

2025 NEPSTA Division II Track & Field Championships

Saturday, May 17 at Williston Northampton

FIELD EVENTS begin at 11 a.m., RUNNING EVENTS begin at 1:30 p.m.

Winsor's Shalise Manza Young is meet director

syoung@winsor.edu 401.640.0699

Williston's Jade Morris and Chris Pelliccia are site directors

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Dave Jeffrey of Brewer Timing is the chief timer

brewertiming@gmail.com

Event entries MUST be completed by 6 p.m. on Wednesday, May 14

- All of your entries must be entered via DirectAthletics
- Entries may be submitted **before** the deadline
- Failure to comply will result in non-entry into the meet
- It is **your** responsibility to check and double-check your entries for accuracy and completeness
- If you are submitting hand times for seeding, you must convert times as follows:
 - Add .24 seconds for 100m, 100/110m hurdles, 200m and 300m hurdles
 - Add .14 seconds for 400m and 4x100m relay
 - No conversion is needed for 800, 1500m, 3000m and 4x400m relay
- If an athlete has not competed in an event this season they may still compete but with no time/height/distance entered
- All entered athletes **MUST** be on the team roster you submitted on April 15
- There will be **NO additions or substitutions** allowed after the deadline on May 14

- ONLY scratches will be allowed at the coaches' meeting on the day of the meet

Individual event limitations

- Teams may only enter two individuals per event and one team for each relay, the 4x100m and 4x400m
- Each team is allowed to enter a third individual in one event only. This is the WILD CARD ENTRANT and applies only to individual events, not a relay team
- Each team member can be entered in up to 4 events, but only 3 individual events. (3 individual events and 1 relay or 2 individual events and 2 relays is the maximum)
- The wild card adds a third entry in one event for a team, not a fourth individual event for a single competitor

Recommended minimum marks for event entry:

100m

Boys - 12.5 Girls - 14.3

200m

Boys - 26.0 Girls - 29.5

400m

Boys - 56.0 Girls - 68.0

800m

Boys - 2:15 Girls - 2:45

1500m

Boys - 4:50 Girls - 5:45

3000m

Boys - 10:30 Girls 13:00

100/110m hurdles

Boys - 19.0 Girls - 20.0

300m hurdles

Boys - 48.0 Girls - 58.0

Shot put

Boys - 38' Girls - 27'

Discus

Boys - 100' Girls - 70'

Javelin

Boys - 120' Girls - 70'

Long jump

Boys - 17' Girls - 13' 6"

Triple jump

Boys - 36' Girls - 28'

High jump

Boys - 5' 4" Girls 4' 4"

Pole vault

Boys - 9' Girls - 6'

Because this is a championship meet, coaches should only enter athletes who have met the minimum standards. The games committee will review entries, and athletes entered with seeds significantly lower than the minimal standards may not qualify for the meet.

MEET DETAILS

Governing rules

- The meet will be governed by the National Federation of High Schools rules book, with the following exceptions:
 - Order of events (included in this packet)
 - One false start allowed per heat - the first false start will be applied to the field but if there is a second false start that competitor will face disqualification
 - Limits of events entered (see above)
- All events will be scored to six places, 10-8-6-4-2-1
- The uniform rule is relaxed, but athletes must have a clear indication of the school they represent
 - Relay teams must have similar uniforms
 - Field event athletes must have a top indicating which school they represent, but it does not have to be a singlet
 - Spandex may be worn and do not have to match the shorts, or may be used in place of traditional track shorts

Meet facilities

- Williston's Galbraith track is an all-weather 8-lane track
- All jumps and vault runways as well as the high jump apron are also all-weather
- The shot put and discus circles are concrete
- The javelin runway is grass
- Runners and jumpers can wear $\frac{1}{4}$ " spikes or flats
- The 4x100m exchange zones have been re-painted since the 2019 rule change
- There are restrooms adjacent to the track in the small building with the snack bar

- There will be security staff on hand to direct buses
- Facility-related questions should be directed to Chris Pelliccia (cpelliccia@williston.com) or Jade Morris (jmorris@williston.com)

Coaches meeting

- A coaches' meeting will be held at 10am in the tent near the finish line
- Heats, flights and seed times for all events will be distributed at the meeting
- Scratches will be declared at this time. NO COMPETITOR SUBSTITUTIONS CAN BE MADE

In-meet scratches

- Any competitor scratched from an event AFTER the coaches' meeting will be automatically disqualified from all further competition including relays
- An athlete who does not start an entered event or who does not give a fair and honest effort, as determined by the meet referee will be disqualified from additional events including relays. For example, an athlete entered in the 200 meters or 800 meters who does not start the event or does not give an honest effort is not eligible for participation in the 4 x 400 relay

Weighing implements

- All implements that competitors wish to use must be weighed in and verified by the head field judge
- Weigh in will take place from 9:30-10:30 am at the scorer's tent
- Javelins must meet 2002 standards
- Competing with unverified equipment will result in an automatic fault for all attempts with that equipment

Pole vault

- Pole vault verification form (see last page) must be submitted prior to the start of competition. Please print, fill out, and bring it with you to the meet

Officiating

- Timing services: Brewer Timing Service; Chief operator - David Jeffrey
- Starter: Ken Carabba
- Field Event Referee/Finish Line Judge: TBD
- Clerk of the course: Chris Heaton
- Games committee: Shalise Manza Young (Winsor), Dory Driscoll (Berkshire), Erin Dromgoole (Roxbury Latin), Saleena Rashed (BB&N), Ellie DeLeon (Cheshire)
Alternate - Molly McCarthy (Tabor)

Order of Events

FIELD EVENTS - STARTING AT 11:00 AM

- Boys' discus and girls' javelin, then switch
- Boys' shot put will start at the completion of javelin and shot , followed by girls'
- Girls' high jump (opening height 4' 0") followed by boys' (opening height 5' 0")
- Boys' pole vault (opening height 8' 6") followed by girls' (opening height 5' 6")
- Boys' and girls' long jump will run concurrently (2 runways), followed by boys' and girls' triple jump

RUNNING EVENT ORDER - STARTING AT 1:30 PM

(Boys followed by girls)

- 4x100m Relay
- 1500m: two sections if necessary, based on seed times
- 100m: TRIALS - winner of each heat plus next 4 fastest times go to finals

- 110/100m High Hurdles
- 400m
- 100m: FINALS
- 800m: waterfall start, maximum of twelve runners to a section
- 300m Intermediate Hurdles
- 200m
- 3000m
- 4x400 Relay: two-turn stagger

RUNNING EVENTS TAKE PRECEDENCE OVER FIELD EVENTS

Call for events

First Call: Competitors must sign in at the event location on the first call, (pick up their hip number for running events), and explain to the Event Official if they have a conflict with another event.

Second Call: Competitors should move to the starting line or field area of the event.

Third Call: This is the final call. Competitors not reporting promptly will be scratched from that event and eliminated from the rest of the meet.

Please note: Athletes competing in conflicting events should report back to each event immediately after completing a field event trial or a race.

Check-out/check-in times will be determined by the games committee. A fair amount of time in accordance with the rules will be allowed for the competitor to recover.

Officiating responsibilities

Each school participating will be responsible for officiating a field event

- Please bring a measuring tape and marking cane (if you have one)

Javelin

Girls - Hopkins Boys - Williston-Northampton

Discus

Girls - Govs Boys - Suffield

Shot put

Girls - Worcester Boys - Thayer

Long jump

Girls - BB&N Boys - Tabor

Triple jump

Girls - GCDS Boys - Austin Prep

High jump

Girls - Berkshire Boys - Westminster

Pole vault

Will be handled by outside official

RELAY ZONE JUDGES

ALL Sections, Boys and Girls

4 x 100m

- Two coaches per school needed at each zone. One coach observes lanes 1-4; other coach observes lanes 5-8

Zone 1: Roxbury Latin (front), Winsor (back)

Zone 2: Middlesex (front), Holy Child (back)

Zone 3: Cheshire (front), Nobles (back)

4x400m

- Finish line judge

Hurdle set up: Williston (but feel free to help!)

Pole Vault Verification Form
NEPSTA DIV. II TRACK & FIELD CHAMPIONSHIP
MAY 17, 2025

Due to National Federation Rules, it is necessary to have verification of all competitors in the Pole Vault. Each competitor must be certified as using a pole that is rated for their weight.

YOU MUST FILL OUT THE FOLLOWING INFORMATION FOR EACH COMPETITOR, SIGN IT AND PRESENT IT AT BOTH THE IMPLEMENT WEIGH-IN AT 9:30 A.M. AS WELL AS AT THE CHECK-IN FOR THE EVENT ON SATURDAY, MAY 17, 2025.

NO COMPETITOR WILL BE ALLOWED TO COMPETE WITHOUT THIS FORM.

Any questions please email or call the Meet Director.

School: _____

Competitor	Weight	Pole rating (lbs.)

Coach's signature: _____