

NEW ENGLAND PREPARATORY SCHOOL TRACK ASSOCIATION

Fall Executive Meeting  
Sunday, September 25, 2022  
Via Google Meet (online meeting)

**NEPSTA Executive Board**

President: Tom O’Riordan ([toriordan@landmarkschool.org](mailto:toriordan@landmarkschool.org))

Vice President: Tracy Garcia-LaVigne ([tlavigne@cbury.org](mailto:tlavigne@cbury.org))

Treasurer: Beth Larson ([larsonb@avonoldfarms.com](mailto:larsonb@avonoldfarms.com))

Secretary: Becky Purdy ([becky\\_purdy@loomis.org](mailto:becky_purdy@loomis.org)) Please add Becky’s email address to your contacts list to ensure you receive all NEPSTA emails.

Minutes

The meeting began at 7:30 p.m.

**In Attendance:** Chris Adams (Tabor Academy), Ted Barker-Hook (Brimmer & May), Jeff Browne (Thayer Academy), Karen Bryant (St. Mark’s), David DiCicco (Marianapolis), Erin Dromgoole (Roxbury Latin), Tracy Garcia-LaVigne (NEPSTA vice president, Canterbury), Fritz Goodman (Kingswood-Oxford), Paul Karasch (Rivers School), Steve Klots (South Kent), Alex Kraus (Kingswood-Oxford), Beth Larson (NEPSTA treasurer, Avon Old Farms), Tom O’Riordan (NEPSTA president, Landmark), Charlie O’Rourke (BB&N), Becky Purdy (NEPSTA secretary, Loomis Chaffee), Jon Waldron (Concord Academy)

**Treasurer’s Report:** See attached PDF file for the financial report from Treasurer Beth Larson.

**Awards:** Treasurer Beth Larson informed the meeting that NEPSAC (the New England Prep School Athletic Conference) is looking at the exact awards that various sports give at New England championships. NEPSAC has questioned why NEPSTA gives out team plaques and does not give out a NEPSAC trophy like many other sports do. NEPSAC also questioned NEPSTA’s presentation of certificates that say “All-New England” rather than “All-NEPSAC.” There was discussion of this matter. Among the points made by members: XC and Track & Field have given the same or very similar plaques to the top teams at the championships for more than 35 years. Teams that have won plaques in multiple years like their uniformity as they display them side by side. Schools like being able to hang plaques on their athletic center walls as opposed to trophies that require shelf space. Members also questioned why NEPSAC was requiring every sport to have the same design of championship awards, especially if the costs do not differ.

There was unanimous agreement among the Executive Board that NEPSTA wants to continue to award plaques, for many reasons.

Beth noted that the order for the 2022 XC Championship awards needed to be placed immediately with the vendor in order to have them ready in time. The board directed her to order the plaques and medals as usual.

The Executive Board also agreed that the certificates should go back to saying “All-New England.” NEPSAC asked NEPSTA not to use “All-New England” on the certificates last spring for the Track & Field Championships, so they were changed to “All-NEPSAC.” Members said they like not having an acronym on the certificates, and the organization’s name is too long to write out on certificates. Tom, on behalf of NEPSTA, will address the concerns about the awards and certificates with NEPSAC.

### **NEPSTA Dues and XC Championship Fees:**

Annual dues for NEPSTA membership are \$40 and are due by October 15. Dues may be paid online at [this link](#) or by check (see below).

XC Championship entry fees are \$175 for a girls varsity team and \$175 for a boys varsity team. There is no charge for JV teams. Entry fees are due by October 20. An online payment link is pending and will be shared with schools by meet directors, or payment may be made by check (see below).

Checks for dues and/or fees should be made payable to **NEPSTA** and mailed to:  
**Beth Larson, Treasurer**  
**500 Old Farms Road**  
**Avon, CT 06001**

**2022 XC Championships:** Saturday, November 12, 2022

All meet hosts and directors are in place as follows:

Division 1:

Site: St. Paul’s School

Meet Directors: Dick Muther ([rmuther@sps.edu](mailto:rmuther@sps.edu)) and Chris Smith ([csmith@sps.edu](mailto:csmith@sps.edu))

Division 2:

Site: St. Mark’s School

Meet Director: Karen Bryant ([karenbryant@stmarksschool.org](mailto:karenbryant@stmarksschool.org))

Division 3:

Site: Canterbury School

Site Director: Tracy Garcia-LaVigne ([tlavigne@cbury.org](mailto:tlavigne@cbury.org))

Co-Host: Kingswood-Oxford School

Division 4:

Site: Marvelwood School

Meet Director: Zach Maizel ([zach.maizel@marvelwood.org](mailto:zach.maizel@marvelwood.org))

Tom O’Riordan said all four meets are using chip timing.

**Reminders for meet hosts:**

- Granite State, the timing company for all four division championships in cross country, requires that meet hosts order bib numbers themselves and ship them to a company in Ohio to have chips attached. Further information about this process is in the XC Meet Directors Handbook:  
<https://docs.google.com/document/d/1p5RiJVEbyo1SGq4FizcF5vSEnE7c5nirLAQQePm3Czk/edit?usp=sharing>
- When communicating with participating schools, please remind them to pay their NEPSTA membership dues and championship meet fees using the payment information detailed above in these minutes under “NEPSTA Dues and Championship Fees.”
- Meet hosts should give Beth ([larsonb@avonoldfarms.com](mailto:larsonb@avonoldfarms.com)) their mailing address, if they haven’t done so already, so that the awards vendor can ship the plaques, medals, and ribbons directly to the host site.
- When presenting awards to the top 20 finishers in the varsity races, meet directors should notify these athletes and their coaches that they have qualified to compete in the All-Star Meet the following weekend. (See separate entry below.)

Karen Bryant asked about championship meet T-shirts. Tom O’Riordan said Fine Designs T-Shirts will once again be the shirt vendor. This was a NEPSAC decision for all championship events in all sports. Several complaints were relayed about long lines for the shirts at the meets, no option for people to order the T-shirts before or after the meet, and no option for host schools to arrange for the vendor to incorporate site-specific design elements into the shirt design. Erin Dromgoole, who was NEPSTA president when Fine Designs first was brought in as the shirt vendor, consulted her notes and reported that Fine Designs originally agreed to work with hosts to incorporate site-specific design elements and, at least in the first year, offered online ordering for a limited time after the meet. Several members said that allowing people to order and offering less personal customization on site would help to reduce the long lines. Members said some of their athletes waited in line for shirts for more than an hour at the Division 4 meet last fall. Tom said he would contact Fine Designs with these concerns.

**All-Star XC Meet:** Saturday, November 19, 2022  
 Site: St. Mark’s School  
 Meet Director: Charlie O’Rourke ([corourke@bbns.org](mailto:corourke@bbns.org))

The top 20 finishers in the varsity races in each division championship meet qualify to compete in the All-Star Meet. There is no entry fee. Charlie will distribute more information as the date gets closer. Thank you to Charlie for his work every year as director of this meet, and to St. Mark’s for hosting year after year.

**Preview of 2023 Track & Field Championships:**

Division 1:  
 Andover

Division 2:  
 Site and meet director needed

Division 3:  
Site and meet director needed

A suggestion was made that the T&F championships award medals to all six individuals who place in each event. Currently, medals are awarded to the top three and ribbons are awarded to places 4 to 6. Beth said she would price out the difference between what we currently do and switching to six medals per event.

**Proposal for Division III Track & Field Standards Committee:** Jon Waldron proposed creating a Division III Standards Committee, whose purpose would be to review, discuss, and recommend changes to the entry standards for the following spring's Division III NEPSTA Track & Field Championship meet. "The main goal of reviewing and possibly revising standards would be to balance the competing goals of encouraging participation while maintaining the championship character of the meet and manageable field sizes," according to the proposal. Jon explained that the committee would be a working group that would meet in the fall to review the previous spring's Div. III championship meet, assess how it went with the existing Div. III standards, and make recommendations for any changes in standards for the next track & field championship. Those recommended changes would be circulated well in advance of the annual NEPSTA membership meeting in March so that Div. III members could discuss and vote on the recommendations at that meeting.

Tom O'Riordan, David DiCicco, and Paul Karasch volunteered to join Jon in forming the committee. Any other NEPSTA members who would like to join the committee are encouraged to contact Jon Waldron ([jonathan\\_waldron@concordacademy.org](mailto:jonathan_waldron@concordacademy.org)).

**Adjournment:** The meeting adjourned at 8:15 p.m.