

**2022 New Hampshire
Middle School Track & Field
Meet of Champions**

Date: Tuesday, June 7th 2022. (Rain date Wed June 8th)

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

Time: 4pm. Please do not arrive before 3pm. 3:45p

Cost: \$7/individual event and \$20/relay.

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

** new event, order or specifications for 2022*

Rules: NEW for 2022- 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: 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 during the meet at <https://www.northstartiming.com/>

Changes: New meet location, later start time, additional and modified entries, different qualifying standards

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. Additional athletes will be selected to fill fields based on performance.

2022 Qualifying Performance Standards

GIRLS	EVENT	BOYS
13.9	100m	12.2
28.8	200m	25.3
1:07	400m	1:00
2:34	800m	2:16
5:40	1600m	5:08
16.6	100m HH	14.65
28' 0"	Shot Put	41' 3"
75' 11"	Discus	102' 4"
14' 2"	Long Jump	16' 10"
4' 8"	High Jump	5' 0"
Top-2 per League Championship	4x100 Relay	Top-2 per League Championship
Top-4 per League Championship	4x200 Relay	Top-4 per League Championship
Top-4 per League Championship	4x400 Relay	Top-4 per League Championship

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

2022 ORDER OF EVENTS

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

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*

Shot Put: Boys first

Discus: Girls first

Long Jump: Girls first

High Jump: Boys first

**Open to leagues that compete this event*

Instructions for Registering for Meet in Direct Athletics (DA)

All schools must use www.directathletics.com to enter the meet after . There is NO CHARGE for using this website. The entry process consists of two parts:

1. You must first update your rosters on Direct Athletics or, if you do not have an existing Team in Direct Athletics, create your Team and put in your rosters. Make sure you create a girls team for the girls and boys team for boys.
2. In DA go to MEET SCHEDULE, click on the green register bar for the NH Middle Schools Meet of Champions, and enter each athlete into the meet. You must do this for both boys and girls separately. If you do not see the meet on your DA schedule, you need to contact Justin Platt coachjustinplatt@gmail.com with the DA school team name so that your team can be “invited” to the meet. This step is not automated and may take several hours. When your team has been invited you will receive an email confirming.

If you are a new coach to your school you will either have to get the user name and password for the account from the previous coach, or create a new account for yourself.

Instructions for Setting Up Team in Direct Athletics

1. Go to www.DirectAthletics.com
2. On the top menu bar click on: Sign Up
3. Choose Team Account
4. Fill in the information:
 - Email address
 - Sport = Track and Field
 - Team Type = Middle School/Junior High/Elementary
 - State = New Hampshire
 - Country = United States
 - Click the Submit button
5. Fill in the information on the form completely and click Submit. Note that you’ll have to do this procedure twice if you are coaching both boys and girls teams. Leave the Meets section blank.
6. Once you get your Team established,
 - Follow the prompts to add your athletes and make sure that you click the Submit button as this is what actually saves each athlete to the database.
 - Send an e-mail to coachjustinplatt@gmail.com with the EXACT SCHOOL NAME that you registered under so that your team can be “invited” to the meet. This step is not automated and may take several hours. When your team has been invited you will receive an email confirming.
7. When you have all your athletes in your rosters and have been invited to the meet, click on MEET SCHEDULE, click on the green register bar for the NH Middle Schools Meet of Champions, and enter each athletes into the meet. You must do this for both boys and girls separately. If you don’t do this step, your kids will not be entered into the meet.
8. For all entries, they MUST include a Time/Mark and the meet and date the mark was set. Any entries without a valid mark and meet will be questioned and potentially deleted.

Any questions feel free to email coachjustinplatt@gmail.com, or for high level assistance support@directathletics.com.