of events entered - (see event limitations)
- ❖ Uniform rule is relaxed, but must indicate the school that the athlete is from.
  - Relay teams must have a similar uniform.
  - Field event athletes must have a top that indicates the school they represent, it does not have to be a track singlet.
  - Spandex may be worn and do not have to match the shorts or may be used as shorts.

### Meet Facilities:

- ❖ Williston has an 8-lane all-weather surface track.
- ❖ All jumps and vault runways are also all-weather.
- ❖ Runners and jumpers may use ¼ inch spikes or flats.
- ❖ The shot put and discus circles are concrete. The javelin runway is grass,
- ❖ Facility questions should be directed to Chris Pelliccia (cpelliccia@williston.com)

### Coaches Meeting:

- ❖ A Coaches Meeting will be held at **10:00 AM** near the track in the official's tent.
- ❖ Heats, flights, and seed times for all events will be distributed at this meeting.
- ❖ Scratches will be announced at this time. **NO SUBSTITUTIONS CAN BE MADE.**

### Scratches:

- ❖ Any competitor scratched from an event **AFTER** the Coaches Meeting will be automatically scratched from all further competition.

### Weighing Implements:

- ❖ All implements that competitors wish to use must be weighed in and verified by the Head Field Judge. Weighing-in will take place from 9:30 to 10:30 a.m. at the scorer's tent. **Javelins must meet 2002 standards.**
- ❖ Competing with unverified equipment will result in an automatic fault for all attempts with that equipment

### Officiating:

- ❖ Timing Services: Brewer Timing Services - Chief Operator: Reid Monk
- ❖ Starter: Tammy Ciesla
- ❖ Clerk of the Course: Chris Heaton
- ❖ Finish Line Judge: Gary Fredericks
- ❖ Games Committee: Dory Driscoll, Mike McCabe, Chris Pelliccia, Steven Suomi, Shalise Manza Young

## **Order of Events:**

### **FIELD EVENTS: STARTING AT 11:00 AM**

Boys' Discus and Girls' Javelin, then switch.

Boys' Shot Put will start at the completion of the discus and javelin, followed by girls'.

Girls' High Jump followed by Boys'

Boys' Pole Vault followed by Girls'

Boys' and Girls' Long Jump (2 runways), followed by Boys' and Girls' Triple Jump

### **RUNNING EVENT ORDER (Boys followed by Girls) STARTING AT 1:30 PM**

4x100m Relay

1500m: if necessary, we'll create two sections based on seed times

100m: TRIALS

110/100m High Hurdles

400m

100m: FINALS

800m: waterfall start, maximum of twelve runners to a section

300m Intermediate Hurdles

200m

3000m

4x400 Relay: two-turn stagger

### **RUNNING EVENTS TAKE PRECEDENCE OVER FIELD EVENTS**

## **The Call for Events:**

**First Call:** Competitors must sign in at the first call and explain to the Event Official if they have a conflict with another event.

**Second Call:** Competitors should move to the starting line or field area of the event.

**Third Call:** This is the final call. Competitors not reporting promptly will be scratched from that event and eliminated from the rest of the meet.

**Special Note:** Athletes competing in conflicting events should report back to each event immediately after completing a field event trial or a race. A fair amount of time in accordance with the rules will be allowed for the competitor to recover.

## OFFICIATING RESPONSIBILITIES

**Field Event Officials - Each school participating will be responsible for a field event.**

<b>Javelin</b>	Girls - Westminster Boys - BB&N	<b>Discus</b>	Girls - Suffield Boys - Worcester
<b>Shot Put</b>	Girls - Austin Prep Boys - Governors		
<b>Long Jump</b>	Girls - Winsor Boys - Middlesex	<b>Triple Jump</b>	Girls - Cheshire Boys - Thayer
<b>High Jump</b>	Girls - Berkshire Boys - Williston	<b>Pole Vault</b>	Girls - Hired Official Boys - Hired Official

## RELAY ZONE JUDGES

### ALL Sections Boys and Girls

#### **4 x 100m**

- First school is responsible for the front of the zone.
- Second school is responsible for the back of the zone.
- Suggest there be two persons per school, one on the inside of the track and one on the outside of the track, at the zone assigned.

#### **4 X 100m Relay Exchange Zone**

1st zone: Tabor/Holy Child/Berkshire

2nd zone: Roxbury Latin/GCDS/Williston

3rd zone: Hopkins/Nobles/BB&N

#### **4 X 400 Relay Exchange Zone**

Finish Line Judge

#### **Hurdles Set Up**

Williston

## Scoring:

Six places will score in each event and points will be awarded as follows:

1st: 10 pts      2nd: 8 pts      3rd: 6 pts      4th: 4 pts      5th: 2 pts      6th: 1 pt

## Incidentals:

- ❖ Restrooms are located in the brick building near the track.
- ❖ Williston asks all schools participating not to bring or use grills. Coolers and prepared food are welcome.
- ❖ 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 20th.
- ❖ There is a large field adjacent to the track for teams planning to bring awnings or tents to set up.
- ❖ Bus Parking: Please follow the signs, and Williston personnel will direct the bus.

# Pole Vault Verification Form

## NEPSTA DIV. II TRACK & FIELD CHAMPIONSHIP MAY 20, 2023

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 their weight.

**YOU MUST FILL OUT THE FOLLOWING INFORMATION FOR EACH COMPETITOR, SIGN IT AND PRESENT IT AT BOTH THE IMPLEMENT WEIGH-IN AT 9:30 A.M. AS WELL AS AT THE CHECK-IN FOR THE EVENT ON SATURDAY, MAY 20, 2023. NO COMPETITOR WILL BE ALLOWED TO COMPETE WITHOUT THIS FORM.**

If you have any questions, please email or call the Meet Director.

School: \_\_\_\_\_

Competitor	Weight	Pole Rating (lbs.)
1.		
2.		
3.		
4.		
5.		
6.		

Coach's Signature: \_\_\_\_\_