

2023 MPA Class A State Outdoor Track & Field Championships

Edited 5-23-23

Mt. Ararat High School, Topsham, ME – Saturday, June 3, 2023

To: Class A Track & Field Coaches

From: Marty Kahler, Class A Meet Director

RE: Class A State Outdoor Track & Field Championship Meet Information

Meet Director: Marty Kahler Cell: 603-502-7275
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Site Director: Geoff Godo Work:207-729-2951
Email: godog@link75.org

Meet Location: Mt. Ararat High School Track & Field Complex
73 Eagle Way
Topsham, ME 04086

Meet Packets: There will be no meet packets. Programs are available on line. A few will be available at the coaches meeting as well as the relay cards.

Bus Parking: Buses will be directed upon their arrival at Mt. Ararat High School. See Parking Map Attached.

Spectator Parking: Will be located in the main parking lot near the track. As well as two off site locations that will have bussing two and from the facility

Team Tents: Need to be setup outside the fence of the track and cannot be located in the grandstand. There is an area near the school form them. See attached Map.

Admission Fees: Adults - \$10.00 Senior Citizens (65+) - \$5.00
Students (K-12) - \$5.00 Children under 5 – Free
Tickets can also be purchased online at
<https://gofan.co/app/events/849030?schoolId=MPA>

Programs will be available electronically for free.

Entries: All entries must be entered on MileSplit by 8:00 p.m. on Tuesday, May 30, 2023. Performance lists will be posted on Wednesday, May 31, 2023, for spelling or school errors. Final seeding's will be posted on Thursday, June 1, 2023.

Order of Events: Please see separate attachment. The final time schedule will be released once the entries are finalized on June 1st. Only one runway is marked for triple jump so we will have a triple jump pit and a long jump pit. The long jump will be on the pit closest to the track.

Qualifying: Please check the 2023 MPA Outdoor Track & Field Bulletin thoroughly. Athletes qualify based on an Automatic Standard and a Provisional Standard that will get the field to 32 athletes. Make sure you are using the Class A Standards. Include only athletes that have made at least Provisional Standards. All athletes that have made Automatic Standards will be entered into that event. We will take up to 32 athletes.

There are no standards for the relay events. Remember to enter all potential relay team members (up to eight). Once you have confirmed your entries you will not be allowed to change or add to the runners on your relay teams.

Scratch Rule: The scratch rule will be in effect as soon as the performance list is posted on June 1st. Any athlete that is removed from an individual event after the performance list is posted will be scratched from the entire meet.

If a competitor is scratched from or fails to report to any event before the event starts, then that competitor is scratched from that event and the rest of the meet.

There will be a scratch meeting after the coaches and captains meeting at 9:15am

Jury of Appeals: It will be the MPA representative, Ryan Dyer (Bonny Eagle High School), Luc Roy (Oxford Hills High School), Diane Fornier (Official), and Dennis Vieneau (Official)

Games Committee: Will be Meet Director (Marty Kahler), Track Referee (Don Berry), Field Referee (Peter Doran), the MPA Representative, Dan Lawrence (Noble High School), Al Mosca (Bangor), Rebecca Hefty (Edward Little)

Pole Vault: Weight certification forms must be should be brought to the meet by the coaching staff and presented to the Head Pole Vault Official who is also inspecting the poles prior to the start of competition. **No Form = No Vault**

Event Check-In: All field events will check in at the event site. Track events will check in at the clerking tent. The Clerking tent will be located at the track building located at the start of the 100/110 straight away. Line clerks will direct or escort the athletes to the start lines.

Only one call will be given. The call will be made 10 minutes prior to the scheduled start of the event. Please read the 2023 MPA Track & Field Bulletin for other related information.

Clerks and head event judges will give directions for the event.

Athletes must check in within those 10 minutes from the call to the start of the event. If an athlete fails to show for an event, they will be scratched from that event and the remainder of the meet.

Timing System: Finish Lynx systems will be in use. Please instruct your athletes to stay away from the finish line area and off the infield when they are not competing.

Track: The track at Mt. Ararat High School is an 8 lane all the way around. The only field events locate on the field are pole vault and high jump. The lj/tj, shot put, and discus are all located a very short walk from the track to the north side of the facility. The Javelin is located a little distance away from the track to the south side. There will be a shuttle service available for athletes to get to and from the track.

Relays: Relay declaration forms will be handed out at the coaches meeting. Relay forms must be turned in to the clerking tent 60 minutes prior to the start of the relay. All 4 athletes that are running in the relay need to report to clerking to check in.

Teams may enter up to 8 names for each relay. Only the names of athletes listed on the entrées as of June 1st will be allowed to run on that relay.

Baton's bill be provided.

For the 4 X 400-meter relay have your team prepared to run for a 3-turn stager.

Flights and Heats: Will be determined by the meet director after seeding is completed. The final seeded meet will be posted at Sub5.com as well as Milesplit no later than Thursday, June 1st. You will also be able to view the results of the meet on milesplit.com/liveresults

Uniform Rule: The National High School Federation uniform rule is in effect. All uniforms must be worn as the manufacture intended. Uniforms must remain on while the athletes are in the competition and awards areas. Please read both the National High School Federation uniform rule and the uniform rule in the MPA Track & n Field Bulletin

Spikes: Spikes must be 1/8' pyramid for all track events as well as the pole vault, high jump, long jump and triple jump.

Implement Inspection: The check in and weigh in of implements will begin at 8 am and will continue until 10 am. No implements will be inspected after 10 am. The implement inspection will occur at the building located near the finish line on the end of the track that the Discus and shot put are at. Vaulting poles will be inspected at the pole vault pit.

Starting Heights: Girls High Jump – 4'6" and Boys High Jump – 5'6"
They will increase by 2-inch increments until only one jumper remains.

Boys Pole Vault – 9'6" and Girls Pole Vault – 7'
The pole vault will go up by 9" increments for the first two heights and then 6-inch increments from there.

Boys Progression: 9' 6" to 10' 3" to 11' 0" to 11'6" continuing at 6" increments.

Girls Progression: 7' to 7'9" to 8'6" to 9' continuing at 6" increments.

- Trainer: Certified trainers will be available one hour before the start of the first event. Teams must bring all needed supplies.
- Pre-meet meeting: A coaches and captains meeting will be held at 9:15 am on the infield near the finish line tent. All teams must be present at this meeting. We will also hold a scratch meeting at this time as well as hand out the relay cards.
- Warming up: No Athletes will be allowed on the infield or track to warm up. The only athletes on the infield will be pole vault and high jump and their respective coaches.
- Finals:
- Track events – There will be semis and finals in the 100-meter dash, 100-meter hurdles, and the 110-meter hurdles. In all other track events, we will have the fastest heat last.
- Field events – All athletes will have 3 throws and the top 9 athletes will be taken to finals and receive 3 more throws. The high jump and pole vault will be conducted using the 5-alive method.
- Spectators: Spectators are not allowed to wander on the infield; they must be in designated areas.
- Non-Participating Athletes need to follow the same rules as spectators. They are required to stay outside the track area and in the team area.
- Coaches: Coaches will not be allowed on the infield unless they are coaching high jump or pole vault. They must leave the infield once they are done with these events.
- Honest Effort: If in the opinion of the referee, competitors do not make an “honest effort” in an event in which they are entered; those competitors may be disqualified for unsportsmanlike conduct.
- Awards: Medals will be awarded to the first 8 place finishers in each event. There will be an awards area in the infield. Please instruct your athletes to be prompt and in proper uniform when they are called to awards stand.

At the end of the meet there will be a ceremony to award trophies to the runners-up and winning teams. All teams are encouraged to stay or the ceremony

Scoring: Meet scoring is 10-8-6-5-4-3-2-1 for individual and relay events.

Programs: Will be available on line at MPA.CC and available on line at [Milesplit.live](https://milesplit.com).
[QR codes will be available around the facility to access the live results.](#)

Trash: Please police your team's area at the conclusion of the meet. Trash should be deposited in the nearest trash can.

Concessions: There will be a concession stand.

Protests and Appeals: There will be a Jury of Appeals and a Games Committee. A protest form may be picked up at the clerking table. All protests must be in writing from a coach, accompanied by a \$35.00 fee. The protest and the fee must be given to the meet director.

Time Schedule: The meet will be on a time schedule. We will not go ahead of the time schedule. It is the responsibility of the coaches and athletes to report to their event on time. Please listen for the call. The call to check in to an event will be 10 minutes prior to the start of the event. The final time schedule will be posted on June 1st after the seeds are finalized.

Electronics: No phones, iPods, or other electronic equipment is allowed in the competition area. Coaches may record their athletes; view any image of themselves not in the competition area.

Other Activities: No football, soccer balls, Frisbees, etc. will be allowed in the competition area.

Weather: In the event the meet must be stopped because of severe weather, athletes and coaches will go to their buses until officials inform them to return to the track. If the meet is postponed it will be rescheduled it may be rescheduled if the opportunity occurs.

Final Word:

The 2023 MPA Track & Field Bulletin will be the final word. Please be familiar with this bulletin.

New England's:

Will be located in Bangor at Cameron Stadium and run on June 10th. All entries are due to George Mendros by Tuesday June 6th.