

MPA POLE VAULTER'S WEIGHT CERTIFICATION FORM

TO ALL MEMBER SCHOOLS – Member schools will be required to process the Pole Vaulters' Weight Certification Form listing each student participating in the pole vault event. (THIS FORM MUST ACCOMPANY THE ATHLETE TO ALL MEETS, INCLUDING THE STATE CHAMPIONSHIP MEET.) These forms do not need to be sent to the person doing the seeding or to the meet director prior to the meet.

School: _____ Class _____

| Name of Vaultler | Athlete's Weight* | Pole Rating |
|---|--|-------------|
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |
| 6. | | |
| 7. | | |
| * Includes full competition uniform and footwear | | |
| Date: | Principal's Signature: | |
| Date: | Name of Athletic Administrator: | |
| Date: | Name of Coach: | |

NOTE TO SCHOOL OFFICIALS

National Federation Track and Field Rule 7-5-3. The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top handhold position; a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer.

Note: Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one-inch contrasting color printed lengthwise above the handhold band.

MPA meet directors reserve the right, at state meets, to use this form to compare the manufacturer's pole rating and the weight of each vaulter.

Pole Vaulting Consent, Waiver and Helmet Rule

Consent to Participate and Waiver of Liability – Pole Vaulting

I hereby grant permission for myself/child, _____, to participate in the interscholastic sport of pole vaulting. I verify that myself/child has had a physical exam within the past two years and is capable of participating in all activities related to pole vaulting. I understand that track and field in general, and in particular pole vaulting, are potentially dangerous activities that pose a risk of serious injury and death to participants. I agree to indemnify, hold harmless, and defend, my child's school, the Maine Principals' Association and the National Federation of High Schools, their agents, employees and sponsors from any and all liability for injury to my child, as well as any damage or injury caused in whole or in part by my child. Should medical attention be necessary, I hereby authorize any physician or trainer selected by team personnel to conduct medical or surgical procedures.

Mandatory Helmet Rule

The efficacy of the use of helmets in pole vaulting is currently being studied and evaluated. Although there is no compelling scientific evidence that the use of a helmet will prevent serious injury in the event of a landing outside the pit from the top of the vault, common sense tell us that helmets will mitigate head injuries in at least some circumstances. Therefore, in addition to imposing tighter safety standards on landing pits and vaulting poles, helmets have been mandated in all MPA sponsored events and the MPA strongly urges all member schools to mandate the use of helmets in all practices and regular season meets. Accordingly, _____ High School has adopted the these recommendations and requires the use of a helmet for pole vaulting during all practices, exhibitions and interscholastic meets. Currently there is not a helmet which meets the new ASTM-(F2400-06). Suggested helmets include the KDMAX helmet or a NOCSAE approved lacrosse helmet without face guard or visor. The helmet should never be a substitute for safe equipment or sound techniques.

I have read, understood and agreed to the above Consent and Waiver. I also agree to comply with the mandatory helmet rule outlined above.

Student name _____

Student signature _____

Parent or guardian name _____

Parent or guardian signature _____

Date _____

MAINE PRINCIPALS' ASSOCIATION
2023 STATE INVITATIONAL OUTDOOR TRACK MEET

EVENT ENTRIES FORM INFORMATION – PAGE 1

(NOTE: A \$35 late fee will be assessed your school for forms not submitted by the required time and due date.)

THE ELECTRONIC ENTRY IS MANDATORY AND MUST BE SUBMITTED BY 8:00 P.M. ON Tuesday, May 30, 2023. COACHES WILL RECEIVE AN EMAIL CONFIRMATION OF THEIR ENTRIES. COACHES MUST VERIFY THAT THE ENTRIES ARE CORRECT.

Preliminary Seeding Entries will be posted on the web for review on Wednesday, May 31, 2023.

Mistakes/errors will be corrected and final seedings will be posted by Thursday, June 1, 2023.

Coaches must convert all hand times by adding .24 seconds.

GIRLS EVENTS AND EVENT NUMBERS:

| | | |
|-----------------------|-----------------------|------------------|
| 1 - 4x800m Relay | 13 - 400m Dash | 25 - High Jump |
| 3 - 100m High Hurdles | 15 - 300m Low Hurdles | 27 - Long Jump |
| 5 - 100m Dash | 17 - 800m Run | 29 - Triple Jump |
| 7 - 1600m RaceWalk | 19 - 200m Dash | 31 - Javelin |
| 9 - 1600m Run | 21 - 3200m Run | 33 - Discus |
| 11 - 4X100m Relay | 23 - 4X400m Relay | 35 - Shot Put |
| | | 37 - Pole Vault |

BOYS EVENTS AND EVENT NUMBERS:

| | | |
|-----------------------|-----------------------|------------------|
| 2 - 4x800m Relay | 14 - 400m Dash | 26 - High Jump |
| 4 - 110m High Hurdles | 16 - 300m Int Hurdles | 28 - Long Jump |
| 6 - 100m Dash | 18 - 800m Run | 30 - Triple Jump |
| 8 - 1600m RaceWalk | 20 - 200m Dash | 32 - Javelin |
| 10 - 1600m Run | 22 - 3200m Run | 34 - Discus |
| 12 - 4X100m Relay | 24 - 4X400m Relay | 36 - Shot Put |
| | | 38 - Pole Vault |

Coaches are charged with the responsibility of submitting accurate and verifiable seeds. Coaches who falsify standards may be required to attend the next Outdoor Track Committee meeting to explain their actions.

| ABBREV/TEAM CODE | FULL SCHOOL NAME (Class A) | SHORT NAME |
|-------------------------|-----------------------------------|-------------------|
| BAN | Bangor High School | Bangor |
| BIDD | Biddeford High School | Biddeford |
| BE | Bonny Eagle High School | Bonny Eagle |
| BRW | Brewer High School | Brewer |
| BRUN | Brunswick High School | Brunswick |
| CHEV | Cheverus High School | Cheverus |
| CONY | Cony High School | Cony |
| DEER | Deering High School | Deering |
| EL | Edward Little High School | Edward Little |
| GORH | Gorham High School | Gorham |
| HAM | Hampden Academy | Hampden |
| KENN | Kennebunk High School | Kennebunk |
| LAWR | Lawrence High School | Lawrence |
| LEW | Lewiston High School | Lewiston |
| MSWD | Marshwood High School | Marshwood |
| MASS | Massabesic High School | Massabesic |
| MESS | Messalonskee High School | Messalonskee |
| MTAR | Mt. Ararat High School | Mt. Ararat |
| MTBL | Mt. Blue High School | Mt. Blue |
| NOBL | Noble High School | Noble |
| OXHL | Oxford Hills High School | Oxford Hills |
| PTLD | Portland High School | Portland |
| SANF | Sanford High School | Sanford |
| SCAR | Scarborough High School | Scarborough |
| SKOW | Skowhegan Area High School | Skowhegan |
| SP | South Portland High School | South Portland |
| TA | Thornton Academy | Thornton |
| WEST | Westbrook High School | Westbrook |
| WIND | Windham High School | Windham |

| ABBREV/TEAM CODE | FULL SCHOOL NAME (Class B) | SHORT NAME |
|-------------------------|-----------------------------------|-------------------|
| BELF | Belfast Area High School | Belfast |
| CAMD | Camden Hills Regional HS | Camden Hills |
| CAPE | Cape Elizabeth High School | Cape Elizabeth |
| CAR | Caribou High School | Caribou |
| ELL | Ellsworth High School | Ellsworth |
| ERSK | Erskine Academy | Erskine |
| FAL | Falmouth High School | Falmouth |
| FRYE | Fryeburg Academy | Fryeburg |
| GARD | Gardiner High School | Gardiner |
| GNG | Gray-New Gloucester HS | Gray-New Glouc |
| GREE | Greely High School | Greely |
| LKRG | Lake Regional High School | Lake Region |
| LEAV | Leavitt Area High School | Leavitt |
| LINC | Lincoln Academy | Lincoln |
| MCI | Maine Central Institute | MCI |
| MAR | Maranacook Community School | Maranacook |
| MCAU | McAuley High School | McAuley |
| MED | Medomak Valley High School | Medomak Valley |
| MORS | Morse High School | Morse |
| MTVL | Mountain Valley High School | Mountain Valley |
| MDI | Mt. Desert Island High School | MDI |
| MTVW | Mt. View High School | Mt. View |
| NOK | Nokomis Regional High | Nokomis |
| OAKH | Oak Hill High School | Oak Hill |
| OSC | Oceanside High School | Oceanside |
| OT | Old Town High School | Old Town |
| POL | Poland Regional High School | Poland |
| PI | Presque Isle High School | Presque Isle |
| SPMT | Spruce Mountain High School | Spruce Mountain |
| WTVL | Waterville High School | Waterville |
| WELL | Wells High School | Wells |
| WINS | Winslow High School | Winslow |
| YORK | York High School | York |

| ABBREV/TEAM CODE | FULL SCHOOL NAME (Class C) | SHORT NAME |
|-------------------------|-----------------------------------|-------------------|
| BCS | Bangor Christian School | Bangor Chr |
| BBR | Boothbay Region HS | Boothbay |
| BKFD | Buckfield High School | Buckfield |
| BUC | Bucksport High School | Bucksport |
| CAL | Calais High School | Calais |
| CCCS | Calvary Chapel Christian Sch | Calvary Chapel |
| CARA | Carrabec High School | Carrabec |
| CEN | Central High School | Central |
| DEX | Dexter Regional High School | Dexter |
| DIR | Dirigo High School | Dirigo |
| FTFD | Fort Fairfield High School | Ft. Fairfield |
| FTKT | Fort Kent Community HS | Fort Kent |
| FOX | Foxcroft Academy | Foxcroft |
| FREE | Freeport High School | Freeport |
| GSA | George Stevens Academy | George Stevens |
| GRNV | Greenville High School | Greenville |
| H-D | Hall-Dale High School | Hall-Dale |
| HER | Hermon High School | Hermon |
| ISLE | Islesboro Central School | Islesboro |
| JB | John Bapst Memorial HS | John Bapst |
| J-B | Jonesport-Beals HS | Jonesport-Beals |
| KH | Kents Hill School | Kents Hill |
| LEE | Lee Academy | Lee |
| LIM | Limestone/MSSM | Limestone/MSSM |
| LISB | Lisbon High School | Lisbon |
| MAC | Machias Memorial High School | Machias |
| MAD | Madison High School | Madison |
| MAT | Mattanawcook Academy | Mattanawcook |
| MTAB | Mt. Abram High School | Mt. Abram |
| NAR | Narraguagus High School | Narraguagus |
| NYA | North Yarmouth Academy | North Yarmouth |
| OOB | Old Orchard Beach HS | Old Orchard |

| | | |
|------|------------------------------|----------------|
| ORO | Orono High School | Orono |
| PENQ | Penquis Valley High School | Penquis |
| PCHS | Piscataquis Community HS | PCHS |
| PVHS | Penobscot Valley HS | PVHS |
| RICH | Richmond High School | Richmond |
| SAC | Sacopee Valley High School | Sacopee Valley |
| SCS | Seacoast Christian School | Seacoast |
| STDM | St. Dominics HS | St. Doms |
| SUM | Sumner Memorial HS | Sumner |
| TEL | Telstar Regional High School | Telstar |
| TRP | R. W. Traip Academy | Traip |
| VAL | Valley High School | Valley |
| WSH | Washburn High School | Washburn |
| WA | Washington Academy | Wash Acad |
| WAYN | Waynflete School | Waynflete |
| WIN | Winthrop High School | Winthrop |
| WIS | Wiscasset High School | Wiscasset |
| YAR | Yarmouth High School | Yarmouth |

| ABBREV/TEAM CODE | FULL SCHOOL NAME (Class C) | SHORT NAME |
|-------------------------|-----------------------------------|-------------------|
| BCS | Bangor Christian School | Bangor Chr |
| BBR | Boothbay Region HS | Boothbay |
| BKFD | Buckfield High School | Buckfield |
| BUC | Bucksport High School | Bucksport |
| CAL | Calais High School | Calais |
| CCCS | Calvary Chapel Christian Sch | Calvary Chapel |
| CARA | Carrabec High School | Carrabec |
| CEN | Central High School | Central |
| DEX | Dexter Regional High School | Dexter |
| DIR | Dirigo High School | Dirigo |
| ELAN | Elan School | Elan |
| FTFD | Fort Fairfield High School | Ft. Fairfield |
| FTKT | Fort Kent Community HS | Fort Kent |
| FOX | Foxcroft Academy | Foxcroft |
| FREE | Freeport High School | Freeport |
| GSA | George Stevens Academy | George Stevens |
| GPCS | Greater Portland Christian Sch | Gr. Portland CS |
| GRNV | Greenville High School | Greenville |
| H-D | Hall-Dale High School | Hall-Dale |
| HER | Hermon High School | Hermon |
| ISLE | Islesboro Central School | Islesboro |
| JAY | Jay High School | Jay |
| JB | John Bapst Memorial HS | John Bapst |
| J-B | Jonesport-Beals HS | Jonesport-Beals |
| KH | Kents Hill School | Kents Hill |
| LEE | Lee Academy | Lee |
| LIM | Limestone/MSSM | Limestone/MSSM |
| LISB | Lisbon High School | Lisbon |
| LIV | Livermore Falls High School | Livermore Falls |
| LUB | Lubec High School | Lubec |
| MAC | Machias Memorial High School | Machias |
| MAD | Madison High School | Madison |

| | | |
|------|------------------------------|----------------|
| MAT | Mattanawcook Academy | Mattanawcook |
| MTAB | Mt. Abram High School | Mt. Abram |
| NAR | Narraguagus High School | Narraguagus |
| NYA | North Yarmouth Academy | North Yarmouth |
| OOB | Old Orchard Beach HS | Old Orchard |
| ORO | Orono High School | Orono |
| PENQ | Penquis Valley High School | Penquis |
| PCHS | Piscataquis Community HS | PCHS |
| PVHS | Penobscot Valley HS | PVHS |
| RICH | Richmond High School | Richmond |
| SAC | Sacopee Valley High School | Sacopee Valley |
| SCHK | Schenck High School | Schenck |
| SCS | Seacoast Christian School | Seacoast |
| SRPT | Searsport District HS | Searsport |
| STDM | St. Dominics HS | St. Doms |
| STNS | Stearns High School | Stearns |
| SUM | Sumner Memorial HS | Sumner |
| TEL | Telstar Regional High School | Telstar |
| TRP | R. W. Traip Academy | Traip |
| VAL | Valley High School | Valley |
| WA | Washington Academy | Wash Acad |
| WAYN | Waynflete School | Waynflete |
| WIN | Winthrop High School | Winthrop |
| WIS | Wiscasset High School | Wiscasset |
| YAR | Yarmouth High School | Yarmouth |