

# Vermont HS Track & Field Indoor New England Championship Qualifier Meet

Saturday, January 28, 2017, 10:45 AM, Norwich University, doors 10:15 AM  
Northfield, VT

**NEW THIS YEAR:** This meet will be Vermont State New England Indoor Championship qualifier. Top 6 athletes from every event will qualify. Teams score will NOT be kept during this meet.

**Meet Director:** Amanda Arena & Travis Kupiec -- Vermont Indoor Track Association

**Meet Administrator:** Pavel Dvorak, Burlington HS

**Entry Deadline:** All schools 11:59 PM (midnight), Tuesday, January 24, 2017 using **Athletic.net website**.

**Rules:** NFHS and VPA rules will be followed.

**Entry Fees:** Boys and Girls entry fees will be \$15.00 per individual up to a maximum of \$400.00 per school. Read team, not school. Girls and boys represent two teams. Please make checks to The Vermont Indoor Track Association. Fees should be postmarked no later than January 24, 2017 and sent to Geoffrey Bennett, 550 Dorset Street, South Burlington, 05403.

**Admission:** **General Admission to the meet: adult \$8.00 and \$5.00 student. Food, Meet Programs and T-shirts will be sold. All spectators must remove their shoes when entering the facility.**

**Implements & PV:** Weigh-ins and PV weight sheets/inspection will be required for shot put between 10:30 AM – 11:00 AM before the meet on Saturday. Only checked and marked equipment will be permitted in competition and in warm-up throws.

**Spikes:** Running and jumping events maximum 3/16" exposed.

**Check in Running Events:** Athletes checking in for running events

1. **Must report to the clerk of the meet** at the time the first call is given (approx. 15 min. before event starts) at the check-in area (next to the finish line). Athletes must stay in the check-in area till they are marched to the start.
2. **Athletes will receive their hip numbers, heat and lane assignment at the check in area.**
3. **Athletes are required to attach a timing chip(s) to a shoe in 1600 m Run and 3200 m Run for accurate lap count.**

**Clerk will scratch all absent athletes on the 2nd final call (approx. 10 min. before event starts) and re-seed the event if necessary. Missing athletes will not be re-entered after the re-seeding is done.**

**Competitor Hip Numbers:** Hip numbers must be worn on the left and right hip, centered, shirt must be tucked in. In events not finishing in assign lanes (distance etc.) additional hip number must be worn on the front and left side chest high.

**Jury of Appeals:** TBA

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## Time Schedule / Order of Events

*Scratches by 10:15 AM, Coaches Meeting 10:30 AM*

**Field Events:** Field events will begin at 10:45 AM.

**Athletes must weigh-in 10:30 – 11:00 AM Shot Put**

<p><b>10:45 AM</b> boys Long Jump</p> <p><b>11:00 AM</b> girls High Jump boys Shot Put girls Pole Vault</p> <p><b>to follow</b> boys High Jump girls Long Jump girls Shot Put boys Triple Jump girls Triple Jump boys Pole Vault</p>	<ul style="list-style-type: none"> <li>• <i>Opening heights in girls High Jump will be 4-2' and boys High Jump will be 5-0'.</i></li> <li>• <i>Opening heights in girls Pole Vault will be 6-0" and boys High Jump will be 8-0'.</i></li> <li>• <i>There will be a <b>second warm up</b> (maximum 20 min long) before the bolded heights (please see below) for only athletes who did not yet entered a competition in HJ and PV.</i></li> <li>• <i>In horizontal jumps and throws there will be one warm up jump / throw between flights and final.</i></li> <li>• <i>All field events will be arranged so that those with the best qualifying performances will compete at the end.</i></li> <li>• <i>In the Long Jump, and Shot Put, <b>the top 7 will advance to the final.</b></i></li> <li>• <i>In the High Jump the "5 alive" procedure will be used.</i></li> <li>• <i>In field events athletes may provide their own markers. Markers must be placed outside of runways. There is a maximum limit of 2 markers per competitor. Tape is OK.</i></li> <li>• <i>The head judge may change the order of competition to accommodate those who may be excused to participate in other events.</i></li> </ul>
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**Running Events:** Track events will begin at 11:15 AM.

Order of running events girls followed by boys

**Athletes must check in before 2<sup>nd</sup> call is given.**

<p><b>11:15 AM</b> <b>boys events will follow girls events</b></p> <p>4x800 m Relay Finals 55 m Hurdles Finals 55 m Dash Finals 4x200 m Relay Finals 1600 m Run Finals 600 m Run Finals 1000 m Run Finals 300 m Dash Finals 3200 m Run Finals 4x400 m Relay Finals</p>	<ul style="list-style-type: none"> <li>• <i>In the 55 m Hurdles and 55 m Dash Finals Only.</i></li> <li>• <i>All running events will be run in sections with the fastest section running last.</i></li> <li>• <i>All athletes in running events must wear a hip number on the left hip, centered, shirt must be tucked in. Athletes in distance events must also wear a second hip number on the chest.</i></li> <li>• <i>Athletes in 1600 m Run and 3200 m Run may be required to attach a timing chip to their shoe to help with lap count.</i></li> </ul>
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**Check in Field Events:** All athletes must report to the field event official at the time the first call is given (15 min. before event start) at the field event sector.

Athlete leaving for a running event must sign out on the first call and he/she must sign back in no later than 10 min. after the conclusion of the heat he/she was competing in.

Athlete participating in two or more field events at the same time he/she must go back and forth between these events.

**Starting and successive heights of the crossbar:** Second warm up (max. 20 min long) heights bolded.

Unless seven or less athletes remain in the competition, the bar will be raised when all present athletes cleared, passed or failed to clear the height. Excused, not present athletes participating in other events will be passed to the next height.

Girls HJ	4-02	4-04	<b>4-07</b>	4-10	5-00	then by 0-02
Boys HJ	5-00	5-04	<b>5-07</b>	5-09	5-11	then by 0-02
Girls PV	6-00	6-09	<b>7-06</b>	8-00	then by 0-06	
Boys PV	8-00	8-06	<b>9-03</b>	10-00	then by 0-06	

## Entry Info

- **NEW** 55 Dash, 55 Hurdles - No Trials, Finals only
- **NEW** No Late Relay Teams entries, No Relay Teams substitutions for scratched teams. (Relay Individual Alternates are OK)
- **NEW** Relay entries - One (1) per team - only top 12 ENTERED teams into this meet ranked by Athletic.net will compete
- **NEW** Max. 6 athletes entries per event per team
- Entry Format – Athletic.net website **No Hy-Tek TM or MS excel files please!**  
*It may take up to 48 hours to establish new account on Athletic.net web. Athlete's grade must be listed.*
- **Meet Qualifying standards** – An athlete may enter an event only if his/her performance in this events is equal or better than posted qualifying standards which must be achieved this indoor season. Athlete must qualify in every event he/she is entering. Qualifying Standards are listed in VPA TF Rules Book and below.
- **Hand-held entry times must be rounded up** to the slower 1/10 of a second and **must be recorded with h after the time** (example 23.6h or 4:45.0h).
- **Team Entry Limits per event – MAX 6 ATHLETES ENTRY LIMIT PER EVENT PER SCHOOL.**
- An athlete may be entered into maximum of 4 individual events excluding relays.
- An athlete may compete in maximum of 4 events including relays.
- An athlete is allowed to run no more than 2 races for 1000 m, 1600 m, and 3200 m Run.
- An athlete is required to participate in 3 (three) interscholastic indoor TF meets during the season to be able to enter the NE Qualifier Meet.
- **Questions about an athlete's eligibility** and/or entry performance must be brought to the meet administrator's attention no later than Thursday before the NE Qualifier Meet. Coach may be asked to provide meet results to document athlete's eligibility and/or entry performance.
- **A relay team must declare 4 runners competing prior to the competition. These runners must be listed in first 4 positions on a relay team. Coaches may enter maximum 8 athletes into 1 relay team.**
- **Coaches must check their entries** on web by Thursday 8:00 AM. Performance and entry list by school will be posted.

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- Penalty for late entries apply according VPA TF Rules Book.
- Scratches – please email ASAP

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NE Indoor Qualifier Standards		
BOYS	EVENT	GIRLS
NEQ		NEQ
7.60	<b>55m Dash<sup>^</sup></b>	8.90
45.00	<b>300m Dash</b>	54.00
01:48.00	<b>600m Run</b>	02:10.00
03:23.00	<b>1000m Run</b>	04:10.00
05:45.00	<b>1600m Run</b>	06:55.00
12:20.00	<b>3200m Run</b>	14:50.00
11.60	<b>55m Hurdles<sup>^</sup></b>	11.80
One (1) per team (only top 12 entered teams ranked by Athletic.net will compete)	<b>4x200*</b>	One (1) per team (only top 12 entered teams ranked by Athletic.net will compete)
One (1) per team (only top 12 entered teams ranked by Athletic.net will compete)	<b>4x400*</b>	One (1) per team (only top 12 entered teams ranked by Athletic.net will compete)
One (1) per team (only top 12 entered teams ranked by Athletic.net will compete)	<b>4x800*</b>	One (1) per team (only top 12 entered teams ranked by Athletic.net will compete)
32-0	<b>Shot Put</b>	23-6
16-0	<b>Long Jump</b>	12-0
32-0	<b>Triple Jump</b>	24-6
4-10	<b>High Jump</b>	4-0
7-6	<b>Pole Vault</b>	5-6

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**^No Trials, Finals only**

**\*No Late Relay Teams entries, No Relay Teams substitutions (Relay Individual Alternates are OK)**