# Auerbach Freshman-Sophomore Championship Track Meet 

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

Saturday, January 2, 2016-9:30 a.m. - LARGE Schools<br>Sunday, January 3, 2016-9:30 a.m. - SMALL Schools

Hosted by: North Quincy H.S.
Sanctioned by: M.I.A.A.
Event Manager: Louis Tozzi
Numbers donated by: Asics
Sponsored by: Auerbach Youth Foundation
Meet Director: Lou Tozzi, Marshfield, Mass., home phone: 781-837-5185 (preferred); cell: 617-947-1031;
e-mail: lp.tozz@gmail.com
EVENTS and QUALIFYING STANDARDS

55 Meter dash: girls 8.75, boys 7.65 1000 Meter: girls 3:55; boys 3:20
55 Meter hurdles: girls 11.7, boys 11.0 One Mile: girls 6:45; boys 5:45
300 Meter dash: girls 50.00, boys 44.00 Two Mile: girls 14:00; boys 12:00
600 Meter: girls, 2:05; boys, 1:50 $4 \times 200$ Meter Relay: none

High Jump: girls 4'4"; boys 5'0"
Shot Put: girls 21'; boys 30'
Long Jump: 12'; boys 15'
$4 \times 400$ Meter Relay: none

## Entry Information

1. To determine which MSTCA division (LARGE OR SMALL) your team will compete in, please find your school on the MSTCA list starting on page 4. If your school's enrollment is 1,100 students or more, your school will compete in the large school division for this meet. If enrollment is less than 1,100 students, your school will compete in the small school division. The enrollment figures have been taken from information on the MIAA website.
2. M.I.A.A. and National Federation rules and guidelines will be in effect for this meet. UNIFORM RULE WILL BE ENFORCED. The one-false-start rule will be in effect.
3. This meet is only for athletes enrolled as FRESHMEN or SOPHOMORES in high school. Do not enter any $7^{\text {th }}$ or $8^{\text {th }}$ graders. An athlete may compete in one running, one field, and one relay event.
4. A school may enter TWO ATHLETES per event as long as they have met the qualifying standards listed above. You may enter a third athlete in an event if that athlete has achieved the qualifying standard for that event. You are expected to enter your two best athletes. Do not enter two athletes and then ask to enter a third athlete who is better than the other two. You must contact the Meet Director no later than Tuesday, December 29 midnight to obtain permission to enter the third person, no exceptions! The athletes must have ACHIEVED these marks in previous competition, these are not "anticipated" marks. This is a CHAMPIONSHIP meet, not a DEVELOPMENTAL meet. Athletes entered without seed times (NT) or distances (ND) will not be accepted.
5. AWARDS: Medals will be awarded to the top eight (8) placers in each event, including the relays. There is no team award. There will be a trackside award ceremony as soon as the results are available. Make sure your athletes are present for their event ceremony.
6. SPIKES: The Reggie Lewis Track is a fast 200 -meter Mondo Super-X banked surface. Only $1 / 4$ " or $1 / 8$ " PYRAMID spikes allowed on the track. Anyone using longer spikes or other style spikes will be disqualified immediately for the remainder of the meet. THE REGGIE LEWIS CENTER HAS A WOODEN FLOOR IN THE GYM, PLEASE, NO SPIKES IN THE GYM!
7. ENTRY DEADLINE: ENTRIES MUST BE COMPLETED BY TUESDAY, DECEMBER 29, 2015, MIDNIGHT.
8. You MUST enter on-line using www.DirectAthletics.com. Please read and follow the instructions for the entry process for the meet on the MSTCA web site.
9. No switching of events will be allowed. Athletes must compete in the events in which they are entered. No school will be allowed to compete in the division that does not match their enrollment. Boys and Girls compete in the same division. No exceptions.
10. ENTRY FEES: $\$ 75.00$ per school team (separate boys and girls fees) $\$ 150$ maximum per school, or $\$ 5.00$ per athlete, per event and $\$ 15.00$ per relay team, whichever is less. If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if they do not compete.

If your school uses the Single Payment option, you complete the entry process, come to the meet and pick up your packet. Information and instructions for the Single Payment Option are on the MSTCA web site, www.mstca.org.
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 Road, Seekonk, MA 02771

## MSTCA Tax ID \# 04-3394224

If payment is not received before meet day, you may bring payment to the meet, but you must notify the meet director of your plan to do so. If payment is not received, your team will not be allowed to participate.
11. LATE ENTRIES AND FEES: Late entries are strongly discouraged; however there is a late fee policy for MSTCA meets. If you miss the Tuesday (12/29/15) deadline, and still want your team to compete, you must contact the meet director by Wednesday, 12/30, no later than 7 p.m. He is the only one to deal with this request. You will not be able to access Direct Athletics. The late fee will be $\$ 100$ per person or relay. No entries will be accepted after Wednesday 12/30 at 7:00 p.m. Schools that enter late entrants must bring to the meet a check or Purchase Order for the entry fees plus the late fees, to give to the meet director, or they will not be allowed to compete.
12. INCLEMENT WEATHER. Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. There is no make-up date. If in doubt, you may call one of the following to check:

Reggie Lewis Center: 617-541-3535 Louis Tozzi: 781-837-5185 or 617-947-1031; e-mail: Ip.tozz@gmail.com
Charlie Butterfield: 508-886-6015 John Carroll: 508-737-7874
Frank Mooney: 508-336-8291 Rick Kates: 781-706-3340 Charlie O'Rourke: 617-842-9317
14. The Auerbach Foundation has joined us again this year to help defray the cost of the meet. We suggest you send a letter of thanks to them for their financial help. Your letter should be sent to: Mr. Stuart Grossman, Auerbach Foundation, 101 Arch Street, Boston, MA 02110.

## PARKING AT REGGIE LEWIS TRACK AND ATHLETIC CENTER

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 and 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.

TEAMS ENTERED WILL BE POSTED ON THE MSTCA WEB SITE BY FRIDAY, JAN. 1, 2016. TEAMS WHO HAVE NOT ENTERED AS DIRECTED ABOVE WILL NOT BE ALLOWED TO COMPETE.

If a team arrives at the meet and they are not entered, they will not be allowed to compete.

# Auerbach Freshman-Sophomore Championship Track Meet <br> Saturday, Jan. 2 and Sunday, January 3, 2016 <br> ORDER OF EVENTS 

## GIRLS Compete Before Boys In Running Events

Field Events Starting Times: Saturday and Sunday, 9:30 a.m.
SHOT PUT - Boys throw in the cage; Girls throw in the area to the left of the score board.
HIGH JUMP - Two pits, Opening Heights: Boys 5’00"; Girls 4’04"
LONG JUMP - Girls, then Boys
Running Events Check-in times: Saturday and Sunday at 9:15 a.m., then listen for calls.
Check-in for the One Mile at 9:15 / Start time: 9:30 a.m.

| One Mile Run | Sections on Time * |
| :--- | :--- |
| 300 Meter Dash | Sections on Time * |
| 600 Meter Run | Sections on Time * |
| 1000 Meter Run | Sections on Time * |
| Two Mile Run | Sections on Time * |
| $4 \times 200 \mathrm{~m}$ Relay | Sections on Time * (A teams only, no B teams allowed) |
| $4 \times 400 \mathrm{~m}$ Relay | Sections on Time * (A teams only, no B teams allowed) |
|  | * fastest sections last |

## After Completion of High Jump:

Hurdles Trials: random seeding, Girls before Boys, fastest 16 to a two-section final.
Dash Trials: random seeding, Girls before Boys, fastest 16 to a two-section final.
Hurdle Finals: Boys before Girls
Dash Finals: Girls before Boys

## Please do NOT enter athletes who have not achieved the qualifying standards in previous competition; seed marks cannot be "anticipated" or "estimated" marks.

Long Jump: Each athlete will have two attempts; the best nine jumpers will advance to a final for two more attempts. All first legal jumps will be measured. Then, only jumps of 12' and over (girls) and 15’ and over (boys) will be measured.

Shot Put: Each athlete will have three attempts; the best nine throwers will advance to a final. All first legal throws will be measured. Then, only throws of 21' and over for the girls and 30' and over for the boys will be measured. The meet will supply shots - leave your implements at home, they will not be allowed, even in practice.

Spikes: Only $1 / 4$ " or $1 / 8^{\prime \prime}$ pyramid spikes or flats are allowed on the track. Spikes may only be worn on the track, and no other place in the building. Use of needle spikes or longer spikes will be reason for disqualification for the rest of the meet.

Check-In: Please make sure your athletes are properly informed of the check-in procedure in the gym. All athletes must check in for their event when called. If they don't check in when called, they will not be allowed to compete. No exceptions.

List of MSTCA LARGE and SMALL SCHOOLS Divisions for Winter Track Season 2015-2016. SMALL SCHOOL List starts on page 6.


| LARGE SCHOOLS DIVISION for MSTCA Meets Up to 1100 combined enrollment | $\begin{gathered} \text { Boys 9- } \\ 12 \end{gathered}$ | Girls 9-12 | Total Enrollment |
| :---: | :---: | :---: | :---: |
| Lawrence HS -1 | 222 | 304 | 3047 |
| Leominster High School -1 | 944 | 904 | 1848 |
| Lexington High School -1 | 959 | 993 | 1952 |
| Lincoln-Sudbury Reg. High -1 | 815 | 785 | 1600 |
| Lowell High School-1 | 1548 | 1505 | 3053 |
| Lynn Classical High School -2 | 685 | 712 | 1397 |
| Lynn English High School -1 | 802 | 895 | 1697 |
| Madison Park Tech/Voc H.S. | 726 | 525 | 1251 |
| Malden Catholic High School-3 | 602 | 0 | 1204 |
| Malden High School -1 | 981 | 880 | 1861 |
| Mansfield High School -2 | 698 | 748 | 1446 |
| Marshfield High School -2 | 691 | 689 | 1380 |
| Masconomet Reg. High School -2 | 632 | 696 | 1328 |
| Medford High School -2 | 683 | 703 | 1386 |
| Methuen High School -1 | 931 | 898 | 1829 |
| Milford High School-3 | 556 | 552 | 1108 |
| Minnechaug Reg. High School-2 | 618 | 633 | 1251 |
| Montachusett RVT High School -2 | 779 | 658 | 1437 |
| Natick High School-2 | 690 | 610 | 1300 |
| Needham High School -2 | 770 | 741 | 1511 |
| New Bedford High School -1 | 1281 | 1198 | 2479 |
| Newton North High School -1 | 941 | 923 | 1864 |
| Newton South High School -1 | 868 | 817 | 1685 |
| North Andover High School-2 | 671 | 636 | 1307 |
| North Attleborough High School-3 | 627 | 577 | 1204 |
| North Middlesex Regional HS-3 | 557 | 545 | 1102 |
| North Quincy High School-1 | 637 | 636 | 1273 |
| Notre Dame Academy-Hingham-3 | 0 | 566 | 1132 |
| Oliver Ames High School-3 | 587 | 597 | 1184 |
| Peabody Vet. Mem. High School -1 | 925 | 912 | 1837 |
| Plymouth South High School -2 | 742 | 640 | 1382 |
| Quincy High School -2 | 768 | 731 | 1499 |
| Reading Memorial High School-2 | 601 | 623 | 1224 |
| Revere High School -2 | 766 | 758 | 1524 |
| Saint John's High School -1 | 1055 | 0 | 2110 |
| Saint John's Preparatory School -1 | 1170 | 0 | 2340 |
| Salem High School-2 | 637 | 608 | 1245 |
| Sharon High School-3 | 570 | 593 | 1163 |
| Shepherd Hill Regional HS-3 | 515 | 607 | 1122 |
| Shrewsbury High School -1 | 751 | 880 | 1631 |
| Silver Lake Reg. High School-2 | 626 | 587 | 1213 |
| Somerville High School -2 | 723 | 695 | 1418 |
| Springfield Central High School -1 | 1076 | 1012 | 2088 |


| LARGE SCHOOLS DIVISION for MSTCA Meets Up to 1100 combined enrollment | Boys 912 | Girls 9-12 | Total Enrollment |
| :---: | :---: | :---: | :---: |
| Tantasqua Reg. High School-3 | 615 | 565 | 1180 |
| Taunton High School -1 | 885 | 821 | 1706 |
| Wachusett Regional High School -1 | 1024 | 1046 | 2070 |
| Walpole High School-3 | 526 | 586 | 1112 |
| Waltham High School -2 | 706 | 666 | 1372 |
| Wellesley High School -2 | 669 | 685 | 1354 |
| West Springfield High School | 616 | 586 | 1202 |
| Westfield High School -2 | 745 | 765 | 1510 |
| Westford Academy -1 | 845 | 839 | 1684 |
| Weymouth High School 01 | 1016 | 1023 | 2039 |
| Whitman-Hanson Regional HS-3 | 570 | 593 | 1163 |
| Whittier RVT High School -2 | 694 | 540 | 1234 |
| Woburn Memorial High School -2 | 651 | 660 | 1311 |
| Xaverian Brothers High School -1 | 910 | 0 | 1820 |
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|  |  |  |  |
|  |  |  |  |
| SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment | Boys 9-12 | Girls 9-12 | Total Enrollment |
| Abington High School -5 | 255 | 253 | 508 |
| Academy of Notre Dame-Tyng -5 | 0 | 193 | 386 |
| Amesbury High School -5 | 328 | 278 | 606 |
| Apponequet Regional H.S. -4 | 411 | 424 | 835 |
| Archbishop Williams High -5 | 251 | 278 | 529 |
| Arlington Catholic High School -4 | 344 | 384 | 728 |
| Ashland High School -5 | 353 | 355 | 708 |
| Athol High School -5 | 208 | 189 | 397 |
| Auburn High School -4 | 331 | 393 | 724 |
| Austin Preparatory School -5 | 210 | 252 | 462 |
| Avon Mid/High School -5 | 122 | 98 | 220 |
| Bay Path RVT High School | 672 | 401 | 1073 |
| Bedford High School-4 | 398 | 437 | 835 |
| Bellingham High School -5 | 349 | 326 | 675 |
| Belmont High School-3 | 532 | 553 | 1085 |
| Bishop Feehan High School-3 | 441 | 618 | 1059 |
| Bishop Fenwick High School -5 | 211 | 351 | 562 |
| Bishop Stang High School -5 | 328 | 385 | 713 |
| Blackstone-Millville Reg HS -5 | 276 | 258 | 534 |
| Boston International High School -5 | 135 | 130 | 265 |
| Bourne High School -5 | 307 | 269 | 576 |
| Bromfield School -5 | 202 | 241 | 443 |
| Burke High School -5 | 327 | 310 | 637 |
|  |  |  |  |


| SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment | Boys 9-12 | Girls 9-12 | Total Enrollment |
| :---: | :---: | :---: | :---: |
| Burlington High School -4 | 505 | 508 | 1013 |
| Burncoat High School-4 | 495 | 511 | 1006 |
| Canton High School -4 | 438 | 455 | 893 |
| Cardinal Spellman High School -5 | 287 | 383 | 670 |
| Case High School -5 | 308 | 282 | 590 |
| Cathedral High School-Boston -5 | 104 | 116 | 220 |
| Cathedral High School-SP -5 | 191 | 154 | 345 |
| Charlestown High School -4 | 511 | 446 | 957 |
| Comm Acad of Sci \& Health -5 | 191 | 179 | 370 |
| Coyle \& Cassidy High School -5 | 291 | 286 | 577 |
| Danvers High School-4 | 486 | 539 | 1025 |
| David Prouty High School -5 | 240 | 230 | 470 |
| Dedham High School -4 | 392 | 387 | 779 |
| Dennis-Yarmouth Regional HS -4 | 384 | 462 | 846 |
| Dighton-Rehoboth Regional -4 | 494 | 452 | 946 |
| Dorchester Academy -5 | 215 | 193 | 408 |
| Douglas-5 | 231 | 218 | 449 |
| Dover-Sherborn High School -5 | 314 | 323 | 637 |
| Dracut Senior High School-3 | 558 | 528 | 1086 |
| Duxbury High School-4 | 505 | 518 | 1023 |
| East Bridgewater High School -5 | 279 | 271 | 550 |
| East Longmeadow High School -4 | 451 | 426 | 877 |
| English High School (Boston) -4 | 422 | 324 | 746 |
| Excel High School -5 | 45 | 24 | 69 |
| Fairhaven High School -5 | 308 | 309 | 617 |
| Falmouth High School -4 | 446 | 424 | 870 |
| Fenway High School -5 | 149 | 172 | 321 |
| Fitchburg High School-3 | 534 | 558 | 1092 |
| Fontbonne Academy -5 | 0 | 290 | 580 |
| Foxborough High School -4 | 415 | 433 | 848 |
| Gardner High School -5 | 333 | 296 | 629 |
| Georgetown Middle/High -5 | 210 | 227 | 437 |
| Gloucester High School-3 | 548 | 487 | 1035 |
| Grafton Memorial Sr HS -5 | 343 | 331 | 674 |
| Hamilton-Wenham Reg HS -5 | 307 | 397 | 704 |
| Hanover High School -4 | 374 | 366 | 740 |
| Holliston High School -4 | 407 | 430 | 837 |
| Holyoke Catholic High School -5 | 128 | 172 | 300 |
| Hopedale Jr./Sr. High School -5 | 163 | 175 | 338 |
| Hopkinton High School-3 | 516 | 553 | 1069 |
| Hudson-4 |  |  | 851 |
| Hull High School -5 | 180 | 163 | 343 |
| Innovation Acad Charter -5 | 108 | 92 | 200 |


| SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment | Boys 9-12 | Girls 9-12 | Total Enrollment |
| :---: | :---: | :---: | :---: |
| Ipswich High School -5 | 314 | 341 | 655 |
| Kennedy Acad. for Career -5 | 74 | 151 | 225 |
| Lenox Memorial High School -5 | 147 | 126 | 273 |
| Littleton High School -5 | 191 | 226 | 417 |
| Longmeadow High School | 520 | 466 | 986 |
| Ludlow High School-4 | 491 | 496 | 987 |
| Lunenburg High School -5 | 238 | 275 | 513 |
| Lynn Vocational Technical Inst -5 | 411 | 285 | 696 |
| Lynnfield High School -5 | 305 | 313 | 618 |
| Mahar Regional School -5 | 287 | 283 | 570 |
| Manchester Essex Reg. High -5 | 227 | 247 | 474 |
| Marblehead High School-4 | 478 | 480 | 958 |
| Marian High School -5 | 135 | 168 | 303 |
| Marlborough High School-3 | 560 | 524 | 1084 |
| Mashpee High School -5 | 221 | 230 | 451 |
| Maynard High School -5 | 139 | 154 | 293 |
| Medfield High School -4 | 447 | 452 | 899 |
| Medway High School -4 | 396 | 399 | 795 |
| Melrose High School=4 | 459 | 518 | 977 |
| Middleboro High School -4 | 436 | 397 | 833 |
| Millbury Mem.Jr./Sr.H.S. -5 | 252 | 252 | 504 |
| Millis High School -5 | 198 | 183 | 381 |
| Milton High School-4 | 504 | 499 | 1003 |
| Monument Mountain Reg HS -5 | 283 | 244 | 527 |
| Murdock Middle/High School -5 | 187 | 183 | 370 |
| Narragansett Reg. High -5 | 210 | 244 | 454 |
| Nashoba Reg. High School-4 | 546 | 470 | 1016 |
| Nauset Reg. High School -4 | 488 | 472 | 960 |
| New Leadership Charter School -5 | 96 | 134 | 230 |
| Newburyport High School -5 | 349 | 367 | 716 |
| Nipmuc Regional High School -4 | 346 | 384 | 730 |
| North Reading High School -5 | 342 | 364 | 706 |
| Northampton High School -4 | 440 | 443 | 883 |
| Northbridge High School -5 | 332 | 342 | 674 |
| Norton High School -4 | 387 | 337 | 724 |
| Norwell High School -5 | 325 | 342 | 667 |
| Norwood Senior High School-3 | 546 | 516 | 1062 |
| Notre Dame Academy - Worc -5 | 0 | 269 | 538 |
| Oakmont Regional High School -5 | 339 | 336 | 675 |
| O'Bryant High School -3 | 434 | 598 | 1032 |
| Old Rochester Reg. High School -5 | 361 | 332 | 693 |
| Oxford High School -5 | 246 | 256 | 502 |
| Pembroke High School-4 | 495 | 449 | 944 |



