

**2023 New Hampshire
Middle School Track & Field
Meet of Champions**

Date: Tuesday, June 6th, 2023. (Rain date Wed June 7th)

Site: Manchester Memorial High School Track (GPS: 453 South Jewett St, Manchester, NH 03103)

Time: 4:00pm start; please DO NOT arrive before 3:00pm

Cost: \$7/individual event and \$20/relay- max \$150 per school

Eligibility: Open to all school-sponsored programs/athletes in grades 5-8. **Top-2** finishers from each individual event from each league championship meet qualify. Additionally, athletes from schools not in a league can qualify by achieving performance standards during the season. Athletes that do not have school programs may be able to participate with their school's permission- please email coachjustinplatt@gmail.com to discuss.

Events - **TRACK:** 4X400, 100 hurdles, 100 dash, 1600, 4x100, 400, 200, 800, 4X200

- **FIELD:** Shot Put, Discus, Long Jump, High Jump

Rules: We have collaborated with leagues across the state to standardize events, but will continue to follow a modified version of the Tri County League/Federation rules overall. All throwing and relay implements will be provided- you may bring your own but they will need to pass inspection to be used.

Awards: No team scoring. Medals to top-3 and ribbons for next 3 athletes in each event. Trophy for Boy and Girl **Most Outstanding Athlete**.

Amenities: FAT timing, certified officials, meet t-shirts for purchase, concessions available throughout the meet.

Parking: Bus and spectator parking is available onsite.

Entries: Entries to be submitted into Direct Athletics. If you need directions for using Direct Athletics, please contact Justin Platt at coachjustinplatt@gmail.com.

Payment: Please bring checks to meet (payable to "Manchester Memorial High School T&F") or mail to:

Christine Pariseau-Telge
Manchester Memorial High School
1 Crusader Way
Manchester, NH 0310

Amount should match final accepted entries which will be posted ASAP once league results are posted in Direct Athletics.

Website: <http://nhmsmoc.weebly.com/> includes full details. Check back for updates.

Results: Live results will be available- website URL to be provided

RSVP: Please email Justin Platt at coachjustinplatt@gmail.com if your school would like to participate, and to be invited to register via Direct Athletics.

Qualifying

This meet is open to all school-sponsored programs and athletes in grades 5-8. **Top-2 finishers from each Individual event and 2-4 for each Relay event from each league championship meet automatically qualify.** If any of the top 2 athletes or relay teams cannot attend, the next best finishers of the top-6 that can attend are eligible to enter. Max of 2 of the top-6 finishers per league championship automatically qualify. **Please do not enter your athletes until you have marks from the league meet.**

Additionally, athletes from schools that are not in a recognized league can qualify by achieving performance standards during the season (see table below).

Additionally, all schools can enter near-miss athletes that didn't auto qualify (league meet or auto-qualifying standards) but have competitive marks. Athletes that do not have school programs may be able to participate with their school's permission- please email coachjustinplatt@gmail.com to discuss.

Register using athlete's BEST valid marks from the current season, and not necessarily marks from the league championship. Please try to ensure accurate entries. If an athlete had 1 outlier that was much better than others and maybe not accurate, please consider not using it.

Depending on the number registered in each event limits may be imposed to ensure timely running of the meet. Also, additional athletes may be selected to fill fields based on performance.

Non-League Qualifying Performance Standards

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
13.7	100m	12.2
28.8	200m	25.3
1:07	400m	58
2:34	800m	2:16
5:39	1600m	5:03
18.1	100m HH	16.7
28' 0"	Shot Put	41' 3"
75' 11"	Discus	106' 0"
14' 0"	Long Jump	16' 5"
4' 6"	High Jump	5' 0"
57.3	4x100 Relay	52.8
2:04.9	4x200 Relay	1:55.8
4:43.1	4x400 Relay	4:13.3

These standards to be adjusted each year based on the prior year's meet

TIMES

3:00pm: Teams start to arrive

3:15: Implement check-in

3:45: Coaches Meeting by finish line

4:00: Start of Field Events

4:30: Start of Track Events

2023 ORDER OF EVENTS

All TRACK events run slow to fast, girl's first then boys. 8 to finals in long jump and throws.

Shot Put: Boys first

Discus: Girls first

Long Jump: Girls first

High Jump: Boys first

4X400m FINALS*

100m hurdle TRIALS

~ 5 minute break ~

100m hurdle FINALS (top-8 based on trial times)

100m dash TRIALS

~ 5 minute break ~

100m dash FINALS (top-8 based on trial times)

1600m FINALS

4x100m FINALS

400m FINALS

200m FINALS

800m FINALS

4X200m FINALS*

Results: ***Live results will be available during the meet URL TBD***

****Open to leagues that compete this event***