

47th Annual District E “Dick Mulligan” Girls Class

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

Nashoba Regional High School

Sanctioning & Governing Rules:

MIAA & NFHS

Meet Director:

Nick Dipilato –

ndipilato@townisp.com

Entry Deadline:

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

Make sure you enter only the events for your school's class...List below

Team Waiver Deadline:

Team waiver forms must be received by Friday May 3rd

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

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:

Nick DiPilato, 20 Karen Ave.

Shrewsbury, MA 01545

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

? a.m., contact the meet director with questions

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Entry Standards:

2 Mile	3200m ~	Mile	1600m ~	800m	400m Hurdles	400m
14:00.0	13:56.9	6:15.0	6:13.6	2:44.4	1:18.5	1:07.7

200m	100m Hurdles	100m	4 x 800m Relay	4 x 400m Relay	4 x 100m Relay	
29.6	18.5	14.4	open - 1 relay entry per team			

High Jump	Pole Vault	Long Jump	Triple Jump	Shot Put	Discus	Javelin
4'06"	6'00"	14'00"	29'00"	26'00"	75'00"	75'00"
1.32m	1.83m	4.27m	8.84m	7.92m	22.86m	22.86m

~ 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: 4'04" – 4'06" – plus 2"

Pole Vault: 6'00" – 6'06" – plus 6"

* Horizontal Jumps & Throws *

Long Jump: A – B – C

Triple Jump: B – C – A

Shot Put: A – B – C

Discus: B – C – A

Javelin: C – A – 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 implements will be selected by officials

Javelins will be not be provided, teams must bring their own

Implement weigh in will begin at 8:30 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 8 times from the trials will qualify for a
2 section 200m Final
(200m Final - section 1: 5-8; section 2: 1-4)

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

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

The “Ev Ingalls” 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



SCHOOL: _____

THE DISTRICT E TRACK & FIELD COMMITTEE INC.
MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION (MIAA)

OUTDOOR Track Coaches Emergency Contact Form

Girls Head Coach: _____ Cell # _____

Boys Head Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Each school is responsible to have a rally point for their team in case of any emergency exit, including weather. Please make sure all of your student-athletes are aware of your plan.

This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes and they will contact the coach.

In case of a medical situation that requires 911 to be accessed, the Meet may be put on hold until the situation subsides by local public safety.

In case of inclement weather-all teams will evacuate under the direction of the Meet Director and or Police to the closest facility or bus.

Prior to the start of the Meet, each coaching staff must be represented at the coaches meeting - the Meet Director will review the site's emergency evacuation procedures.

Catastrophic Major Emergency Event Plan

2018-19 District E Track & Field Committee Inc. Event

In the event of a catastrophic situation takes place at a District E Track & Field Committee Inc. event, the following protocols are in place to ensure the safety of athletes, coaches & spectators at all District E Track & Field Committee Inc. events. It will be understood that local operating procedures established by the host town/city protocols will take precedent, depending on the nature of the catastrophic event. At any District E event, the designated Meet Director will have control of the venue.

MEDICAL - All District E Track & Field Committee Inc. sites have certified athletic trainers. If an ambulance is needed to transport, medical staff will notify the Meet Director. District E Track & Field Committee Inc. support personal will guide the ambulance in to the location designated by medical staff. If there are multiple injuries, meet management will take any and all action, to delay, postpone and/or cancel the event if resources are excessive, or conditions warrant as such. All District E Track & Field Committee Inc. events will have an AED on site at all times.

When

calling for ambulance the following information should be provided:

1. Location
2. Situation
3. How many patients?
4. Injuries?

LAW ENFORCEMENT - District E always has a police detail at all sites, if needed/inform the Meet Director, who will contact the designated police detail or call 911.

Examples:

1. Fight that cannot be broken up
2. Someone with a weapon
3. Threatening situation
4. Accident in the parking lot
5. Explosion
6. Fire
7. Theft
8. Evacuation

FIRE DEPARTMENT – Contact the Meet Director

1. The Meet Director will call for an ambulance, if needed.
2. Fire on site
3. Explosion
4. Injury by car, golf cart, or entrapment is involved.

WEATHER EMERGENCY - The Meet Director should specify where teams, spectators, officials, etc., should go. This would be site specific, with the Meet Director spelling out ahead of time where to go if the site needs to be evacuated due to a weather emergency



**DISTRICT E TRACK & FIELD COMMITTEE INC. SINGLE WAIVER FORM
2018-19 Outdoor Track & Field**

I attest that all the athletes that will be participating from our school in the District E Track & Field Committee Inc. spring meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participation in this sport and waives, releases and holds harmless the District E Track & Field Committee Inc. organization, its officers, sponsors and representatives, as well as the host community from any injury that may be incurred by an athlete in the normal course of participation in these District E Track & Field Committee Inc. events. This signed waiver also acknowledges that my school has read and understands the following policies:

- a. All payments via either purchase order or check must be received prior to the competition date.
- b. The school Principal or Athletic Director has read and understands the District E Track & Field Committee Inc. Coaches Emergency Action Plan.

The Head Coach is listed as the contact person on www.directathletics.com

School Name: _____

Boys Team _____ Girls Team _____ Both _____

Principal OR Athletic Director's Signature: _____

Print Principal OR Athletic Director's Name: _____

Boys' Team _____

Coach's Signature: _____

Print Coach's Name: _____

Girls Team _____

Coach's Signature: _____

Print Coach's Name: _____

Date: _____

***PLEASE ATTACH YOUR OUTDOOR TRACK & FIELD ROSTER(S)
THIS FORM AND THE ROSTER(S) MUST BE RECEIVED BY APRIL 12, 2019***

Mail to: **Rich Riley, 15 Hawthorne Dr., West Boylston, MA. 01583**
OR scan by e-mail to: athdir@charter.net

Class A

Algonquin Reg. High School	1453	Midland Wachusett
Burncoat High School	1016	Inter High
Doherty Memorial High School	1469	Inter High
Fitchburg High School	1227	Midland Wachusett
Leominster High School	1776	Midland Wachusett
Marlborough High School	1019	Midland Wachusett
Nashoba Reg. High School	1053	Midland Wachusett
Saint John's High School	966	Central Mass
Shepherd Hill Regional HS	1147	Midland Wachusett
Shrewsbury High School	1670	Midland Wachusett
South High Community School	1306	Inter High
Tantasqua Regional Senior High School	1253	South Worcester County
Wachusett Regional High School	2159	Midland Wachusett
Westborough High School	1033	Midland Wachusett
Worcester Technical/North	1312	Inter High

Class B

Advanced Math & Science Acad. Charter	560	Colonial Athletic
Auburn High School	699	South Worcester County
Assabet Valley Reg Tech HS	1079	Colonial Athletic
Bartlett Jr./Sr. H.S.	457	South Worcester County
Bay Path RVT High School	1112	Colonial Athletic
Blackstone-Millville Reg HS	464	Dual Valley
Blackstone Valley Reg Voc/Tech HS	1195	Colonial Athletic
Gardner High School	544	Midland Wachusett
Grafton High School	833	South Worcester County
Groton-Dunstable Reg. High School	840	Midland Wachusett
Holy Name Central Catholic HS	471	Central Mass
Hudson High School	736	Midland Wachusett
Littleton High School	450	Midland Wachusett
Montachusett RVT High School	1436	Colonial Athletic
Nipmuc Regional High School	607	Dual Valley
North Middlesex Regional HS	835	Midland Wachusett
Northbridge High School	601	South Worcester County
Oakmont Regional High School	695	Midland Wachusett
Quabbin Regional High School	724	Midland Wachusett
Southbridge Middle/High School	523	South Worcester County
Tyngsborough High School	502	Midland Wachusett
Uxbridge High School	499	South Worcester County

Class C

Abby Kelley Foster Reg Charter School	351	Colonial Athletic
Ayer Shirley Regional High School	399	Midland Wachusett
Bethany Christian Academy	39	Worcester County Athletic Conf
Bromfield School	417	Midland Wachusett
Claremont Academy	317	Inter High
Clinton High School	435	Midland Wachusett
David Prouty High School	395	South Worcester County
Douglas High School	405	Dual Valley
Hopedale Jr./Sr. High School	345	Dual Valley
Immaculate Heart of Mary School	27	Independent
Keefe Technical HS	703	Colonial Athletic
Leicester High School	433	South Worcester County
Lunenburg High School	446	Midland Wachusett
Maynard High School	378	Midland Wachusett
Millbury Mem.Jr./Sr.H.S.	428	South Worcester County
Murdock Middle/High School	307	Midland Wachusett
Narragansett Reg. High School	378	Midland Wachusett
Nashoba Valley Technical High School	730	Colonial Athletic
North Brookfield Jr./Sr. HS	146	Worcester County Athletic Conf
Notre Dame Academy - Worc	192	Central Mass
Oxford High School	393	South Worcester County
Parker Charter Essential School	266	Worcester County Athletic Conf
Quaboag Regional Middle/High School	396	South Worcester County
Saint Bernard's Cntrl Catholic HS	185	Central Mass
Saint Mary's Jr./Sr. High School	62	Worcester County Athletic Conf
Saint Peter-Marian Jr/Sr H.S.	394	Central Mass
Sizer School	208	Worcester County Athletic Conf
South Lancaster Academy	98	Worcester County Athletic Conf
Sutton High School	443	Dual Valley
Tahanto Regional Middle/High School	315	Midland Wachusett
Trivium School	64	Worcester County Athletic Conf
University Park Campus	161	Worcester County Athletic Conf
West Boylston Middle/High School	254	Midland Wachusett
Whitinsville Christian School	170	Dual Valley