



**76<sup>th</sup> Annual New England Interscholastic  
Outdoor Track & Field Championship**  
**Saturday, June 10, 2023**  
**Cameron Stadium, Bangor Maine**  
**300 Garland Street, Bangor, ME 04401**

Presented by the Council of New England Secondary School Principals' Association  
19 Golden Meadow Rd. Hampstead, NH 03841  
Executive Director: Jim Davis, [jim.davis@cnesspa.org](mailto:jim.davis@cnesspa.org),  
President: Mr. David Rozumek, NHIAA

**The tournament will be held regardless of weather conditions.**

**Meet Director:** Marty Kahler, [mkahler576@aol.com](mailto:mkahler576@aol.com) Contact Number: (603) 502-7275

**Site Director:** Stephen Vanidestine, [svanidestine@bangorschools.net](mailto:svanidestine@bangorschools.net) Office: (207)-992-5507

**Entry Limit:** No athlete may compete in more than 4 events including relays. **Individual state participation rules apply.** Each state will be allowed (6) entries per event. All qualifiers must have participated at their respective state associations' championship finals. Qualifying performances for seeding must also come from the state championship finals. National Federation rules govern the meet. No event will be held up to wait for an athlete competing in another event.

**Filing of Entries:** **One representative from each state association** should send all entries electronically using Hy-tek's Meet Manager to Dave Jeffrey at [djeffrey@breweredu.org](mailto:djeffrey@breweredu.org). Entries should be sent as soon as your qualifiers are determined. All entries should be received by **noon, Monday, June 5, 2023**. If your state uses distances other than the 1600 meters and 3200 meters or 300 meter hurdles, please make the following adjustments to your seed times **before** you email the file:

|                     |                |                           |
|---------------------|----------------|---------------------------|
| 1500 meters         | add :18.0      | for the 1600 meters       |
| 3000 meters         | add :40.0      | for the 3200 meters       |
| Mile                | subtract :01.5 | for the 1600 meters       |
| 2 Mile              | subtract :03.0 | for the 3200 meters       |
| 400 m boys hurdles  | subtract :16.0 | for the 300 meter hurdles |
| 400 m girls hurdles | subtract :19.0 | for the 300 meter hurdles |

**Registration:** Registration of athletes, packet pickup, and payment of fees will begin at 8:30 am and remain open until noon. Registration will take place in the gymnasium @ the William S. Cohen Middle School. The School is located to the right of the main entrance to Cameron Stadium. Follow signage to registration tables to pick up meet packets and athletes CNESSPA certificates & pins.

**Entry Fees:** **\$20.00** per individual athlete (**one \$20.00 fee if the athlete is entered in multiple events**). There will be no refunds and **no purchase orders** will be accepted, check or cash only.

Checks should be made payable to the **CNESSPA** and paid at registration **on the day of the meet**. Please do not mail a check prior to the event.

**(Note: Only team members listed on the entry submission (no relay alternates) and two coaches per gender will be allowed entry wristbands. \$10.00 per person can be added to the entry check for additional team members or additional coaches. All other members/coaches (including junior varsity members) will be required to proceed to the spectator entrance and pay admission.)**

**School Reps:** All competitors must have an adult representative of their school present in order to compete.

**Admission:** \$10.00 for everyone at the spectator entrance, which will open at 8:30 AM  
We will only be using online ticket purchase and there will be no cash accepted at the gate. The online ticket link is: <https://gofan.co/app/events/988428?schoolid=CNESSPA>  
Or see QR code flyer on the last page.

**Rules:** NFHS rules will be followed.

**Web Sites:** [www.cnesspa.org](http://www.cnesspa.org) and [www.sub5.com](http://www.sub5.com)

### Order of Events

**Field Events:** Field events will begin at **10:00 am**.

Long Jump: 2 pits – Boys and Girls at the same time (10:00 am) followed by the Triple Jump

Pole Vault: 1 pit – Girls followed by Boys

High Jump: Boys followed by Girls

Shot Put: Boys followed by Girls

Discus: Girls followed by Boys

Javelin: Boys followed by Girls

**Running Events:** Running events will begin at **10:15 am**.

**Boys first except 100m/110m hurdles finals.**

|           |  |            |              |
|-----------|--|------------|--------------|
| 1. Finals | 4x800m Relay                           | 7. Finals  | 4x100m Relay |
| 2. Trials | 110m/100m Hurdles - on time 8 to final | 8. Finals  | 400m Dash    |
| 3. Trials | 100m Dash - on time 8 to final         | 9. Finals  | 300m Hurdles |
| 4. Final  | 110m/100m Hurdles                      | 10. Finals | 800m Run     |
| 5. Final  | 100m Dash                              | 11. Finals | 200m Dash    |
| 6. Finals | 1600m Run                              | 12. Finals | 3200m Run    |
|           |  | 13. Finals | 4x400m Relay |

NOTE: Fastest sections will be run last. All athletes must check in **TWO FULL EVENTS PRIOR** to their event. Do not miss the check in. In the 100/110 m High Hurdles and 100 m Dash, the top 8 times will advance to the final.

**Awards:** Plaques will be awarded for first place and medals will be awarded for second through sixth place in all events. An awards ceremony will take place on the infield shortly after the event is concluded. *Please have your athletes ready to report to the awards area.* A New England Commemorative Pin and a Certificate of Participation will be awarded to every competitor at registration.

**Cameron Stadium:** Concessions and lavatory facilities will be available. No locker rooms will be available. Spikes 1/4" pyramids or smaller or Christmas tree spikes are approved for use. Only

officials and competing athletes will be allowed inside the track area. **NOTE:** The javelin, discus, and shot put are now thrown outside the Track. The javelin runway surface is grass. Blocks will be provided, but athletes may use their own. Teams are responsible for team equipment and personal items. Neither the facility, meet management, nor CNESSPA assume any responsibility for lost or stolen items. Teams should monitor their own areas.

**Equipment:** All equipment must pass inspection at the meet according to National Federation Rules, and the approved shot, javelin and discus must be made available to any competitor. All implements will be inspected in the field house under the home bleachers. Athletes using non-certified equipment will be disqualified. Implements will be weighed beginning at 8:45AM. Priority will be given to events starting at 10:00AM. You may bring your own blocks. Batons will not be provided.

**Pole Vault:** **\*\*Every coach of an athlete competing in the pole vault must submit a weight certification form signed by a school official to the pole vault official prior to the warm-up period.** \*\* (Please use the form included in this packet or a similar state approved form.) The "5 alive" format will be used. The opening height in the girls Pole Vault will be 9'0" and boys Pole Vault will be 12'6" both will go up 9 inches after the opening height and then go up 6 inches at a time (see below). An area will be provided for a designated coach for the pole vault.

**High Jump:** The opening height in the girls High Jump will be 5'0" and boys High Jump will be 6'0". Both will go up 3 inches after the opening height and then go up 2 inches at a time (see below). The "5 alive" format will be used.

**Field Events:** All athletes should check in at the event site. All field events will be arranged so that those with the best qualifying performances will compete in later flights. The top 9 will advance to the final in the Long Jump, Triple Jump, Shot Put, Discus, and Javelin. In the horizontal jumps, all athletes are strongly urged to get a mark BEFORE the event begins. A fair warm-up will be allowed between flights expecting you to have a mark with which to start. In the throwing events, a warm-up will be allowed between flights but it will be controlled.

**Starting and successive heights of the crossbar:**

|                 |       |       |       |       |       |       |       |              |
|-----------------|-------|-------|-------|-------|-------|-------|-------|--------------|
| <b>Girls HJ</b> | 5-00  | 5-03  | 5-05  | 5-07  | 5-09  | 5-11  | 6-01  | then by 0-01 |
| <b>Girls PV</b> | 9-00  | 9-09  | 10-03 | 10-9  | 11-03 | 11-09 | 12-03 | then by 0-06 |
| <b>Boys HJ</b>  | 6-00  | 6-03  | 6-05  | 6-07  | 6-09  | 6-11  | 7-01  | then by 0-01 |
| <b>Boys PV</b>  | 12-06 | 13-03 | 13-09 | 14-03 | 14-09 | 15-03 | 15-09 | then by 0-06 |

**Checking Out:** Athletes leaving from a field event for a running event must check out with the official of the event. **Athletes should not check out earlier than necessary.**

**Check in Running:** Athletes checking in for running events must report to the clerk of the meet TWO FULL EVENT PRIOR to their event. **Check-in will be on the infield of the track.** Athletes must stay in the clerking area until they are marched to the start. You must check in on time or you will be eliminated from the event. Athletes must stay in the clerking area until they are brought to the start by the clerk.

**Protests:** The Meet Director will establish a Jury of Appeals consisting three coaches and two officials whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final.

**Team Tents:** Please do not set up any tents in the stands. Please keep tents away from the fence along the track for spectators.

- Locker Rooms:** No locker room facilities will be available. Please come dressed to compete.
- T-Shirts:** Official New England Outdoor Track & Field Championship apparel will be sold at the meet. Apparel can be pre-ordered at <https://www.grteesmsp.com/> until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.
- Video Access:** **The New England Outdoor Track & Field Championship can be streamed live and/or retrieved on demand through the State Running Network for free. The link for access will be posted on the CNESSPA website @ [www.cnesspa.org](http://www.cnesspa.org)**  
*The State Running Networks is the exclusive broadcast rights holder of this event. Any individual streaming or rebroadcasting is strictly prohibited and in direct violation of the CNESSPA's agreements with the State Running Network. Any violation of State Running Network's exclusive broadcast rights may result in legal action.*
- Results:** Will be posted at [www.cnesspa.org](http://www.cnesspa.org) and [www.sub5.com](http://www.sub5.com)
- Directions:**
- Teams, Officials, and Disability Parking:**  
I95N Exit 187 (Hogan Road)  
Turn right onto Hogan Road. Hogan Road becomes State Street along the Penobscot River. At the 6th set of traffic lights turn right onto Otis Street. Officials, Disabled Parking and Teams will park at the William S. Cohen School.  
GPS Address - 304 Garland Street Bangor Maine 04401
- All Spectator Parking & Team Overflow Parking:**  
I95N Exit 187 (Hogan Road)  
Turn right onto Hogan Road. Hogan Road becomes State Street along the Penobscot River. At the 5th set of traffic lights turn right into the Wing Park parking lot. The parking lot has been reserved for the event. Shuttles will drive you to the stadium.  
GPS address - 412 State Street Bangor Maine 04401
- Hotels:** **For overnight lodging, individuals are encouraged to make their own overnight accommodations as no hotel agreement is in place. Please note that there are numerous lodging options in Bangor and the surrounding area for overnight accommodations.**

# Site Map of Cameron Stadium



**COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION  
OFFICIAL 2023 OUTDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

\_\_\_\_\_ BOYS          \_\_\_\_\_ GIRLS

School \_\_\_\_\_

Town \_\_\_\_\_

|    | Vaulter's Name | Certified Weight | Date  |
|----|----------------|------------------|-------|
| 1. | _____          | _____            | _____ |
| 2. | _____          | _____            | _____ |
| 3. | _____          | _____            | _____ |
| 4. | _____          | _____            | _____ |

**WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JUNE 3, 2019**

Name of School Medical Official \_\_\_\_\_

Title \_\_\_\_\_

Name of Coach \_\_\_\_\_

Name of Principal \_\_\_\_\_

**The principal certifies that the information contained on this form is accurate.**

Principal's Signature \_\_\_\_\_

Date \_\_\_\_\_

**NOTE: A COPY OF THIS FORM (or facsimile) MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF THE NEW ENGLAND MEET.**



# ***BUY TICKETS ONLINE***

*USE THE QR CODE BELOW,  
OR  
VISIT [GOFAN.CO](http://GOFAN.CO) & SEARCH CNESSPA*



*NEW ENGLAND OUTDOOR TRACK AND FIELD CHAMPIONSHIP  
JUNE 10, 2023 | 10:00 AM*