

43rd Annual District E "Bob Duncan" Boys Relays
APRIL 27TH, 2019 - 1:30 p.m.
St. John's HS Shrewsbury

Sanctioning & Governing Rules:

MIAA & NFHS

Meet Director:

Anthony Findley - 978 868 6111
murdocktrackandxc@gmail.com

Entry Deadline:

Online entries must be completed by Monday April 22nd on

www.directathletics.com by 11:59 p.m.

Team Waiver Deadline:

Team waiver forms must be received by Wednesday April 24th

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

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

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:

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

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

Anthony Findley, 10 Loon Road
Winchendon, MA 01475

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

1.37m	1.47m
4'06"	4'09.75"

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

Pole Vault

2.30m	2.75m
7'06.50"	9'00.25"

3.05m	3.20m
10'00"	10'06"

3.36m	3.51m	3.66m	3.81m
11'00.25"	11'06.25"	12'00"	12'06"

3.97m	4.12m	4.27m
13'00.25"	13'06.25"	14'00"

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

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

Long Jump - (Div. 2 followed by Div. 1)
Triple Jump - (Div. 1 followed by Div. 2)
Javelin - (2 sectors)
Shot Put - (Div. 1 followed by Div. 2)
Discus - (Div. 2 followed by Div. 1)

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Order of Running Events:

3:00 p.m. start time

* Division 2 Followed by Division 1 *

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 (200m - 200m - 400m - 800m)

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- **"B Teams will be NON-SCORING"**

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

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:

If you wish for a team to be considered for the seeded heat, please fill out the 3 x 5 index card with the event, school name, athlete names, and a star in the top right hand corner

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,
Chris Woods

Meet Cancellation:

A decision will be made 2 ½ hours before the meet start. I you have any questions Please contact the meet director.