



DEERFIELD  
ACADEMY



## NEPSTA Division 1 Track & Field Championships 2024

Deerfield Academy is excited to host the 82<sup>nd</sup> NEPSTA Div. I Championships on Saturday 5/18/24.

### Teams Participating

Andover / Phillips Academy  
Avon Old Farms (Boys)  
Belmont Hill School (Boys)  
Brunswick School (Boys)  
Choate Rosemary Hall  
Deerfield Academy

Phillips Exeter Academy  
Greenwich Academy (Girls)  
The Hotchkiss School  
The Loomis Chaffee School  
Milton Academy  
Miss Porter's School (Girls)

Northfield Mount Hermon  
Sacred Heart (Girls)  
St. Paul's School  
The Taft School  
Thayer Academy (Girls)  
Trinity Pawling (Boys)

### Key Dates

<b>Saturday 4/15</b>	Rosters and contact info due to ( <a href="mailto:jgray@deerfield.edu">jgray@deerfield.edu</a> ). Use Excel file (sent 4/1) to submit this info in the proper format.
<b>Wednesday 5/1</b>	Championship fee (\$225 per team or \$450 for a combined boys/girls team) due to NEPSAC. <a href="#">Click here</a> to pay online. If a team's entries will be low, contact Beth Larson ( <a href="mailto:larsonb@avonoldfarms.com">larsonb@avonoldfarms.com</a> ) before 5/1.
<b>Friday 5/10</b>	Complete <a href="#">this form</a> regarding the vehicle(s) your team will arrive in.
<b>Friday 5/10</b>	Petitions for exceptions to the two-meet eligibility rule due to Christian Coscio ( <a href="mailto:ccoscio@harveyschool.org">ccoscio@harveyschool.org</a> ) by 5pm.
<b>Sunday 5/12</b>	Preliminary entries due to Direct Athletics by 5pm
<b>Tuesday 5/14</b>	Preliminary performance lists posted on Direct Athletics
<b>Thursday 5/16</b>	Final entries due to Direct Athletics by 5pm. Inform Bob Graves ( <a href="mailto:bgraves@deerfield.edu">bgraves@deerfield.edu</a> ) of athletes' medical "red flags."
<b>Friday 5/17</b>	Final heat sheets posted on Direct Athletics

### Key Individuals

*Meet Directors:* Andy Stallings and Callie Gray,

Head Coaches of Deerfield Track & Field ([astallings@deerfield.edu](mailto:astallings@deerfield.edu) & [jgray@deerfield.edu](mailto:jgray@deerfield.edu))

*Lead Athletic Trainer:* Bob Graves ([bgraves@deerfield.edu](mailto:bgraves@deerfield.edu))

*NEPSTA President:* Christian Coscio ([ccoscio@harveyschool.org](mailto:ccoscio@harveyschool.org))



## Schedule of Events

9am-10:15am	Arrival /Team Check-in /Implement and Vaulter Weigh-In (see map on pg. 8)
9:45am	Coaches' Meeting (Starfield of Koch Center, 1st floor)
10:30am	<p>Field Events</p> <p><i>*All throwers, long jumpers, and triple jumpers will have 3 attempts in the trials. The top 8 athletes after the trials will be re-ordered, and all will have 3 additional attempts in the finals in reverse order of placement after the trials. Results are based on best effort in the trials or finals.</i></p> <p>Boys Shot Put followed by Girls Shot Put Girls Discus followed by Boys Discus <i>After conclusion of Boys Shot Put:</i> Girls Javelin followed by Boys Javelin Boys High Jump followed by Girls High Jump Girls Pole Vault followed by Boys Pole Vault <i>Runway "A":</i> Boys Long Jump followed by Boys Triple Jump <i>Runway "B":</i> Girls Long Jump followed by Girls Triple Jump</p>
12:30pm	<p>Running Events</p> <p><i>*Girls will compete before boys. All events are finals unless otherwise noted. All field events must be completed before the 4x400m Relay begins</i></p> <p>4x100m Relay (run in lanes) 100/110 Hurdles <i>Trials</i> (run in lanes) 100m <i>Trials</i> (run in lanes) 1500m 400m (run in lanes) 100m <i>Final</i> (run in lanes) 100/110 Hurdles <i>Finals</i> (run in lanes) <b>15 minute break</b> 800m (begin in lanes with a one-turn stagger) 300 Hurdles (run in lanes) 200m (run in lanes) 3000m 4x400m Relay (begin in lanes with a three-turn stagger)</p>
~4:30pm	Awards Ceremony



## Entry Info / Standards

### Eligibility

- Athletes listed on the roster submitted by 4/15 are the only athletes eligible to be entered.
- In order to be eligible to compete at the NEPSTA championship, an athlete must have competed in at least two official interscholastic meets previously that season; there is no stipulation that the previous meets must be against NEPSTA opponents. If a coach would like to enter an athlete who has not competed in at least two meets (due to injury or illness having limited an athlete's competitive opportunities during the regular season), they may submit a petition for an exception to this rule for individual athletes by contacting the NEPSTA President, Christian Coscio at [ccoscio@harveyschool.org](mailto:ccoscio@harveyschool.org). Petitions must be submitted at least 48-hours before the entry deadline for the championship.
- Any team may enter up to two athletes per event. There are no official qualifying standards.
- Preliminary entries submitted on Direct Athletics by 5/12 should include any athlete who will be considered for your final entry in that event.
- Final entries due by 5/16 must be taken from the preliminary entries submitted by 5/12. No athletes may be added to any event at this time.

### Registering Athletes / Submitting Entries

- Submitted marks are understood to be 2024 Outdoor season bests.
- Hand times must be rounded up to the next tenth (ex/ a 53.11 hand time becomes 53.2).
- Fully automatic times (FAT) must be submitted to the nearest hundredth (.01).
- Do not convert hand times to FAT. The timing company will make necessary adjustments.
- Athletes may compete in a maximum of four events; at least one of those events must be a relay, therefore no athlete may compete in more than three individual events.
- On the following page are marks for field events that are *guidelines* to help ensure a smooth and efficient meet. These are not "qualifying marks." It is left to coaches' discretion whether or not to enter a particular athlete.



## Opening Heights

	<u>Boys</u>	<u>Girls</u>
High Jump	5'6"	4'6"
Pole Vault	10'6"	7'6"

*These heights may be adjusted by the meet director in consultation with the Lead Official and Rules Committee in the case of a weak field or as a result of poor weather. Any changes will be announced at the Coaches' Meeting.*

## Minimum Standards

	<u>Boys</u>	<u>Girls</u>
Shot Put	38'	28'
Discus	100'	80'
Javelin	120'	80'
Long Jump	18'	15'
Triple Jump	38'	28'

*To keep the meet moving efficiently, officials will not be required to measure performances under the minimum listed above. The threshold may be adjusted if the field looks particularly weak or the weather looks to impact the field in a negative way. Any changes will be announced at the Coaches' Meeting the morning of the meet. Measurement of all first attempts is advised to assure a full slate of athletes for finals.*



## Meet Info

### Meet Officials/Announcer

A team of certified officials, led by referee / lead official Tina Crocker, will officiate this meet. John Baressi, voice of the Hartford Marathon, will be the announcer for this meet.

### Coaches' Rules Committee

The Rules Committee will comprise Keri Lambert (Andover, 2023 meet director), Callie Gray or Andy Stallings (Deerfield, 2024/2025 meet directors), and a head coach from Choate (2026 championship hosts).

### Meet Rules

- NEPSTA follows NFHS rules with the exceptions/quirks listed below. (Note that up-to-date NFHS Rules can be reviewed and easily searched using the app “NFHS Rules.”)
  - *False Starts*: Two false starts will result in disqualification. The first is not charged to the field.
  - *Order of Events*: The meet will follow the order of events listed above on page 2 rather than the order recommended by NFHS.
  - *Scratch rule*: Any athlete may be scratched from specific events, without penalty, before the meet begins at 10:30am on 5/18. Scratches will be invited during the Coaches' Meeting. Any athlete who is scratched may not be replaced by another teammate. Once the meet begins at 10:30am, any athlete who scratches must be scratched for the remainder of their events. Again, no replacement is allowed.
  - *Relays*: Relays may be made up of any athlete on the roster submitted on 4/15.
  - *Participation*: Athletes may participate in four events providing at least one is a relay.
  - *Jewelry*: NEPSTA is less restrictive than NFHS here. If the meet director and referee feel that an item is dangerous, we will address the concern with the athlete and coach.
  - *Uniforms*: All athletes must wear some version of a school uniform, and schools should do their best to have uniforms be similar. Weather-related changes are allowed at the discretion of the meet director and referee. If an athlete thinks they may be called out on a uniform violation, they should proactively ask the referee ahead of their event.
- Excellent sportsmanship is expected. Officials are prepared to disqualify any athlete who uses any profanity, throws a baton, or turns to taunt an opponent.
- Other athletes, coaches, or spectators may not run alongside an athlete during an event, even if just cheering. This “pacing” will cause a disqualification if considered more than a few steps.
- Athletes may not use electronics (including headphones and cell phones) on the infield, in field event competition and warm-up areas, or on the track itself.



## Event and Check-In Information

- All head coaches will receive a coaches' packet upon checking in. Please review all materials before the Coaches' Meeting at 9:45am.
- Vaulters will need to weigh in on the morning of the event to verify that they are on the correct pole rated for their weight.
- Athletes must check in when their event is called. At (or before) the "first call," athletes should check in to pick up their hip/shoulder numbers at the check-in table. (In case of heavy rains, this table may be moved inside the Koch Center.) At the "final call," athletes should report to the clerk or official responsible for organizing the heats for their event. Failing to check in promptly may result in the event beginning without missing athletes.
- Running events take precedence over field events. Athletes are expected to work with officials to balance moving the meet along in a timely manner and honoring the likelihood that a competitor will be pulled between events. Athletes must communicate with officials to "check out" if/when they have to leave a field event, and athletes must return to their field event promptly after their running event is complete.
- We will use the "five-alive" rule in the vertical jumps. Refer to NFHS 2023 Rule Book: 6.8.2: *"When the number of entries dictates, the games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the five competitors, as determined by the games committee, constitute a flight. As a competitor clears a bar, passes a turn at a height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the number of competitors remaining at a given height is fewer than nine, all competitors will be in a single continuing flight."*

## Miscellaneous

- At the conclusion of the meet, NEPSA head coaches will vote for one MVP for boys and one MVP for girls.
- If athletes would like to, they may bring money to purchase meet t-shirts on site.



## Host / Facility Information

### Contacting the Meet Director

- Andy Stallings – [astallings@deerfield.edu](mailto:astallings@deerfield.edu) | (504) 247-8291 (on meet day)
- Callie Gray – [jgray@deerfield.edu](mailto:jgray@deerfield.edu) | (570) 417-0202 (on meet day)

### Directions / Lodging / Parking

- Complete [this form](#) to indicate the type of vehicle(s) your team will be arriving in (ex/ a full bus, school's minibus, 15-passenger vans, etc.).
- See the maps provided on pages 9-10 for information regarding parking. There will be no vehicle access (except in case of emergencies and for handicap access) to the track beyond the bus/van turn-around. Parking monitors will be directing all vehicles on the day of the meet. Handicap accessibility is marked on the map.
- For lodging information, directions to campus, and a campus map, visit <https://deerfield.edu/about/visit>.

### Facility Information

- Athletes may use 1/4" pyramid spikes. Other sizes and types of spikes are prohibited.
- Only coaches and competing athletes are allowed on the infield. Spectators and team members who are cheering must remain off the infield. This will be strictly enforced.
- Team camps will be located behind the track.
- Please make sure your athletes bring water bottles. There will be water cooler stations around the Outdoor track and water fountains inside the Koch Building, which is adjacent to our outdoor track. The Koch Building will be open to teams throughout the meet for access to water fountains and shelter in case of inclement weather. Portable toilets will be provided for restroom access.
- Coaches should check in at the Koch Starfield on the first floor of the Koch building. The Coaches' Meeting will be held there at 9:45 am.
- Heat sheets will be posted outside the Koch Building after the conclusion of the Coaches' Meeting.
- There will be eight starting blocks to cover all lanes. Teams are welcome to bring their own.
- If spectators wish to bring refreshments to the meet, please note that grills and alcoholic beverages are prohibited.
- Please discourage your athletes from wandering about campus.



## Letter from our Athletic Trainer



### **NEW ENGLAND TRACK AND FIELD CHAMPIONSHIPS ATHLETIC TRAINING PROCEDURES DEERFIELD ACADEMY SATURDAY, MAY 18, 2024**

#### **Facilities and Equipment:**

The athletic training room will be open for pre-competition taping and treatments from 1 hour prior to the first scheduled event until 30 min after the completion of the final event for the day. Ice, hot packs, treatment tables and taping stations will be available for use prior to the start of the championship. Available emergency equipment includes vacuum splints, crutches, and AED.

There will be an Athletic Trainer on site and ice available for injuries throughout the day at the track facility. A water fountain is available to fill water bottles at the facility. We will not provide coolers or water bottles to visiting teams.

#### **Athletic training services:**

On site athletic trainers will be available for pre-competition taping and a limited treatments such as ice packs and moist heating pads.

We ask that a list of all players requiring taping and/or treatment be provided by your school's athletic training staff ahead of time and that each team bring appropriate supplies.

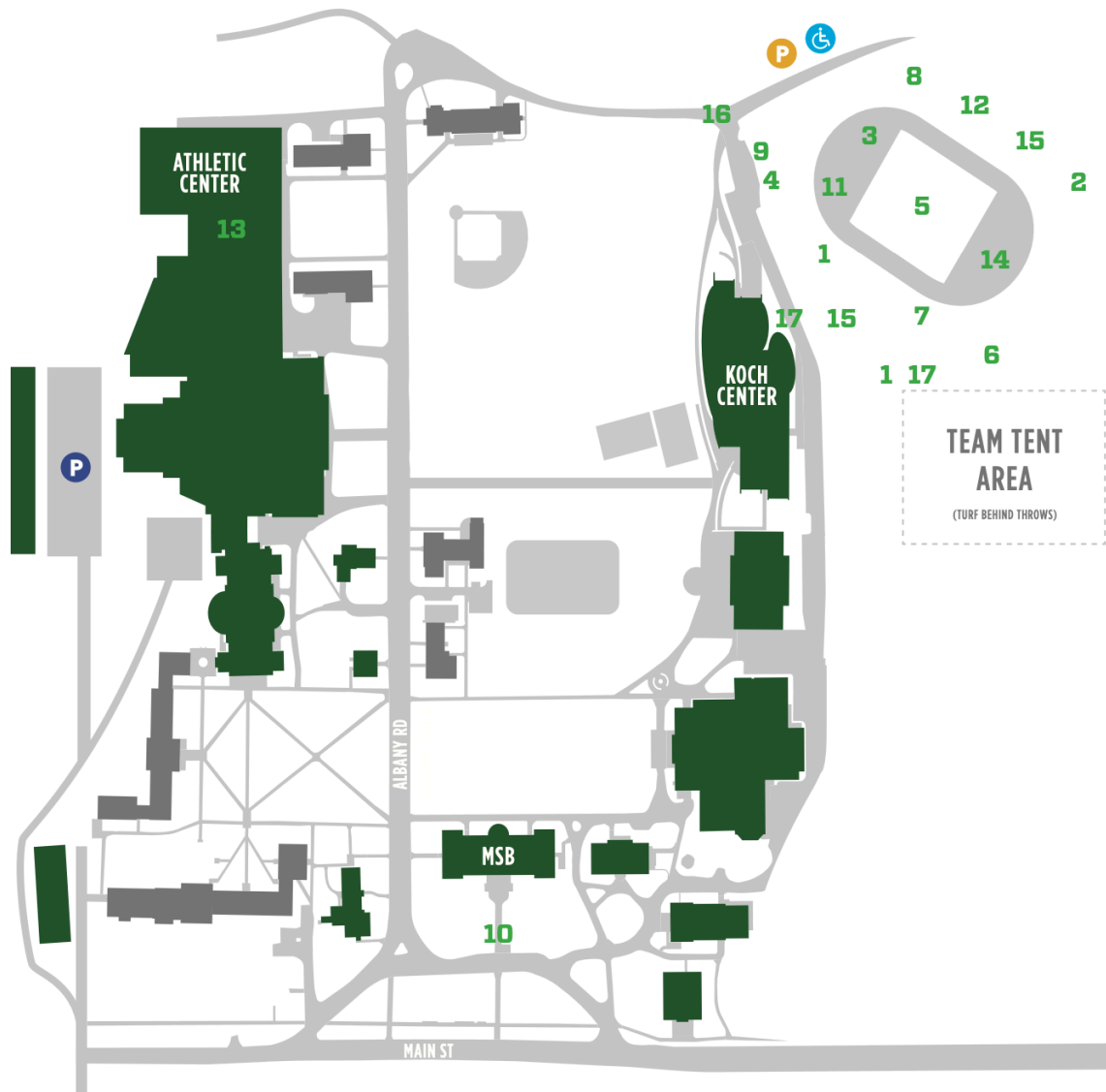
Bob Graves  
Head Athletic Trainer  
Deerfield Academy  
Phone: 413-774-1530





# CAMPUS MAP

- |                                 |                      |                    |                        |
|---------------------------------|----------------------|--------------------|------------------------|
| <b>P</b> Spectator Parking      | 1 Bathrooms          | 6 Javelin          | 12 Result Board        |
| <b>P</b> Officials Only Parking | 2 Discus             | 7 Long/Triple Jump | 13 Shared Locker Rooms |
| <b>♿</b> Handicap Parking       | 3 High Jump          | 8 Medical Tent     | 14 Shotput             |
|                                 | 4 Implement Weigh-In | 9 Merchandise Tent | 15 Spectators          |
|                                 | 5 Infield            | 10 MSB Snack Shack | 16 Team Drop-Off       |
|                                 |                      | 11 Pole Vault      | 17 Water Station       |



- Only coaches and competing athletes will be allowed on the infield.
- If food is ordered, please note that you must pick it up in front of the MSB.
- Portable toilets will be located between the track and the Koch Center.
- The timers' and officials' tent will be located by the finish line.





### Contact List

School	Head Coach	AD
Andover	<a href="mailto:klambert@andover.edu">klambert@andover.edu</a>	<a href="mailto:ljoel@andover.edu">ljoel@andover.edu</a>
Avon Old Farms	<a href="mailto:laronb@avonoldfarms.com">laronb@avonoldfarms.com</a>	<a href="mailto:barlowg@avonoldfarms.com">barlowg@avonoldfarms.com</a>
Belmont Hill	<a href="mailto:hardera@belmonthill.org">hardera@belmonthill.org</a>	<a href="mailto:tahang@belmonthill.org">tahang@belmonthill.org</a>
Brunswick	<a href="mailto:rtaylor@brunswickschool.org">rtaylor@brunswickschool.org</a>	<a href="mailto:cdjones@brunswickschool.org">cdjones@brunswickschool.org</a> <a href="mailto:rvanbelle@brunswickschool.org">rvanbelle@brunswickschool.org</a>
Choate	<a href="mailto:jdavidson@choate.edu">jdavidson@choate.edu</a> <a href="mailto:tkornegay@choate.edu">tkornegay@choate.edu</a>	<a href="mailto:reford@choate.edu">reford@choate.edu</a>
Deerfield Academy	<a href="mailto:astallings@deerfield.edu">astallings@deerfield.edu</a> <a href="mailto:jgray@deerfield.edu">jgray@deerfield.edu</a> <a href="mailto:tkeegan@deerfield.edu">tkeegan@deerfield.edu</a>	<a href="mailto:bhowe@deerfield.edu">bhowe@deerfield.edu</a>
Exeter	<a href="mailto:hhall@exeter.edu">hhall@exeter.edu</a>	<a href="mailto:jbaseden@exeter.edu">jbaseden@exeter.edu</a>
Greenwich Academy	<a href="mailto:ebrawley@greenwichacademy.org">ebrawley@greenwichacademy.org</a>	<a href="mailto:mbrousseau@greenwichacademy.org">mbrousseau@greenwichacademy.org</a>
Hotchkiss School	<a href="mailto:nseidenb@hotchkiss.org">nseidenb@hotchkiss.org</a> <a href="mailto:rkirby@hotchkiss.org">rkirby@hotchkiss.org</a>	<a href="mailto:dsmith@hotchkiss.org">dsmith@hotchkiss.org</a>
Loomis Chaffee	<a href="mailto:lilian_hutchinson@loomis.org">lilian_hutchinson@loomis.org</a> <a href="mailto:scott_purdy@loomis.org">scott_purdy@loomis.org</a>	<a href="mailto:Sue_Cabot@loomis.org">Sue Cabot@loomis.org</a>
Milton Academy	<a href="mailto:Ally_sleiman@milton.edu">Ally sleiman@milton.edu</a> <a href="mailto:Steven_darling@milton.edu">Steven darling@milton.edu</a>	<a href="mailto:Lamar_Reddicks@milton.edu">Lamar Reddicks@milton.edu</a>
Miss Porter's	<a href="mailto:kprattdimarco@missporters.org">kprattdimarco@missporters.org</a>	<a href="mailto:adubnov@missporters.org">adubnov@missporters.org</a>
Northfield Mount Hermon	<a href="mailto:tcollins@nmhschool.org">tcollins@nmhschool.org</a>	<a href="mailto:dghezzi@nmhschool.org">dghezzi@nmhschool.org</a>
Sacred Heart	<a href="mailto:mccraem@cshct.org">mccraem@cshct.org</a>	<a href="mailto:rousseau@cshct.org">rousseau@cshct.org</a>
St. Paul's School	<a href="mailto:kbrooks@sps.edu">kbrooks@sps.edu</a>	<a href="mailto:rmuther@sps.edu">rmuther@sps.edu</a>
Taft School	<a href="mailto:jhudak@taftschoool.org">jhudak@taftschoool.org</a>	<a href="mailto:adunn@taftschoool.org">adunn@taftschoool.org</a>
Thayer	<a href="mailto:jbrowne@thayer.org">jbrowne@thayer.org</a>	<a href="mailto:bmoran@thayer.org">bmoran@thayer.org</a>
Trinity Pawling	<a href="mailto:jmcdougal@trinitypawling.org">jmcdougal@trinitypawling.org</a>	<a href="mailto:bfoster@trinitypawling.org">bfoster@trinitypawling.org</a>



## Division I Meet Records

NEPSTA Division 1			EVENT	NEPSTA Division 1		
Alex Hermsdorf, Simi Lawal, Campbell Fealy, Kaelin Creagh (Deerfield)	2023	48.47	<b>4X100 M RELAY</b>	James Lin, Mike Gargiles, Rob Tyson, Scott Schilling (NMH)	1996	42.20
Haley Baker (Exeter)	2013	14.55	<b>100 M HURDLES</b>	-	-	-
-	-	-	<b>110 M HURDLES</b>	Marcus Polk (Exeter)	2015	14.27
Patty Davis (Loomis) Camille Little (Andover)	1979 2016	11.5h 11.94	<b>100 M</b>	Michael Gargiles (NMH) Elic Ayomanor (Deerfield)	1996 2022	10.5h 10.76
Kristin Perini (Milton)	1984	4:35.1h	<b>1500 M</b>	Byron Grevious (Exeter)	2023	3:53.95
Aoibhe Gormley (Thayer)	2022	55.90	<b>400 M</b>	Mario Watts (Andover)	1993	47.75
Camille Little (Andover)	2016	24.89	<b>200 M</b>	Elic Ayomanor (Deerfield)	2022	21.66
Marleigh Giliberto (Loomis)	2019	2:15.24	<b>800 M</b>	James Donahue (Belmont Hill)	2022	1:49.81
Katie Dlesk (Andover)	2003	44.89	<b>300 M HURDLES</b>	Marcus Polk (Exeter)	2015	38.32
Kristin Perini (Milton)	1984	9:55.1h	<b>3000 M</b>	Byron Grevious (Exeter)	2023	8:32.72
Chloe Clifford, Devin McConnaughey, Taryn Madsen, Aoibhe Gormley (Thayer)	2022	3:59.98	<b>4X400 M RELAY</b>	Jeremy Nichols, Evereese Hamilton, Trevor Bayliss, Mario Watts (Andover)	1993	3:21.97
Kendra Offiaeli (Loomis)	2015	43-01	<b>SHOT PUT</b>	Brian Donahue (Exeter)	1981	63-10.50
Caitlin Coan (St. Paul's)	1999	137-11	<b>DISCUS</b>	Chukwudi Ikpeazu (Exeter)	2016	176-02
Jennifer Cronin (NMH)	1982	151-00	<b>JAVELIN</b>	Gregory Warden (NMH)	1967	203-02
Faimie Kingsley (Hotchkiss)	2009	131-07	<b>JAVELIN NEW</b>	Richard Bradley (St. Paul's)	2013	197-11
Aria Small (NMH)	2016	19-00	<b>LONG JUMP</b>	Allen Dyson (NMH)	1967	24-03.75
Aria Small (NMH)	2016	40-10.25	<b>TRIPLE JUMP</b>	Fred Jones (NMH)	2003	48-09
Patty Portilla (Exeter) Laura Jordan (Andover)	1988 1997	5-05	<b>HIGH JUMP</b>	David Arundel (NMH)	1999	6-08.75
Sophia Slovenski (Andover)	2018	10-10	<b>POLE VAULT</b>	Yoo Kim (Deerfield)	1988	14-07