

46th Annual District E “Dick Mulligan” Girls Relays

APRIL 27TH, 2019 - 1:30 p.m.

Shrewsbury High School

Sanctioning & Governing Rules:

MIAA & NFHS

Meet Director:

Mike O’Malley – 774 232 2184

wrhscoacho@gmail.com

Entry Deadline:

Online entries must be completed by Monday April 22nd on www.directathletics.com by 11:59 p.m.
You will enter the names of the field event relay members on direct athletics but you only need to put in a time for your running event relays (no names needed for running events).

Team Waiver Deadline:

Team waiver forms must be received by Wednesday April 24th

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

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

Pole Vault Certification Form: (Attached below)

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: (Attached below)

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:

\$20 per relay or \$160 max per team

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

Mike O’Malley, 68 Holden St. Apt. #1

Worcester, MA 01605

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 10:00 a.m., contact the meet director with questions

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Field Events:

1:30 p.m. start time

* High Jump & Pole Vault *

* Any athlete missing their declared opening height results in the end of the event for the entire team

One Pole Vault pit for both divisions

Two High Jump pits, one pit for each division

Height Progressions:

High Jump

1.07m	1.17m	1.27m	1.37m	1.42m	1.47m	1.52m
3'06"	3'10"	4'02"	4'06"	4'07.75"	4'09.75"	4'11.75"

1.57m	1.62m	1.67m	1.72m	1.77m	1.82m	1.87m
5'01.75"	5'03.75"	5'05.75"	5'07.75"	5'09.75"	5'11.50"	6'01.50"

Pole Vault

1.85m	2.00m	2.15m	2.30m	2.45m	2.60m	2.75m
6'00.75"	6'06.75"	7'00.50"	7'06.50"	8'00.50"	8'06.25"	9'00.25"

2.82m	2.90m	2.97m	3.05m	3.13m	3.20m	3.28m
9'03"	9'06.25"	9'09"	10'00"	10'03.25"	10'06"	10'09"

3.36m	3.43m	3.51m	3.58m	3.66m	3.74m	3.81m
11'00.25"	11'03"	11'06.25"	11'09"	12'00"	12'03.25"	12'06"

3.89m	3.97m	4.04m	4.12m	4.19m	4.27m	4.35m
12'09"	13'00.25"	13'03"	13'06.25"	13'09"	14'00"	14'03.25"

* Long Jump, Triple Jump, Shot Put, Discus, & Javelin *

* Athletes will have only two attempts in the horizontal jumps and all throwing events

Flights will be established to help with time management and will be emailed to coaches

Long Jump – (Div. 1 followed by Div. 2)

Triple Jump – (Div. 2 followed by Div. 1)

Javelin – (2 sectors)

Shot Put – (Div. 1 followed by Div. 2)

Discus – (Div. 2 followed by Div. 1)

* Any concerns with conflicts should be expressed to the meet director ahead of time after flight sheets have been posted

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Order of Running Events:

3:00 p.m. start time

* Division 1 Followed by Division 2 *

4 x 100m Shuttle Hurdle Relay

4 x 400m Relay

4 x 100m Relay

4 x 800m Relay

4 x 200m Relay

Distance Medley Relay (1200m – 400m – 800m – 1600m)

800m Sprint Medley Relay (100m – 100m – 200m – 400m)

Athlete & Team Participation:

Athletes may compete in up to 2 track and 2 field events max

Each team may enter only one relay per event

* Should you have an exceptional “B Team” in a field event or running event and would like to be considered for an entry, contact the meet director by Friday April 19th

** Only one “B Team” entry total will be allowed per school if accepted by the meet director

Relay Card Procedure:

Coaches must fill out 3 x 5 relay cards for each event

Please include event, school name, and athlete names on each card

A star in the top right hand corner of the card will indicate a desire to have that team be considered for the seeded heat **assuming your entered time places you there.**

All field event cards must be turned into the field event officials

All relay cards must be turned in prior to the beginning of the meet

Seeding:

Will be based on the seed times you enter on Direct Athletics for running events.

Batons:

Will not be provided, teams must bring their own

Starting Blocks:

Will be provided

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

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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 12:30 p.m., if available

Clerking & Check In:

Field event athletes will check in at their field events by handing the official their event relay card

Running event relay teams 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 1:00 p.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 3:00 p.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 division at the conclusion of the meet

Medals will be awarded to the 1st through 3rd places;
Ribbons will be awarded to the 4th through 6th places per event

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

Awards will be given out behind the press box

District E Track & Field Committee

Co-Directors: Charlie Butterfield & Dave Wilbur

Committee Members: Roger Anderson, 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,
Gordon Warren, Chris Woods

MIAA POLE VAULTER'S WEIGHT CERTIFICATION FORM

TO ALL MEMBER SCHOOLS: Member schools will be required to process the ***Pole Vaulter's Weight Certification Form*** listing each athlete to be entered in MIAA state competition in the pole vault event. ***A copy of this form is to be turned in to the Meet Director upon arrival the day of the meet. Failure to do so will result in the athletes not being allowed to compete.***

SCHOOL: _____

Name of Vaulter	Weight*	Pole Rating

***Includes full competition uniform and footwear**

Date: _____ Signature of Principal _____
Date: _____ Signature of Athletic Director _____
Date: _____ Signature of Coach _____

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 manufacturer 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 handhold band.

Copies of this form must be turned in to the Meet Director, at the competition site, 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 MIAA championship meets.

THE ORIGINAL FORM MUST BE KEPT ON FILE IN THE SCHOOL OFFICE AND BE AVAILABLE ON DEMAND.



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

