

General Meet Information 2015-2016

There will be coaches and captains meeting 15 minutes before the start of the first meet to review rules, go over M.I.A.A. sportsmanship policy, and answer any questions you may have.

We will only cancel if the weather is extremely poor. My cell phone number is 508-335-0764 or home at 508-248-3985. In case of bad weather, we will decide by 8:00pm on Friday night for Saturday meets and by 2:00pm for weekday meets. If there is no school in Northbridge, the meet is automatically postponed.

Northbridge High School Site Requirements

- 1) Arrive at Northbridge High no earlier than 30 minutes to meet start time. No one will be allowed in the facility until the equipment is set up.
- 2) Students, coaches, parents should not wander. Stay in the track area or up on the catwalk. Absolutely **NO** spectators, coaches, non-competing athletes on the basketball court !!
- 3) High Jumpers – No athletic tape on floor (stickers that peel off OK but remove after jumping)
- 4) No spikes allowed – EVER !!!
- 5) Each week have your teams stay in the same area. You are responsible for its condition and cleanup.
- 6) **Do not bring:** Radios, drinks or food, shot puts, or starting blocks. These will not be allowed in.
We will use Northbridge's shot puts and starting blocks for all athletes each meet.
- 7) Due to the distance between runners during the start of the 300...We need the gym quiet for all starts.
- 8) Locker rooms will be locked...use bathrooms near the lobby only.
- 9) Clerking will be done in the hallway through the doors by the start of the dash.
- 10) No Food or Drink into the field house at any time. Please ask your athletes to eat in the foyer if they bring food with them and deposit trash appropriately.

Meet Requirements

- 1) **Regular team meet entries must be emailed to me.** ***Weekday meets by noon on meet day.*** When you arrive, report to the scoring table immediately to confirm your entry or make changes. The league meet entry form is due to me by 5:00pm on 1/13/16. **Correct competitor #'s are mandatory!!**

Athlete maximum is 2 field & 2 running (which includes relays)

School event limits are as follows: 6 per event

- 2) Each runner in the 2 mile and mile must have a lap counter (sample sheets available on request). Lap counters must tell the head finish official when a runner has one lap left and when they are finishing. Judgment of the officials is final even if you do have lap counters.
- 3) If there is a tie for first in the high jump, jump offs will be done at the end of the meet and only if it will decide the outcome of the meet.

Competitor's Information

- 1) Rosters are due ***BY Sunday, Dec.13th but you may make additions to your rosters up to January 1st.***
Only one set of numbers will be issued so have materials available with you to make new ones if your athletes lose their numbers. (Hint: collect your athlete's numbers and pins each week) These same numbers will be used the entire season and for the league meet also.
- 2) High Jumpers and shot putters need to just **show** the official their number each week to compete.
All runners in all races will wear their numbers on the **FRONT**.
A runner without a "READABLE" number will not be allowed to run or be timed.
- 3) Competitor limits are 6 athletes per school per event.
Athletes not entered on coaches sheets will not be allowed to run if they "just show up".
- 4) All athletes must wear school issued uniforms. Football shirts, etc., in any event, are not allowed.
Relay team uniforms must be identical. Teams must make arrangements for "larger" athletes to be in same color uniform.
- 5) All Federation rules and M.I.A.A. rules will be enforced.

Scoring and Scorer's Area

- 1) The scorer's table is off limits to all competitors. Coaches who have a question should fill out a protest/question form and turn it in to the scoring table. We will check your questions or concerns as soon as possible and let you know the outcome.
- 2) Upon arrival each week, come **immediately** to the scorer's table to confirm your email entry or make changes. List your athletes in the order you think they will finish, this is how the sections will be set up. **Use my forms only !!!** If you substitute an athlete before the meet starts, he/she will take the spot of the replaced athlete. Sections will not be redrawn.
- 3) At the end of the session, coaches please let the computer operator finish his/her work and they will print the meet scores for your squad. Please check them before you leave and if you feel there is a question or error, see me. At the end of each running event, we will post individual event results for you and your manager to check as the meet goes on. The computer generated score is the correct one.
- 4) I will check scoring of the close meets after the meet. I will also put the results to coolrunning.com.
- 5) Coaches can print meet results directly from coolrunning.com, which are usually on by 10:30pm.

Order of Events

Dual Meets – Northbridge(133 yard track)

Boy's Shot Put followed by girls (followed by combined J.V.s.)

Girl's High Jump followed by boys

Two Mile- 24+ laps

50 yard Hurdles

50 yard Dash (JV Dash to follow after boys dash)

Mile – 12 + laps

300 – 2 laps

600 – 4½ laps

1000 – 7½ laps

800M relay - 1½ laps each

Mile Relay – 3 laps each

League Meet – Northbridge - (Girl's first unless noted)

Boy's Shot Put followed by girls

Girl's High Jump followed by boys (opening heights 4'0" for girls and 5'0" for boys)

50 yard Hurdles Trials

50 yard Dash Trials

Two Mile- 24+ laps

300 – 2+ laps

Mile – 12+ laps

50 yard Hurdles Finals B/G

50 yard Dash Finals

600 – 4 ½ laps

1000 – 7 ½ laps

800M relay - 1 ½ laps each

1600M relay – 3 laps each