



**74th Annual New England Interscholastic
Outdoor Track & Field Championship**
Saturday, June 8, 2019
Dr. Paul S. Hill Stadium at Thornton Academy
438 Main Street, Saco, ME 04072

Presented by the Council of New England Secondary School Principals' Association
57 Northern Blvd., Colchester, CT 06415
Executive Director: Donn Friedman, donn@cnesspa.org, (860-416-1884)
President: Robert Gay, MIAA

The tournament will be held regardless of weather conditions.

Meet Director: George Mendros, george.mendros@thorntonacademy.org
Home phone: (207) 282-5065; School: (207) 282-3361, ext. 4455

Site Director: Gary Stevens, gary.stevens@thorntonacademy.org Office: 207-282-3361, ext. 4406

Entry Limit: No athlete may compete in more than 4 events including relays. **Individual state participation rules apply.** Each state will be allowed 6 entries per event. All qualifiers must have participated at their respective state associations' championship finals. Qualifying performances for seeding must also come from the state championship finals.

Filing of Entries: **One representative from each state association** should send all entries electronically using Hy-tek's Meet Manager to Dave Jeffrey at djeffrey@breweredu.org. Entries should be sent as soon as your qualifiers are determined. All entries should be received by **noon, Monday, June 3, 2019**. If your state uses distances other than the 1600 meters and 3200 meters or 300 meter hurdles, please make the following adjustments to your seed times **before** you email the file:

1500 meters	add :18.0	for the 1600 meters
3000 meters	add :40.0	for the 3200 meters
Mile	subtract :01.5	for the 1600 meters
2 Mile	subtract :03.0	for the 3200 meters
400 m boys hurdles	subtract :16.0	for the 300 meter hurdles
400 m girls hurdles	subtract :19.0	for the 300 meter hurdles

Registration: Will begin at 8:30 am and remain open until noon. Registration will be in the foyer of the William Linnell Gymnasium.

Entry Fees: **\$20.00** per individual athlete (**one \$20.00 fee if the athlete is entered in multiple events**). There will be no refunds and **no purchase orders** will be accepted, check or cash only.
Checks should be made payable to the **CNESSPA** and paid at registration **on the day of the meet**. Please do not mail a check prior to the event.
(Note: Only team members listed on the entry submission (no relay alternates) and two coaches per gender will be allowed entry wristbands. \$10.00 per person can be added to the entry check for additional team members, including relay

alternates, or additional coaches. All other members/coaches (including junior varsity members) will be required to proceed to the spectator entrance and pay admission.)

School Reps: All competitors must have an adult representative of their school present in order to compete.

Admission: \$10.00 for everyone at the spectator entrance, which will open at 8:30 AM

Rules: NFHS rules will be followed.

Web Sites: www.cnesspa.org and www.sub5.com

Order of Events

Field Events: Field events will begin at **10:00 am**.

Long Jump: 2 pits – Boys and Girls at the same time (10:00 am) followed by the Triple Jump

Pole Vault: 1 pit – Girls followed by Boys

High Jump: Girls followed by Boys

Shot Put: Boys followed by Girls

Discus: Girls followed by Boys

Javelin: Girls followed by Boys

Running Events: Running events will begin at **10:30 am**.

Boys first except 100m/110m hurdles finals.

1. Finals	4x800m Relay	7. Finals	4x100m Relay
2. Trials	110m/100m Hurdles - on time 8 to final	8. Finals	400m Dash
3. Trials	100m Dash - on time 8 to final	9. Finals	300m Hurdles
4. Final	110m/100m Hurdles	10. Finals	800m Run
5. Final	100m Dash	11. Finals	200m Dash
6. Finals	1600m Run	12. Finals	3200m Run
		13. Finals	4x400m Relay

NOTE: Fastest sections will be run last. All athletes must check in TWO FULL EVENTS PRIOR to their event. Do not miss the check in. In the 100/110 m High Hurdles and 100 m Dash, the top 8 times will advance to the final.

Awards: Plaques will be awarded for first place and medals will be awarded for second through sixth place in all events. An awards ceremony will take place on the infield shortly after the event is concluded. *Please have your athletes ready to report to the awards area.* A New England Commemorative Pin and a Certificate of Participation will be awarded to every competitor at registration.

Thornton Academy: Concessions will be available. Stadium restrooms and port-a-johns will be found in various places throughout the facility. NO locker rooms available. Spikes 1/8" or less may be used. Only athletes being clerked for the running races will be allowed in the infield. Blocks will be provided, but you are encouraged to use your own field event implements. The javelin runway is grass.

Equipment: All equipment must pass inspection at the meet according to National Federation Rules, and the approved shot, javelin and discus must be made available to any competitor. All implements will be inspected in the field house under the home

bleachers. Athletes using non-certified equipment will be disqualified. Implements will be weighed beginning at 8:45AM. Priority will be given to events starting at 10:00AM. You may bring your own blocks. Batons will not be provided.

Pole Vault: ****Every coach of an athlete competing in the pole vault must submit a weight certification form signed by a school official to the pole vault official prior to the warm-up period.** ** (Please use the form included in this packet or a similar state approved form.) The “5 alive” format will be used. The opening height in the girls Pole Vault will be 9’0” and boys Pole Vault will be 12’6” both will go up 9 inches after the opening height and then go up 6 inches at time (see below). An area will be provided for a designated coach for the pole vault.

High Jump: The opening height in the girls High Jump will be 5’0” and boys High Jump will be 6’0”. Both will go up 3 inches after the opening height and then go up 2 inches at a time (see below). The “5 alive” format will be used.

Field Events: All athletes should check in at the event site. All field events will be arranged so that those with the best qualifying performances will compete in later flights. The top 9 will advance to the final in the Long Jump, Triple Jump, Shot Put, Discus, and Javelin. In the horizontal jumps, all athletes are strongly urged to get a mark BEFORE the event begins. A fair warm-up will be allowed between flights expecting you to have a mark with which to start. In the throwing events, a warm-up will be allowed between flights but it will be controlled.

Starting and successive heights of the crossbar:

Girls HJ	5-00	5-03	5-05	5-07	5-09	5-11	6-01	then by 0-01
Girls PV	9-00	9-09	10-03	10-9	11-03	11-09	12-03	then by 0-06
Boys HJ	6-00	6-03	6-05	6-07	6-09	6-11	7-01	then by 0-01
Boys PV	12-06	13-03	13-09	14-03	14-09	15-03	15-09	then by 0-06

Checking Out: Athletes leaving from a field event for a running event must check out with the official of the event. **Athletes should not check out earlier than necessary.**

Check in Running: Athletes checking in for running events must report to the clerk of the meet ONE FULL EVENT PRIOR to their event. **Check-in will be on the infield behind the finish line tent.** You must check in on time or you will be eliminated from the event. Athletes must stay in the clerking area until they are brought to the start by the clerk.

Protests: The Meet Director will establish a Jury of Appeals consisting three coaches and two officials whose purpose will be to adjudicate all protests relating to the decisions made by the referee. The judgment of the Jury of Appeals is final.

Team Tents: Please do not set up any tents in the stands. Please keep tents away from the fence along the track for spectators.

Locker Rooms: No locker room facilities will be available. Please come dressed to compete.

T-Shirts: Official New England Outdoor Track & Field Championship apparel will be sold at the meet. Apparel can be pre-ordered at <https://www.grteemsp.com/> until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.

Video Access: *CNESSPA shall own the copyright of all broadcasts (live and delayed, film, videotapes, web casts, other electronic reproductions and recordings). Any broadcast or rebroadcast in any form without written consent of CNESSPA is strictly prohibited.*

Results: Will be posted at www.cnesspa.org and www.sub5.com

Directions: From North or South take Maine Turnpike (interstate 95) to exit 36, Saco. Go through plaza to exit 2A, Saco Downtown. Turn right onto route 1 South. Go 1/4 of a mile and the stadium will be on the right. Parking for buses will be in lot adjacent to the gym. To get to the gym, go past the stadium onto Fairfield Street. Spectator parking will be at the end of the street.

Hotels: Hotel agreements have not been arranged.

**COUNCIL OF NEW ENGLAND SECONDARY SCHOOL PRINCIPALS' ASSOCIATION
OFFICIAL 2019 OUTDOOR TRACK POLE VAULT WEIGHT CERTIFICATION FORM**

_____ BOYS _____ GIRLS

School _____

Town _____

	Vaulter's Name	Certified Weight	Date
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

WEIGHT CERTIFICATION SHOULD NOT OCCUR PRIOR TO JUNE 3, 2019

Name of School Medical Official _____

Title _____

Name of Coach _____

Name of Principal _____

The principal certifies that the information contained on this form is accurate.

Principal's Signature _____

Date _____

NOTE: A COPY OF THIS FORM (or facsimile) MUST BE GIVEN TO THE POLE VAULT OFFICIAL AT THE START OF THE NEW ENGLAND MEET.