

ML-10 2009-2010

SEVEN BLOCK MEET PLAN

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OBJECTIVES:

1. IMPROVES TRAINING AND HEALTH CONSIDERATIONS OF ATHLETES
2. REDUCE CONFLICTS WITH FAMILY AND MSTCA SCHEDULES
3. MINIMIZE MIDWEEK TRACK COMPETITIONS
4. REDUCE IMPACT ON AVAILABLE ML-10 TRACK FACILITIES
5. ALLOW FOR REASONABLE RESCHEDULING OF MEETS DUE TO WEATHER
6. CREATE A SIX DATE JV SCHEDULE THAT MIRRORS THE VARSITY AND FORMALIZES COMPETITION BETWEEN THE TEAMS.
7. PLAN FOR THE USE OF DIFFERENT FACILITIES BASED ON DATES AVAILABLE RATHER THAN BLOCKS.
8. PLAN FOR AN EARLIER START TIME FOR ANY MIDWEEK TRACK COMPETITIONS

CORE PLAN

- ❑ ALL TEAM WILL FACE EACH OTHER DURING THE SEASON IN ONE OF TWO FORMATS, MULTI-TEAM MEET OR HEAD TO HEAD. (MULTI-TEAM IS DEFINED AS DOUBLE DUAL, TRI-MEET, QUAD-MEET, ETC.)
 - ❑ THE STRONGEST TEAMS WILL MEET AT THE END OF THE SEASON
 - ❑ A LEAGUE MEET IS AN IMPORTANT INTEGRAL OF ANY SCHEDULE
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BLOCK #1 IS A MULTI-TEAM COMPETITION

- ❑ EVERY TEAM WILL BE ALLOWED THREE ENTRANTS PER EVENT.
 - ❑ THE EVENTS WILL BE SEEDED PER PREVIOUSLY REPORTED PERFORMANCES OR COACHES ESTIMATES
 - ❑ THE MEET WILL BE SCORED IN TWO WAYS, FIRST AS A MULTI-TEAM MEET WITH SCORING OF EIGHT PLACES 10,8,6,5,4,3,2,1 AND SECOND AS A GROUP OF DUAL MEETS.
 - ❑ THE TEN TEAMS WILL BE RANKED 1-5 TIER ONE AND 6-10 TIER TWO FOR THE PURPOSES OF COMPLETING THE HEAD TO HEAD MATCHUPS FOR BLOCKS 2-6
 - ❑ TEAMS IN THE SAME TIER PLUS DESIGNATED CROSSOVER MEET WILL BE ELIMINATED FROM THE GROUP OF DUAL MEET SCORES. THESE MATCHUPS WILL RESULT FROM SUBSEQUENT HEAD TO HEAD MEETINGS IN BLOCKS 2-6. THE REMAINING MATCHUPS WILL STAND, RESULTING IN INITIAL RECORDS OF 4-0 TO 0-4 DEPENDING ON TEAM PERFORMANCE IN BLOCK #1.
 - ❑ TEAMS WILL WORK THROUGH BLOCKS 2-6 LEADING TO TEAM #1 MEETING TEAM #2 IN BLOCK 6
 - ❑ EACH TEAM WILL END WITH A LEAGUE RECORD TOTAL OF NINE MEETS AS IS THE PRESENT TOTAL
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BLOCK #2

- TEAM 1 VS TEAM 6
 - TEAM 2 VS TEAM 5
 - TEAM 3 VS TEAM 4
 - TEAM 7 VS TEAM 10
 - TEAM 8 VS TEAM 9
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BLOCK #3

- TEAM 1 VS TEAM 5
 - TEAM 2 VS TEAM 4
 - TEAM 3 VS TEAM 8
 - TEAM 6 VS TEAM 10
 - TEAM 7 VS TEAM 9
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BLOCK #4

- TEAM 1 VS TEAM 4
 - TEAM 2 VS TEAM 3
 - TEAM 5 VS TEAM 10
 - TEAM 6 VS TEAM 7
 - TEAM 7 VS TEAM 8
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BLOCK #5

- TEAM 1 VS TEAM 3
 - TEAM 2 VS TEAM 7
 - TEAM 4 VS TEAM 5
 - TEAM 6 VS TEAM 8
 - TEAM 9 VS TEAM 10
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BLOCK #6

- TEAM 1 VS TEAM 2
 - TEAM 3 VS TEAM 5
 - TEAM 4 VS TEAM 9
 - TEAM 6 VS TEAM 7
 - TEAM 8 VS TEAM 10
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TEAM #1 SEASON PROFILE

- ❑ MULTI-TEAM MEET RANKED #1
 - ❑ BEATS #7,8,9,10 TO START 4-0
 - ❑ WILL MEET 6,5,4,3,2 IN BLOCKS 2-6
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TEAM #10 SEASON PROFILE

- ❑ MULTI-TEAM MEET RANKED #10
 - ❑ LOSES TO #1,2,3,4 TO START 0-4
 - ❑ WILL MEET 7,6,5,9,8 IN BLOCKS 2-6
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LEAGUE MEET @RLTC

- ❑ ADD 4X800, 4X200 AND LJ
 - ❑ ALLOW THREE ENTRANTS PER TEAM PLUS ANYONE THAT MEETS OR EXCEEDS THE CLASS D STANDARD
 - ❑ 1RUNNING-1FIELD-1RELAY OR
 - ❑ 1FIELD-2RELAY (MIRRORS MIAA)
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*JV LEAGUE MEET FOR ALL NON-PARTICIPANTS IN
LEAGUE MEET @ TWO SITES ON TWO DATES*

- ❑ AT WOBURN 55M, 55MH, SHOT PUT, LJ AND HJ
 - ❑ AT LEXINGTON OR READING ALL OVAL RACES
 - ❑ INCLUDE 4X800MR BUT SUBSTITUTE 4X1 LAP OR 4X2 LAP RELAY FOR THE 4X200MR DUE TO TRACK CONFIGURATION DIFFICULTIES.
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ADDITIONAL JV MEETS

- ❑ RUN A JV SCHEDULE THAT MIRRORS BLOCKS 2-6 BUT WITHOUT THE CROSS OVER MEET REDUCING EACH JV MEET TO FOUR MEETS PER BLOCK WITH TWO TEAMS DRAWING ONE BYE DURING THE SEASON.
 - ❑ THIS RESULTS IN 7 VARSITY DATES AND 5 JV DATES TOTALING 12 DATES WHICH IS THE TOTAL NUMBER WE HAVE PLANNED IN RECENT YEARS.
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WHAT DOES THIS SCHEDULE ACCOMPLISH?

- ❑ MORE REST, IMPROVED QUALITY OF TRAINING FOR VARSITY ATHLETES
 - ❑ IMPROVES COMPETITIVE FRAMEWORK FOR JV ATHLETES
 - ❑ IMPROVED QUALITY OF COMPETITION FOR TOP PERFORMERS ON WEAKER TEAMS
 - ❑ **NO** ADDITIONAL BURDEN TO COACHING STAFFS BEYOND CURRENT PRACTICES
 - ❑ IMPROVED AVAILABILITY OF MSTCA MEETS @ RLTC FOR TEAMS DESIRING TO ATTEND THEM
 - ❑ POSSIBLE REDUCED IMPACT ON FACILITIES DUE TO GREATER FLEXIBILITY IN SCHEDULE STRUCTURE
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