



2024 MVADA Track and Field Championship Meet

Monday, May 13th 1:00 PM
 Coaches Meeting: 12:30 PM
 Rain Date: Tuesday, May 14th 1:00 PM

Blue Hills Regional Technical High School
 800 Randolph St., Canton

Meet / Site Directors	<p>Meet Director: Nicole Flynn nflynn@bluehills.org</p> <p>Assistant Meet Director: Kay Manigan kmanigan@sersd.org</p> <p>Site Manager: Ed Catabia ecatabia@bluehills.org</p> <p>Timer/Scorer: Charles Butterfield cbutter51@hotmail.com</p> <p>Referee: Ray Byron rjb345@aol.com</p> <p>Athletic Trainer: Jerilyn Connor jconnor@bluehills.org</p>																																																				
Entry Information	<p>All entries will be due on Athletic.net by Thursday, May 9th at 8:00 pm.</p> <p>Entry lists will be available on Athletic.net once all entries are submitted.</p> <p>Results will be available at: firsttimeout.anet.live</p>																																																				
Divisions	<table border="0"> <thead> <tr> <th colspan="2">LARGE</th> <th colspan="2">SMALL</th> </tr> </thead> <tbody> <tr> <td>Gr. Lowell</td> <td>2279</td> <td>Shawsheen Reg. Voc.</td> <td>1283</td> </tr> <tr> <td>Gr. New Bedford Voc.</td> <td>2093</td> <td>Whittier Voc. Tech</td> <td>1263</td> </tr> <tr> <td>Gr. Lawrence Voc. Tech</td> <td>1728</td> <td>Blackstone Valley Tech</td> <td>1221</td> </tr> <tr> <td>Essex Tech</td> <td>1688</td> <td>Bay Path</td> <td>1183</td> </tr> <tr> <td>Southeastern Reg. Voc. Tech</td> <td>1645</td> <td>Assabet</td> <td>1117</td> </tr> <tr> <td>Lynn Tech</td> <td>1520</td> <td>Tri-County</td> <td>943</td> </tr> <tr> <td>Worcester Tech</td> <td>1468</td> <td>Blue Hills Reg. Voc. Tech</td> <td>920</td> </tr> <tr> <td>Putnam Voc.</td> <td>1358</td> <td>Keefe Tech</td> <td>845</td> </tr> <tr> <td>Diman Voc.</td> <td>1391</td> <td>Nashoba Tech</td> <td>732</td> </tr> <tr> <td>Monty Tech</td> <td>1392</td> <td>Cape Cod Reg. Voc. Tech</td> <td>665</td> </tr> <tr> <td>Bristol Plymouth Reg. Voc. Tech.</td> <td>1309</td> <td>South Shore Tech</td> <td>649</td> </tr> <tr> <td>Northeast Metro Reg. Voc. Tech</td> <td>1286</td> <td>Franklin County Tech</td> <td>602</td> </tr> </tbody> </table>	LARGE		SMALL		Gr. Lowell	2279	Shawsheen Reg. Voc.	1283	Gr. New Bedford Voc.	2093	Whittier Voc. Tech	1263	Gr. Lawrence Voc. Tech	1728	Blackstone Valley Tech	1221	Essex Tech	1688	Bay Path	1183	Southeastern Reg. Voc. Tech	1645	Assabet	1117	Lynn Tech	1520	Tri-County	943	Worcester Tech	1468	Blue Hills Reg. Voc. Tech	920	Putnam Voc.	1358	Keefe Tech	845	Diman Voc.	1391	Nashoba Tech	732	Monty Tech	1392	Cape Cod Reg. Voc. Tech	665	Bristol Plymouth Reg. Voc. Tech.	1309	South Shore Tech	649	Northeast Metro Reg. Voc. Tech	1286	Franklin County Tech	602
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Events and Standards	Event	Boy/Girl Standard	Event	Boy/Girl Standard
	100m	12.3 / 14.2 (FAT) 11.9 / 13.8 (h)	Long Jump	18'6" / 13'6"
	200m	25.3 / 30.5 (FAT) 24.9 / 30.1 (h)	Triple Jump	37'6" / 29'6"
	400m	57.2 / 1:11	High Jump	5'4" / 4'4"
	800m	2:20 / 2:55	Javelin	113' / 72'
	1 Mile	5:15 / 6:20	Shot Put	35' / 25'
	2 Mile	11:35 / 14:35	Discus	91' / 67'
	110/100m Hurdles	18.8 / 20.6 (FAT) 18.4 / 20.2 (h)		
	400m Hurdles	1:08 / 1:23		
	4x100m	OPEN		
	4x400m	OPEN		
	4x800m	OPEN		
	Participation Rules	<ul style="list-style-type: none"> • Each team may enter no more than three athletes in each running/field event • Each team may enter only one 4x100, 4x400, or 4x800 relay team • An athlete shall not compete in more than three events including relays • An athlete shall not be entered in more than four events, excluding relays • Scratches must be made following the coach's meeting 		
Awards	<p>Trophies will be awarded to the first place boys and girls teams in each division</p> <p>Medals will be given for placing 1st, 2nd, or 3rd in each division</p> <p>Athletes should pick up their medals at the awards tent after results are announced</p>			

Spikes	Only ¼ inch Pyramid spikes are permitted on the Blue Hills Track. Athletes breaking this rule will be disqualified from that event.
Facility Information	<p>Blue Hills' track is a six lane track with a six lane straightaway.</p> <p>There will be a concession stand as well as meet t-shirts available for sale. Cash only.</p> <p>Please follow the included map to help with drop off and bus parking.</p> <p>At no point should athletes, coaches, or spectators enter the school.</p>
High Jump	<ul style="list-style-type: none"> • There is one composite high jump area • Starting Height: Boys 5'4" Girls 4'4" • Height progression will be opening height, then up 2" • There is no limit to the amount of total jumps an athlete may take in competition
Long Jump	<ul style="list-style-type: none"> • No runbacks are allowed. Athletes should come prepared with a mark • There will be one long jump pit with a painted board. Boys and girls will use a 12' board • The event will be run as finals with all athletes given four attempts
Triple Jump	<ul style="list-style-type: none"> • No runbacks are allowed. Athletes should come prepared with a mark • There will be one triple jump pit with painted boards at 24', 28', 32', 36' • The event will be run as finals with all athletes given four attempts
Shot Put	<ul style="list-style-type: none"> • There will be one shot put sector at the facility • The event will be run as finals with all athletes given four attempts • Schools must provide shot puts weighing 8 kg or 12 lb. and meeting NFHS specs.
Javelin	<ul style="list-style-type: none"> • There will be one javelin sector at the facility using a grass runway • The event will be run as finals with all athletes given four attempts • Schools must provide javelins weighing 600g or 800g and meeting NFHS specs.

<p>Discus</p>	<ul style="list-style-type: none"> ● There will be one discus sector at the facility ● The event will be run as finals with all athletes given four attempts ● Schools must provide discus weighing 1 kg or 1.6 kg. and meeting NFHS specs.
<p>Minimum Measurements</p>	<p>For all field events except high jump each athlete’s first legal attempt will be measured. All attempts after the first legal attempt will only be measured if they meet the meet standard.</p>
<p>Order of Events</p>	<p style="text-align: center;">Field Events- 1:00 start time. Check in at the events.</p> <p style="text-align: center;"> Javelin: girls followed by boys Discus: girls followed by boys Shot put: boys followed by girls Long jump: boys followed by girls Triple jump: girls followed by boys High jump: boys followed by girls </p> <p style="text-align: center;">Track Events- 1:00 start time. Check in on the infield. Boys followed by girls in each event. All events are finals based on time.</p> <p style="text-align: center;"> 4x800 110/100m Hurdles 100m 1 Mile 4x100m 400m 400m Hurdles 800m 200m 2 Mile 4x400m </p>
<p>Coaches Information</p>	<p>The Sports You app will be used again this year. Coaches can join by downloading the app and using the group access code: KT79-HNXN.</p>