

# Vermont HS Track & Field Indoor State Championship

Saturday, January 30, 2016, 1:00 PM, Norwich University  
Northfield, VT

**THIS YEAR:** **Weight Throw will take place @ St. Johnsbury Academy on Saturday, January 23<sup>rd</sup> (after Norwich #2), 3:00 PM.** (Coaches should contact Chip Langmaid for additional information.)  
**Entry deadline for Weight Throw only:** all schools 11:59 PM, Tuesday, Jan. 19, 2016. Registrations on [Athletic.net](http://Athletic.net)

**Two (2) Divisions Meet – Teams are divided into 2 Divisions. There will be separate events for each division with the exception of HJ and PV. For TF Indoor divisions alignments please visit VPA or VITA web pages.**

**Meet Director:** Amanda Arena  
**Meet Administrator:** Pavel Dvorak, Burlington HS

**Entry Deadline:** All schools 11:59 PM (midnight), Tuesday, January 26, 2016 using **Athletic.net** website. **Please make sure you enter your athletes into correct events based on your team division.**  
*It may take up to 48 hours to establish new account on Athletic.net web. Athlete's grade must be listed.*

**Rules:** NFHS and VPA rules will be followed.

**Entry Fees:** Boys and Girls entry fees will be \$15.00 per individual up to a maximum of \$150.00 per team. Read team, not school. Girls and boys represent two teams. Please make checks to The Vermont Indoor Track Association. Fees should be postmarked no later than January 26, 2016 and sent to Geoff Bennett, 84 Saratoga Avenue, Burlington, VT 05408.

**Admission:** **General Admission to the meet: adult \$7.00 and \$4.00 student. Food, Meet Programs and T-shirts will be sold. All spectators must remove their shoes when entering the facility.**

**Implements & PV weigh-ins:** Weigh-ins will be required for shot put between 12:00 PM – 12:45 PM before the meet on Saturday. Only checked and marked equipment will be permitted in competition and in warm-up throws. PV inspection will begin at 12:00 PM and will close at 12:45 PM.

**Pole Vault Weight Certification Form:** Every coach of an athlete competing in PV must submit the Weight Certification Form to the PV official during the inspection prior to the start of the competition.

**New England Championship Qualifying:** There will be Indoor NE Qualifier Meet.

**Spikes:** Running and jumping events maximum 3/16" exposed.

**Check in Running Events:** Athletes checking in for running events

- 1. Must report to the clerk of the meet** at the time the first call is given (approx. 15 min. before event starts) at the check-in area (next to the finish line). Athletes must stay in the check-in area till they are marched to the start.
- 2. Athletes will receive their hip numbers, heat and lane assignment at the check in area.**
- 3. Athletes are required to attach a timing chip(s) to a shoe in 1600 m Run and 3200 m Run for accurate lap count.**

**Clerk will scratch all absent athletes on the 2nd final call (approx. 10 min. before event starts) and re-seed the event if necessary. Missing athletes will not be re-entered after the re-seeding is done.**

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**Competitor Hip Numbers:** Hip numbers must be worn on the left hip, centered, shirt must be tucked in. In events not finishing in assign lanes (distance etc.) additional hip number must be worn on the front and left side chest high.

**Jury of Appeals:** TBA

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## Time Schedule / Order of Events

*Scratches by 12:00 PM, Coaches Meeting 12:30 PM*

**Field Events:** Field events will begin at 1:00 PM. Division I events will follow Division II except Pole Vault and High Jump (combined Divisions)

**Athletes must inspect/weigh-in 12:00 – 12:45 PM Pole Vault and Shot Put**

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| <p><b>1:00 PM</b><br/>         girls Pole Vault<br/> <i>(combined Div.)</i><br/>         girls High Jump<br/> <i>(combined Div.)</i><br/>         boys Long Jump<br/>         boys Shot Put<br/> <b>to follow</b><br/>         boys Pole Vault<br/> <i>(combined Div.)</i><br/>         boys High Jump<br/> <i>(combined Div.)</i><br/>         girls Long Jump<br/>         boys Triple Jump<br/>         girls Triple Jump<br/>         girls Shot Put</p> | <ul style="list-style-type: none"> <li>• <i>Opening heights in girls High Jump (combine Div.) will be 4-0' and boys High Jump (combined Div.) will be 4-8'. Both will go up 2 inches after opening height.</i></li> <li>• <i>Division I athletes may enter the competitions at height no less than 2 inch (HJ) and 6 inch (PV) below their Div. qualifying height. Opening height in girls Pole Vault will be 5-06' and boys Pole Vault will be 7-06" both will go up 6 inches after opening height.</i></li> <li>• <i>There will be a <b>second warm up</b> (maximum 20 min long) before the bolded heights (please see below) for only athletes who did not yet entered a competition in HJ and PV.</i></li> <li>• <i>In horizontal jumps and throws there will be one warm up jump / throw between flights and final.</i></li> <li>• <i>All field events will be arranged so that those with the best qualifying performances will compete at the end.</i></li> <li>• <i>In the Long Jump, Triple Jump and Shot Put, <b>the top 7 will advance to the final.</b></i></li> <li>• <i>In the High Jump and Pole Vault, the "5 alive" procedure will be used.</i></li> <li>• <i>In field events athletes may provide their own markers. Markers must be placed outside of runways. There is a maximum limit of 2 markers per competitor. Tape is OK.</i></li> <li>• <i>The head judge may change the order of competition to accommodate those who may be excused to participate in other events.</i></li> </ul> |
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**Running Events:** Track events will begin at 2:30 PM.

Order of running events girls followed by boys **except boys 55m Hurdles Final and Division I will follow Division II.**

**Athletes must check in before 2<sup>nd</sup> call is given.**

|   |  |
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| <p><b>2:30 PM</b><br/>         girls Division II than Division I;<br/>         boys Division II than Division I<br/> <b>(except 55 Dash Hurdles Finals – boys first)</b><br/>         55 m Hurdles Trials<br/>         55 m Dash Trials<br/>         4x800 m Relay Finals<br/>         55 m Hurdles Finals <b>boys first!</b><br/>         55 m Dash Finals<br/>         4x200 m Relay Finals<br/>         1600 m Run Finals<br/>         600 m Run Finals<br/>         1000 m Run Finals<br/>         300 m Dash Finals<br/>         3200 m Run Finals<br/>         4x400 m Relay Finals</p> | <ul style="list-style-type: none"> <li>• <i>In the 55 m Hurdles and 55 m Dash, the 1<sup>st</sup> place per heat + times will advance to the 2 (two) finals.</i></li> <li>• <i>All running events will be run in sections with the fastest section running last.</i></li> <li>• <i>All athletes in running events must wear a hip number on the left hip, centered, shirt must be tucked in. Athletes in distance events must also wear a second hip number on the chest.</i></li> <li>• <i>Athletes in 1600 m Run and 3200 m Run may be required to attach a timing chip to their shoe to help with lap count.</i></li> </ul> |
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**Check in Field Events:** All athletes must report to the field event official at the time the first call is given (15 min. before event start; PV 30 min.) at the field event sector.

Athlete leaving for a running event must sign out on the first call and he/she must sign back in no later than 10 min. after the conclusion of the heat he/she was competing in.

Athlete participating in two or more field events at the same time he/she must go back and forth between these events.

**Starting and successive heights of the crossbar:** Second warm up (max. 20 min long) heights bolded.

Unless seven or less athletes remain in the competition, the bar will be raised when all present athletes cleared, passed or failed to clear the height. Excused, not present athletes participating in other events will be passed to the next height.

|          |      |      |             |      |      |       |       |       |              |
|----------|------|------|-------------|------|------|-------|-------|-------|--------------|
| Girls HJ | 4-00 | 4-02 | <b>4-04</b> | 4-06 | 4-08 | 4-10  | 5-00  | 5-02  | then by 0-01 |
| Girls PV | 5-06 | 6-00 | <b>6-06</b> | 7-00 | 7-06 | 8-00  | 8-06  | 9-00  | then by 0-06 |
| Boys HJ  | 4-08 | 5-00 | <b>5-02</b> | 5-04 | 5-06 | 5-08  | 5-10  | 6-00  | then by 0-01 |
| Boys PV  | 7-06 | 8-00 | <b>8-06</b> | 9-00 | 9-06 | 10-00 | 10-06 | 11-00 | then by 0-06 |

## Entry Info

- All schools are divided into 2 Divisions. For Division alignment please see VPA website.
- Entry Format – Athletic.net website ONLY.  
**Please make sure you enter your athletes into correct events based on your team division.**
- State Meet Qualifying standards – An athlete may enter an event only if his/her performance in this events is equal or better than posted qualifying standards which must be achieved this indoor season. Athlete must qualify in every event he/she is entering. Qualifying Standards are listed by Division in VPA TF Rules Book.
- Hand-held entry times must be rounded up to the slower 1/10 of a second and must be recorded with h after the time (example 23.6h or 4:45.0h).
- **Team Entry Limits per event – NO ATHLETES ENTRY LIMIT PER EVENT PER SCHOOL.** Maximum 4 (four) athletes per team per event may score.
- An athlete may be entered into maximum of 4 individual events excluding relays.
- An athlete may compete in maximum of 4 events including relays.
- An athlete is allowed to run no more than 2 races for 1000 m, 1600 m, and 3200 m Run.
- An athlete is required to participate in 3 (three) interscholastic indoor TF meets during the season to be able to enter the State Meet.
- Questions about an athlete's eligibility and/or entry performance must be brought to the meet administrator's attention no later than Thursday before the State Meet. Coach may be asked to provide meet results to document athlete's eligibility and/or entry performance.
- A relay team must declare 4 runners competing prior to the competition. These runners must be listed in first 4 positions on a relay team. Coaches may enter maximum 8 athletes into one relay.
- Coaches must check their entries on web by Thursday 8:00 AM. Performance and entry list by school will be posted.
- Penalty for late entries apply according VPA TF Rules Book.
- Scratches – please email ASAP

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## Qualifying Standards

### VT INDOOR T&F STATE CHAMPIONSHIP Div.I and Div.II

| Event  | Division 1             | Division 2 |
|--|------------------------|------------|
| Event 1 Girls Pole Vault Division II         |                        | 6-00       |
| Event 3 Boys Pole Vault Division II          |                        | 8-00       |
| Event 5 Girls High Jump Division II          |                        | 4-02       |
| Event 7 Boys High Jump Division II           |                        | 5-00       |
| Event 9 Boys Long Jump Division II           |                        | 17-00      |
| Event 11 Girls Long Jump Division II         |                        | 13-00      |
| Event 13 Boys Shot Put Division II           |                        | 33-06      |
| Event 15 Girls Shot Put Division II          |                        | 25-00      |
| Event 17 Boys Triple Jump Division II        |                        | 33-06      |
| Event 18 Girls Weight Throw Division II      |                        | 18-00      |
| Event 19 Girls Triple Jump Division II       |                        | 26-00      |
| Event 20 Boys Weight Throw Division II       |                        | 22-00      |
| Event 21 Girls 55 Meter Hurdles Division II  |                        | 11.64      |
| Event 23 Boys 55 Meter Hurdles Division II   |                        | 11.44      |
| Event 25 Girls 55 Meter Dash Division II     |                        | 8.74       |
| Event 27 Boys 55 Meter Dash Division II      |                        | 7.44       |
| Event 29 Girls 4x800 Meter Relay Division II | one (1) relay per team |            |
| Event 31 Boys 4x800 Meter Relay Division II  | one (1) relay per team |            |
| Event 33 Girls 4x200 Meter Relay Division II | one (1) relay per team |            |
| Event 35 Boys 4x200 Meter Relay Division II  | one (1) relay per team |            |
| Event 37 Girls 1600 Meter Run Division II    |                        | 6:45.24    |
| Event 39 Boys 1600 Meter Run Division II     |                        | 5:35.24    |
| Event 41 Girls 600 Meter Run Division II     |                        | 2:07.24    |
| Event 43 Boys 600 Meter Run Division II      |                        | 1:45.24    |
| Event 45 Girls 1000 Meter Run Division II    |                        | 4:05.24    |
| Event 47 Boys 1000 Meter Run Division II     |                        | 3:18.24    |
| Event 49 Girls 300 Meter Dash Division II    |                        | 52.24      |
| Event 51 Boys 300 Meter Dash Division II     |                        | 43.24      |
| Event 53 Girls 3200 Meter Run Division II    |                        | 14:30.24   |
| Event 55 Boys 3200 Meter Run Division II     |                        | 12:00.24   |
| Event 57 Girls 4x400 Meter Relay Division II | one (1) relay per team |            |
| Event 59 Boys 4x400 Meter Relay Division II  | one (1) relay per team |            |
| Event 62 Girls Pole Vault Division I         | 6-00                   |            |
| Event 64 Boys Pole Vault Division I          | 8-06                   |            |
| Event 66 Girls High Jump Division I          | 4-04                   |            |

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|           |                                    |                        |
|-----------|------------------------------------|------------------------|
| Event 68  | Boys High Jump Division I          | 5-04                   |
| Event 70  | Boys Long Jump Division I          | 18-00                  |
| Event 72  | Girls Long Jump Division I         | 14-00                  |
| Event 74  | Boys Shot Put Division I           | 35-00                  |
| Event 76  | Girls Shot Put Division I          | 25-00                  |
| Event 78  | Boys Triple Jump Division I        | 35-00                  |
| Event 79  | Girls Weight Throw Division I      | 18-00                  |
| Event 80  | Girls Triple Jump Division I       | 27-00                  |
| Event 81  | Boys Weight Throw Division I       | 24-00                  |
| Event 82  | Girls 55 Meter Hurdles Division I  | 11.54                  |
| Event 84  | Boys 55 Meter Hurdles Division I   | 11.14                  |
| Event 86  | Girls 55 Meter Dash Division I     | 8.44                   |
| Event 88  | Boys 55 Meter Dash Division I      | 7.24                   |
| Event 90  | Girls 4x800 Meter Relay Division I | one (1) relay per team |
| Event 92  | Boys 4x800 Meter Relay Division I  | one (1) relay per team |
| Event 94  | Girls 4x200 Meter Relay Division I | one (1) relay per team |
| Event 96  | Boys 4x200 Meter Relay Division I  | one (1) relay per team |
| Event 98  | Girls 1600 Meter Run Division I    | 6:20.24                |
| Event 100 | Boys 1600 Meter Run Division I     | 5:25.24                |
| Event 102 | Girls 600 Meter Run Division I     | 2:04.24                |
| Event 104 | Boys 600 Meter Run Division I      | 1:43.24                |
| Event 106 | Girls 1000 Meter Run Division I    | 3:50.24                |
| Event 108 | Boys 1000 Meter Run Division I     | 3:15.24                |
| Event 110 | Girls 300 Meter Dash Division I    | 49.74                  |
| Event 112 | Boys 300 Meter Dash Division I     | 41.74                  |
| Event 114 | Girls 3200 Meter Run Division I    | 14:00.24               |
| Event 116 | Boys 3200 Meter Run Division I     | 11:15.24               |
| Event 118 | Girls 4x400 Meter Relay Division I | one (1) relay per team |
| Event 120 | Boys 4x400 Meter Relay Division I  | one (1) relay per team |