

Massachusetts State Track Coaches Association
Winter Festival Track Meet
Small Schools (Div. III & IV) – Saturday, Dec. 17, 2011 at 9:30 AM
Large Schools (Div. I & II) – Sunday, Dec. 18, 2011 at 9:30 AM

Bob McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, Mass.

Sponsored by: Seekonk H.S
Event Manager: Frank Mooney

Sanctioned by: M.I.A.A.
Numbers donated by: **Marathon Sports**

These meets are part of the developmental series sponsored by the Mass. State Track Coaches Assn. with the basic objective of enhancing track and field for the youth of Massachusetts. The meets have been designed to give your athletes a chance for quality performances early in the season.

EVENTS

**55 meter Hurdles
55 meter Dash
300 meter Dash
600 meter Run
1,000 meter Run**

**One Mile Run
Two Mile Run
High Jump
Long Jump
Shot Put**

**4 x 200m Relay
4 x 400m Relay
4 x 800 m Relay**

Meet Information

1. M.I.A.A. rules will be in effect. Uniform and jewelry rules will be enforced.
2. An athlete must follow the MIAA rule on participation (2 running and 1 field events or 1 running and 2 field events). A team may enter only one relay team in a relay event. There will be no awards at this meet.
3. **ENTRY FEES:** \$5.00 per athlete per event, \$15.00 per relay team. Maximum entry fee per single-sex team is \$200.00. Entry fees are non-refundable. Checks should be made payable to M.S.T.C.A.; Tax ID # 04-3394224.
4. **Mail Entry Fees, payable to MSTCA:** MSTCA
c/o Elaine Mooney
60 Cynthia Street
Seekonk, MA 02771
5. **DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY TUESDAY, December 13, 2011, MIDNIGHT.** The entry processing will close down at this time. No entries after the closing time/date.

You **MUST** enter on-line using www.DirectAthletics.com. Please go to the MSTCA web site, read and follow the instructions for the entry process for the meet.

If your school completes the Single Waiver Form (information and form on last page) you will just be responsible for the payment (check/PO). If your school uses the Single Payment option, you complete the entry process, come to the meet and pick up your packet.

Payments in the form of a check or purchase order, payable to the MSTCA, should be mailed as soon as possible to: MSTCA, c/o Elaine Mooney, 60 Cynthia Street, Seekonk, MA 02771.

LATE FEE: There is a late fee policy for MSTCA meets. If you miss the Tuesday deadline, and still want to compete, **you will have to contact the meet director** (Direct Athletics will be closed). **He is the only one to deal with this issue.** The fee structure will be \$50 per person/relay on Wednesday before 10:00 p.m.; it goes up to \$100 per person/relay on Thursday. **No entries will be accepted after Thursday at 6:00 p.m.** Schools that enter late entrants must come to the meet with a check or Purchase Order for the complete fee plus late fee, to hand to the meet director or they will not be allowed to compete.

6. Meet Director: John J. Carroll, Jr.
Phone: 508-548-7123 (home) or 508-737-7874 (cell)
7. ***ONLY 1/4" or 1/8" PYRAMID or CHRISTMAS TREE spikes are allowed at Reggie Lewis Center. If athletes are caught using the wrong style or size spikes, they will be disqualified and banned from further competition in the meet. Spikes will be sold in the gym, if needed.*** Spikes may only be worn in the track area, not in the gym or other areas.
8. If you wish to obtain a "**Team Performance Sheet**" from this meet, which you will need for State Meet certification, please bring a self-addressed, stamped No. 10 envelope and \$1.00 and leave it at the computer table. If you don't bring one, envelopes will be available for purchase at the meet for \$2.00. You will receive the team performance sheet within a week after the meet. This is the best way to get your certifications for the State Meet.
9. If you do not have a seed time for an athlete, don't guess, do NOT put one down.
10. Results will be posted on the State Coaches web-site: www.mstca.org.

A LIST OF SCHOOLS ENTERED IN THE MEET WILL BE POSTED ON THE MSTCA WEB SITE BY FRIDAY, Dec. 16. Only schools on this list will be allowed to compete in the meet.

REGGIE LEWIS PARKING SPACE LOSS

Due to construction, there has been a loss of parking spaces behind the building at Reggie Lewis. Additional Parking is available for patrons attending track events at the Reggie Lewis Center on a first-come-space-available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located less than 1/4 mile from the Reggie Lewis Center, along Columbus Ave. at the corner of New Heath Street (Lot 2) and Centre Street (Lot 3). Please give this information to your athletes and their parents.

ORDER OF EVENTS – Saturday and Sunday

FIELD EVENTS: All field events must check in before 9:15 a.m. Competition begins at 9:30 a.m.

Shot Put Two throwing areas. All shots will be supplied by the meet. Leave yours at home, they will not be allowed, even in warm-ups. Each thrower will be allowed three throws. All **first** throws will be measured and then only boys' throws over 36', and girls throws over 25' will be measured. There will be no finals in this event.

Long Jump Boys, then Girls. Each jumper will be allowed three jumps. There will be no finals in this event.

High Jump Opening Height: Girls 4'4" and Boys 5'0". "Five Alive" rule will be used until there are six jumpers remaining in the competition. There will be two high jump pits, one for girls, one for boys.

RUNNING EVENTS: Check-in begins at 9:20 a.m. Make sure your athletes listen to the calls for check-in. Girls run before boys.

9:45 AM

One Mile Run - sections on time, fastest section last

300 meter Dash - sections on time, fastest section last, no finals. In these two meets, as an experiment, the entire race will be run in lanes.

600 meter Run - sections on time, fastest section last

1,000 meter Run - sections on time, fastest section last

Two Mile Run - sections on time, fastest section last

4 x 200 meter Relay - sections on time, fastest section last

4 x 800 meter Relay - sections on time, fastest section last

4 x 400 meter Relay - sections on time, fastest section last

After the HIGH JUMP is completed

Hurdles Trials: random seeding, fastest 16 to the Semifinals, Girls before Boys

Dash Trials: random seeding, fastest 16 to the Semifinals, Girls before Boys

Hurdles Semifinals: seeding based on times run in the trials, winners plus 6 best times advance to final, **Boys before Girls.**

Dash Semifinals: seeding based on times run in the trials, winners plus 6 best times advance to final, Girls before Boys.

Hurdle Finals: Girls before Boys

Dash Finals: Girls before Boys

Results will be posted on www.mstca.org, the official MSTCA web site.

>>>>>>>>> STATE MEET CERTIFICATION <<<<<<<<<<<

The "Team Performance Sheet" from any MSTCA meet can be used as certification for the State Meet. You need to have the sheet sent to you (see # 8 above) and have it available for Class Meet certification. **DOWNLOADED RESULTS FROM THE MSTCA site ARE NOT ACCEPTABLE for certification.**

Inclement Weather

In case of inclement weather the decision to postpone the meet will be made by 6:00 AM. If there is any doubt, monitor TV broadcasts (look for Roxbury Community College), radio announcements, or you may call any of these numbers:

Reggie Lewis Center
Charlie O'Rourke
Charlie Butterfield

617-541-3535
617-842-9317
508-886-6015

John J. Carroll, Jr. 508-737-7874
Jack Lang 508-662-0214
Frank Mooney 508-728-9921

2011-2012 Single Waiver Form /MSTCA Winter Meets

This form is required for participation of your team in any of the MSTCA meets during the 2011-2012 indoor season. You must submit this form, along with your team roster, by December 13, if your team will participate in any of the winter season meets. It is an insurance/liability requirement. The form needs to be sent only once, the roster can be updated any time after its initial submission. If you do not send this waiver form with your roster, your team will not be allowed to compete.

This is NOT an entry form to any of the meets.

Each meet has its own set of instructions published on this web site. Except for the Relay meets and the Team Pentathlon, you also must go to www.DirectAthletics.com, register your team and enter your team for each meet.

Winter Festival – enter on Direct Athletics

Holiday Challenge – enter on Direct Athletics

Holiday Qualifier– enter on Direct Athletics

Auerbach Frosh/Soph Meet– enter on Direct Athletics

Kalperis Relays – paper entry to be mailed. Downloadable instructions and entry form on the MSTCA web site.

Coaches Invitational/Elite Meet– enter on Direct Athletics

Team Pentathlon– paper entry to be mailed. Downloadable instructions and entry form on the MSTCA web site.

Last Chance Qualifier– enter on Direct Athletics

Individual Pentathlon– enter on Direct Athletics

I attest that all of the athletes that will be participating in any MSTCA meets from our school, found on the attached roster, are student-athletes in good standing in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participation in this sport and waives, releases, and holds harmless the MSTCA organization, its officers, sponsors, and representatives, as well as the host facility or community, from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events.

School Name _____ Boys Team ___ Girls Team ___ Both _____

Principal or AD's Signature _____ Date _____

AD's Email _____

Coach's Name _____

Coach's Email _____

School Phone # _____

Please attach your winter roster and mail before Dec 13th to:

Jim Hoar, 31 Champion Road, Yarmouth Port, MA 02675