



NEPSTA Division 1 Track & Field Championships 2024

Deerfield Academy is excited to host the 82nd 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 Individuals

Meet Directors: Andy Stallings and Callie Gray,

Head Coaches of Deerfield Track & Field (astallings@deerfield.edu & jgray@deerfield.edu)

Lead Athletic Trainer: Bob Graves (bgraves@deerfield.edu)

NEPSTA President: Christian Coscio (ccoscio@harveyschool.org)

Announcements/Reminders

- Scratches will be collected during the Coaches' Meeting. Once the timing company has received these, updated heat sheets will be posted on the results board. If an athlete scratches from an event after the meet begins at 10:30am, then that athlete will not be eligible to compete for the rest of the meet.
- Coaches must submit relay cards to the timing tent. Cards for the 4x100m are due by noon.
- Cards for the 4x400m are due by the start of the Boys' 3000m.
- At the conclusion of the meet, all head coaches will need to have turned in their votes for MVP (one for girls and one for boys).

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. This will be strictly enforced.
- Team camps will be located on the turf behind the throws area. Please do not use stakes to hold tents in place. The area is not "dig safe." Weights or sandbags are encouraged. Teams are asked to not set up inside. If there is inclement weather, indoor areas will be designated for each team.
- There will be eight starting blocks to cover all lanes. Teams are welcome to bring their own.
- For all horizontal jumps, the runway markings are painted.
- Please discourage your athletes from wandering about campus.



Schedule of Events

9am-10:15am	Arrival /Team Check-in /Implement and Vaulters 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</p> <p>Girls Discus followed by Boys Discus</p> <p><i>After conclusion of Boys Shot Put:</i> Girls Javelin followed by Boys Javelin</p> <p>Boys High Jump followed by Girls High Jump</p> <p>Girls Pole Vault followed by Boys Pole Vault</p> <p><i>Runway "A":</i> Boys Long Jump followed by Boys Triple Jump</p> <p><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)</p> <p>100/110 Hurdles <i>Trials</i> (run in lanes)</p> <p>100m <i>Trials</i> (run in lanes)</p> <p>1500m</p> <p>400m (run in lanes)</p> <p>100m <i>Final</i> (run in lanes)</p> <p>100/110 Hurdles <i>Finals</i> (run in lanes)</p> <p>15 minute break</p> <p>800m (begin in lanes with a one-turn stagger)</p> <p>300 Hurdles (run in lanes)</p> <p>200m (run in lanes)</p> <p>3000m</p> <p>4x400m Relay (begin in lanes with a three-turn stagger)</p>
~4:30pm	Awards Ceremony



Arrival / Check-In / Check-Out Information

- Coaches should check in to pick up their coaches' packet beginning at 9am in the Koch Starfield, which is located on the first floor of the Koch Building.
- Upon arrival, all vaulters must have their poles inspected and their weight recorded to ensure they are using legal equipment. This will take place inside the fence by the pole vault mats.
- Upon arrival, all throwing implements must be inspected to ensure they are legal and properly-rated. This will take place under a tent outside of the fence. Please see map on pg. 6 for more details
- Field athletes will check in with the field official at their event.
- Track athletes should check at the athlete check-in table, which will be located on the infield opposite the shotput pit. This table will open at 11:30am. At (or before) an event's "first call," athletes in that event should pick up their hip/shoulder numbers at the check-in table. Hip numbers must be worn on both hips for all events; shoulder numbers must be worn on the left shoulder in the 800m, 1500m, and 3000m. 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.



Opening Heights (Boys PV adjusted down 6")

	<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.

Field Minimum

	<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 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.”) We will have a rule book on site on meet day.

- *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 will 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:* 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.
- *Sportsmanship:* Excellent sportsmanship is expected. Officials are prepared to disqualify any athlete who uses any profanity, throws a baton, or turns to taunt an opponent.
- *Pacing:* 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.
- *Five Alive:* We will use the “five-alive” rule in the vertical jumps. Refer to Meet/NFHS Rules below for details.
- *Electronics:* Athletes may not use electronics (including headphones and cell phones; watches are acceptable) on the infield, in field event competition and warm-up areas, or on the track itself. Coaches may film an athlete’s attempt from a non-disruptive location (based on officials’ discretion) and may use that film to review an attempt with an athlete as long as the athlete is not “on the clock” and doing so does not delay the meet.

Several NFHS rules are copied on the next page because coaches have requested clarification on these policies.



NFHS 2023 Rules

3-2-7: “Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet. Use of wireless communication devices, official communication equipment, is allowed.”

3-2-8: “Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee. a) Electronic devices may not be used to transmit information to the competitor during the race or trial. b) Electronic devices shall not be used for any review of an official’s decision.”

NOTE: A “restricted area” is one that is limited to athletes and officials only. Because competing athletes, officials, and coaches are allowed on our infield, this is not technically “restricted.” Coaches may use electronic devices as long as they are not disruptive, which shall be determined by the official.

6-2-7 and 6-2-8: “Warm-up approaches, in horizontal jumps, pole vault, or javelin shall only be run in the direction the event is conducted. During competition and while a competitor is on the clock, it is permissible for an athlete, after an aborted attempt, to run, jog, or walk in the opposite direction the event is being conducted... Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area, or throwing implements associated with the competition.”

6-8-2: “When the number of entries [in the vertical jumps] 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.

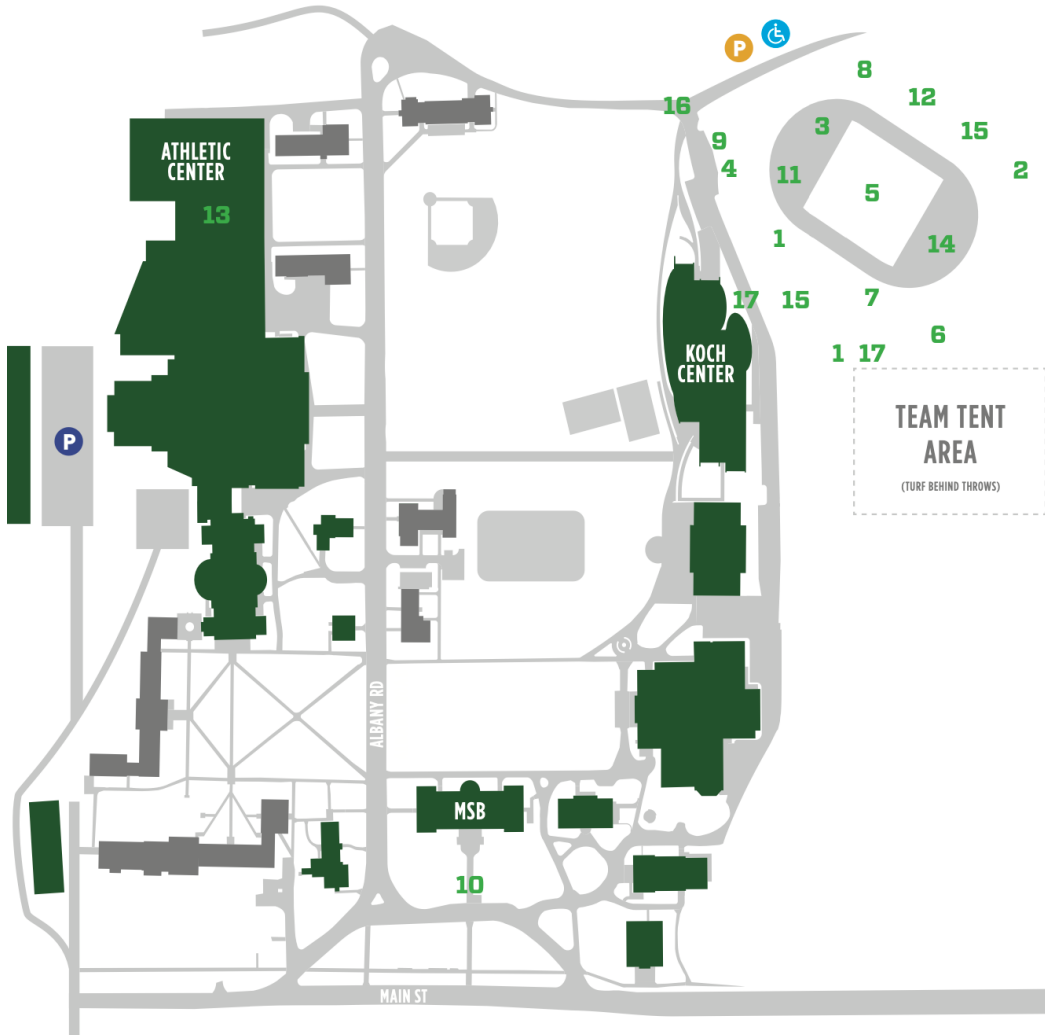
6-8-15, 6-8-16, and 6-8-17: “The competitor’s weight shall be at or below the manufacturer’s pole rating. The manufacturer must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ ” in a contrasting color located within or above the top handhold position; 2) a 1” circular band indicating the maximum top handhold position with the position being determined by the manufacturer... A competitor may not use a variable weight pole, a pole which is improperly marked or a pole rated below the competitor’s weight, or any other equipment that is not legal during warm-up or competition... Prior to warm-up, the field referee or head judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment.”



CAMPUS MAP

- Spectator Parking
- Officials Only Parking
- Handicap Parking

- | | | |
|----------------------|--------------------|------------------------|
| 1 Bathrooms | 6 Javelin | 12 Result Board |
| 2 Discus | 7 Long/Triple Jump | 13 Shared Locker Rooms |
| 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.



Bus Parking Directions



Coaches, please give this map and the following directions to your school bus and coach bus drivers.



Division I Meet Records

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



Contact List

School	Head Coach	AD
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