

58th Annual District E "Fred Warren" Boys Class

May 11th, 2019 - 10:00 a.m.

Shepherd Hill Regional High School

Sanctioning & Governing Rules:

MIAA & NFHS

Meet Director:

Roger Anderson -

AndersonR@Westboroughk12.org

Entry Deadline:

Online entries must be completed by Tuesday May 7th on www.directathletics.com
by 11:59 p.m.

Team Waiver Deadline:

Team waiver forms must be received by Friday May 3rd

Mail waiver forms to: Rich Riley, 15 Hawthorne Dr.

West Boylston, MA 01583 - or - email: athdir@charter.net

* If done for the Relays meet, only updates are needed

Pole Vault Certification Form:

The meet director must have a copy of your team's pole vault certification form
before your athletes will be allowed to compete

Forms can be emailed or mailed to the meet director, or brought to the meet

Emergency Contact Form:

All coaches must fill out the District E Emergency Contact form, which can be
emailed or mailed to the meet director, or brought to the meet

Entry Fees:

\$15 per individual, \$20 per relay or \$160 max per team

Purchase orders or checks should be mailed as soon as possible to:

Roger Anderson, Meet Director, 21 Adams Road.

Grafton, MA 01519

Payable to: District E Track & Field Committee, Inc.

Tax ID: 38-3846879

* If your school chose the Pre-Pay option (\$110 max per team per meet) at the
beginning of the school year, no additional payment is needed

** If payment is not provided for the meet your school will not be allowed entry
into the next District E competition

Meet Cancellation:

In the case of inclement weather, a decision will be made by
2 ½ hours before the meet - contact the meet director with questions

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Entry Standards:

2 Mile	3200m ~	Mile	1600m ~	800m	400m Hurdles	400m
11:05.0	11:01.9	5:05.0	5:03.6	2:14.4	1:08.5	56.7

200m	110 m Hurdles	100m	4 x 800m Relay	4 x 400m Relay	4 x 100m Relay	
24.9	19.5	12.1	open - 1 relay entry per team			

High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put	Discus	Javelin
5'06"	8'06"	18'00"	36'00"	37'00"	95'00"	120'00"
1.68m	2.59m	5.68m	10.97m	11.27m	28.96m	36.58m

~ not contested events

Field Events:

10:00 a.m. start time

*** High Jump & Pole Vault ***

All 3 classes compete together

Opening Heights & Progressions

High Jump: TBA by Meet Director

Pole Vault: 7'06" - 8'06" - plus 6"

*** Horizontal Jumps & Throws ***

Long Jump: C - B - A

Triple Jump: A - C - B

Shot Put: A - B - C

Discus: B - C - A

Javelin: C & A then B (grass runway)

* The top 7 jumps or throws will move on to the Finals for each Class

Throwing Implements:

Shot puts will be provided

Discus and Javelin implements will be checked by officials, teams must bring their own.

Implement weigh in will begin at 9:00 a.m., if available

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Order of Running Events:

11:00 a.m. start time

* Class C followed by Class B Followed by Class A *

2 mile
Mile

100m Hurdle Trials

100m Trials

200m Trials

400m

100m Hurdle Final

100m Final

800m

200m

400m Hurdles

4 x 800m Relay

4 x 100m Relay

4 x 400m Relay

* The top 8 times from the trials will qualify for the
100m H / 100m Final

* The top 6 times from the trials will qualify for the
200m Final

Athlete & Team Participation:

Athletes may compete in up to 3 events with the following
Limitations:

2 track & 1 field - OR - 1 track & 2 Field

* Relays are considered track events

Each team may enter up to 3 athletes per event that have met the qualifying
standard

Each team may enter only one relay per event

Entry Procedure:

Be sure to enter your athletes in your school's assigned class in directathletics

Starting Blocks:

Will be provided

May be used in all running events & relays that begin with 400m or below

Batons:

Will not be provided, teams must bring their own

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Clerking & Check In:

Field event athletes will check in at their field events

Running event athletes will check in and be clerked in the center of the field inside the track

Coaches Meeting:

There will be a coaches meeting beginning at 9:30 a.m. held in the center of the field inside the track

Coaches & Athlete Restrictions:

Coaches boxes will be established where needed on the infield to view your athletes

Coaches must vacate the infield by 11:00 a.m., unless they are in a coaches box

Athletes should only be on the infield when competing or being clerked, all others will be asked to leave

Scoring & Awards:

6 places score per event: 10-8-6-4-2-1

Team plaques will be presented to the Team Champions and Team Runner-Up per class at the conclusion of the meet

Medals will be awarded to the 1st through 6th places in each event

The "Wallace" athlete of the meet award will be presented at the conclusion of the meet

Please have athletes pick up their awards after results have been announced

Awards will be given out near the shed to the right of the finish line

District E Track & Field Committee

Co-Directors: Charlie Butterfield & Dave Wilbur

Committee Members: Roger Anderson, Karyn Berkowicz, Dave Boisvert, Ian Butterfield, Michelle Creaven, Lisa Danielson, Nick DiPilato, Anthony Findley, Nicole Fossas, Gerry Frew, Len Harmon, Sara Lamey, Pete McCauliff, Mike O'Malley, Jeremy Nute, Rich Riley, Chris Woods

DISTRICT E POLE VAULTER'S WEIGHT CERTIFICATION – BOYS

INSTRUCTIONS :

TO ALL MEMBER SCHOOLS: Member schools are required to have this form completed - list each athlete to be entered in District E competition – AND bring this form to the Meet. Failure to bring this completed form will result in the athlete not being allowed to compete.

SCHOOL: _____

Name of Vaulter _____

Weight* _____

Pole Rating _____

*Includes full competition uniform and footwear

Pole Vault Coach Certification No. _____

NOTE TO SCHOOL OFFICIALS

National Federation Track and Field Rule 7-5-3...The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 314 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer.

Note: Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one-inch contrasting color printed lengthwise above the hand-hold band.

IMPORTANT INFORMATION! This form **MUST** be available for the Meet Director, for comparison with the manufacturer's pole rating of the pole used by each vaulter. Vaulters may be weighed, on site, prior to competition in District E championship meets.