

35th Annual GIRLS
MSTCA INDOOR INVITATIONAL TRACK & FIELD MEET

Saturday, January 28, 2012

To be conducted with the Boys Invitational Meet.

Field events start at 9:30 a.m., running events at 10:00 a.m.

Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA

Sponsored by: **Somerville H.S.**
Event Manager: **Charlie O'Rourke**
Numbers donated by **New Balance**

Sanctioned by: **M.I.A.A.**
Meet Director: **Charlie O'Rourke**

<u>EVENTS</u>	<u>MEET STANDARDS</u>
55 meter Hurdles	:09.90m FAT - 9.5 hand 55m /:07.8 50y
55 meter Dash	:08.15m FAT - 7.9 hand 55m /:06.5 50y
Bob McIntyre 300 meter Dash	:46.0m/:41.0y
600 meter Run	1:49.0m/1:40.0y
1,000 meter Run	3:22.5m/3:03.0y
Nancy Buguey One Mile Run	5:45.0
Margaret McNiff Two Mile Run	12:40.0
Holly Young High Jump	Opening Height: Div. IV Qual. Mark
Shot Put	30'00"
Long Jump	15'00"
4 x 200 meter Relay	1:55.0
4 x 400 meter Relay	4:35.0
4 x 800 meter Relay	10:50.0

Do not enter athletes or relays that have not met the performance standards listed above. The top 24 athletes and relay teams entered will be accepted to run in the Elite Meet on Sunday, January 29, 2012. No relays will run on Saturday, Jan. 28.

MEET INFORMATION

1. M.I.A.A. rules will be in effect for this meet. The 2-running, 1-field or 1-running 2-field event rule will be followed. A relay counts as a running event. Uniform and jewelry rules will be enforced.
2. Each school may enter THREE ATHLETES and ONE RELAY TEAM per event if they have met the standards. You will be asked to include when and where the athlete achieved the performance.
EXCEPTIONS: You may only enter two girls in the One Mile, Two Mile and Long Jump. If you have more than two exceptional athletes in these events you need to contact the meet director BEFORE the closing date for entries. Athletes may compete in only one track meet per day.
3. The top twenty-four seeded athletes in each event will compete in the Bob McIntyre Elite Meet on Sunday, January 29, 2012.
4. **ENTRY FEES:** \$5.00 per individual per event, \$25.00 per relay team. Entry fees are non-refundable. Checks should be made payable to: **MSTCA**. Tax ID number: **04-3394224**. Once an entry is submitted the school is responsible for payment, whether they compete or not. Payments should be made payable to the MSTCA and mailed to: **MSTCA, c/o Elaine Mooney, 60 Cynthia Street, Seekonk, MA 02771**.

5. **DEADLINE: ON-LINE ENTRIES FOR THIS MEET MUST BE COMPLETED BY TUESDAY, JANUARY 24, 2012, MIDNIGHT.**

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

If your school completes the Single Waiver Form (information on the MSTCA web site) you will just be responsible for the payment (check/PO). If your school uses the Single Payment option, then 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: M.S.T.C.A., 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** as Direct Athletics will be closed. He is the only one to deal with this problem. 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. If you have any questions, contact the Meet Director, Charlie O'Rourke: 617-842-9317.
E-mail: charlieorourke@gmail.com
7. M.S.T.C.A. medals will be awarded to the top six placers in each event, including relays. NO team awards. There will be a trackside award ceremony for each event as soon as the event is completed and results are available. **Please make sure your athletes are present at this ceremony.**
8. Only 1/8" or 1/4" PYRAMID/CHRISTMAS TREE spikes or flats are allowed at Reggie Lewis. Anyone using a longer than recommended spike or other style spike will be disqualified from the meet.
9. Bring a self-addressed stamped #10 envelope with \$1 and leave it at the table to receive your "Team Performance Sheet" to be used for state certification. Envelopes will be available for purchase at the computer table for \$2.00. Make sure the envelope has your school name and team gender.
10. Results will be posted on www.mstca.org, the official MSTCA web site.

ELITE MEET INFORMATION

The Boys and Girls Elite Invitational Track Meet will be held at Reggie Lewis Center on Sunday, January 29, 2012. The meet begins at 9:30 a.m. for field events and 10:15 a.m. for running events.

The top twenty-four athletes and twenty-four relay teams entered in the Boys and Girls Invitational Meet events will be selected to run in the Elite Invitational Meet. Athletes not selected for the Elite Meet will participate in the Boys and Girls Invitational Meet on Saturday, January 28, 2012.

Coaches will submit their entries for their respective Boys/Girls Invitational Meets as always. ALL ENTRIES ARE COMPLETED ON DIRECT ATHLETICS. Please make sure you indicate WHERE and WHEN your athletes made their performances.

The list of athletes entered in the Invitational Meets and those selected for the Elite Meet will be posted on the MSTCA web-site by January 25, 2012. It is the responsibility of all coaches to check the status of their teams' entries.

NOTE: If the Games Committee feels that a school has entered athletes/relays incorrectly, the MSTCA will send a letter to that Athletic Director expressing our concerns, and those athletes entered incorrectly will be changed to their correct races.

IMPORTANT RELAY INFORMATION

Only the top twenty-four (24) relay teams entered will be accepted into the Elite Meet on Sunday. There will only be relays in the Elite Meet, there will be no relays in the Invitational Section on Saturday. No other relays will be run in conjunction with this meet. If you want to run a relay to get a better time for the Divisional meets and you are not accepted into the Elite Meet you should enter the Special Qualifying Meet on Feb. 5th. Please consult the entry form for the February 5th 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.

PLEASE READ AND OBSERVE THE FOLLOWING CRITERIA FOR COMPETITION

Do not BRING athletes that have not qualified for their respective events.

HIGH JUMP: “Five Person Alive” will be used in the H.J. until there are six competitors remaining, and then the event will progress in a regular rotation. **OPENING HEIGHT FOR THIS EVENT WILL BE THE DIVISION IV QUALIFYING HEIGHT.** Do not bring athletes who have not jumped at least the opening height.

SPIKES: Only 1/8” or 1/4” PYRAMID/CHRISTMAS TREE spikes allowed at R.L.C. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified for the remainder of the meet. Spikes are allowed ONLY in the track area.

SHOT PUT: Implements will be provided by the meet. Do NOT bring any shot puts to the meet, they will not be allowed, even for practice. All first legal throws will be measured, then **only throws equal to, or better than, the Div. IV standard for girls and boys will be measured.** Do not bring athletes who will not be able to throw the minimum distance.

LONG JUMP: Only jumps that better the D-IV standards will be measured in the Long Jump. All first legal jumps will be measured, and then only jumps over the standard. Do not bring athletes who have not jumped the standard this season.

Exceptional Teams and Athletes

If you have a truly exceptional group of athletes and would like to enter more than the allowed number in some events you must contact Charlie O’Rourke (617-842-9317 or at: charlieorourke@gmail.com) BEFORE the entry deadline to determine if an exception could be made for your athletes. Relays are not included.

