



Massachusetts State Track Coaches Association

Winter Festival Track Meet

Small Schools (See #1 below) – Saturday, Dec. 19, 2015 at 9:30 AM

Large Schools (See #1 below) – Sunday, Dec. 20, 2015 at 9:30 AM

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

Hosted by: Seekonk H.S

Event Manager: Frank Mooney

Meet Director: John Carroll, e-mail: trackjc@hotmail.com, (best way to contact);

cell phone: 508-737-7874.

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 objective of enhancing the track and field experience for the youth of Massachusetts. The meets have been designed to give your athletes a chance for quality performances early in the season.

The MSTCA is supporting “Christmas in the City,” Boston’s largest charity event to benefit homeless families. Please ask your athletes to bring to this meet a NEW, UNWRAPPED TOY suitable for children 3 to 16 years old. There will be volunteer workers in the gym to greet you when you arrive and to help.

The toy “giveaway” will be held on Monday, December 21 at the Boston Convention Center on Summer Street and will benefit thousands of needy children. If you’re not familiar with this event, please visit: www.Christmasinthecity.org and watch the ABC World News segment, it’s very moving and inspirational! Please help us make this event a huge success!

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. To determine which MSTCA division (LARGE OR SMALL) your team will compete in, please find your school on the MSTCA list starting on page 5. If your school’s enrollment is 1,100 students or more, your team will compete in the large school division. If enrollment is less than 1,100 students, your team will compete in the small school division. The enrollment figures have been taken from information on the MIAA website.**
- 2. M.I.A.A. rules will be in effect, including enforcement of the uniform rule.**
- 3. In this meet, an athlete may participate in 1 running, 1 field and 1 relay per athlete. A team may enter only one relay team in a relay event, no B teams allowed. There will be no awards at this meet.**

4. 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.
5. **DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY SUNDAY, December 13, 2015, MIDNIGHT.** The entry process will close down at this time. No entries after the closing time/date.
6. **ENTRY FEES:** \$5.00 per athlete per event, \$15.00 per relay team. Maximum fee per single-sex team is \$200.00. Entry fees are non-refundable.
7. **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. Instructions for this method of payment are on the MSTCA web site.**
8. **Payments** in the form of a check or purchase order, **payable to the MSTCA**, should be mailed as soon as possible to:

**MSTCA – Winter Festival
c/o Elaine Mooney
60 Cynthia Road
Seekonk, MA 02771**
9. **If payment is not received before meet day, you must 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.**
10. **LATE FEE:** Late entries are strongly discouraged. There is a late fee policy for MSTCA meets. If you miss the Sunday 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 or relay** by Tuesday before 10:00 p.m.; it goes up to **\$100 per person or relay** on Wednesday. **No entries will be accepted after Wednesday at 6:00 p.m.** Schools that enter late entrants must come to the meet with a check or Purchase Order for the entry fees plus the late fees, to hand to the meet director or they will not be allowed to compete.
11. **ONLY 1/4" or 1/8" PYRAMID 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 of the correct shape and size will be sold in the gym, if needed. THE REGGIE LEWIS CENTER HAS A WOODEN FLOOR IN THE GYM, PLEASE NO SPIKES IN THE GYM!** Spikes may only be worn in the track area, not in the gym or other areas.
12. If you do not have a seed time for an athlete, don't guess, do NOT put one down.
13. 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. 18. Only schools on this list will be allowed to compete in the meet.

13. **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
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

REGGIE LEWIS CENTER PARKING

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 management. Leave yours at home, they will not be allowed, even in warm-ups. Each thrower will be allowed three throws, 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 9:15 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.
600 meter Run - sections on time, fastest section last.
1,000 meter Run - sections on time, fastest section last.
300 meter Dash - 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 advance to a two-section **FINAL**. Girls before Boys.

Dash Trials: Random seeding, fastest 16 advance to a two-section **FINAL**. Girls before Boys.

Hurdle Finals: Boys before Girls

Dash Finals: Girls before Boys

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

2015-2016 Single Waiver Form for MSTCA Winter Meets

This form is required for participation of your team in any of the MSTCA meets during the 2015-2016 indoor season. You must submit this form, along with your team roster, by December 12, 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, but 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 document is NOT an entry form to any of the meets.

Each meet has its own set of instructions published on this web site. You also must go to www.DirectAthletics.com first to register your team members and then to enter your team for each meet.

Winter Festival – enter on Direct Athletics.

Holiday Challenge – enter on Direct Athletics.

Team Pentathlon – will be held the same day as the MSTCA Speed Classic, starting at 9 a.m.

Team Pentathlon entries must be **sent by US mail to Meet Director Jim Hoar** at: 31 Campion Rd., Yarmouth Port, MA 02675.

MSTCA Speed Classic – will be held the afternoon of the Team Pentathlon starting at 12 noon. Enter on Direct Athletics.

Auerbach Freshman/Sophomore Meet – enter on Direct Athletics.

Kalperis Relays – enter on Direct Athletics, **HOWEVER, PLEASE PAY CLOSE ATTENTION TO THE INSTRUCTIONS** on this web site.

Coaches Invitational/Elite Meet– enter on Direct Athletics.

Last Chance Qualifier– enter on Direct Athletics.

Individual Pentathlon– enter on Direct Athletics.

I attest that all 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’s or AD’s Signature _____ Date_____

AD’s Email _____ School Phone # _____

As a coach, I understand that I am responsible for entering athletes in the MSTCA meets who have met the standards listed on the various entry forms. I understand that there may be serious consequences if my athletes do not meet the standards, impacting entry of my team in future MSTCA meets.

Coach’s Name (print)_____ (sign)_____

Coach’s Cell Phone# _____

Coach’s Email _____

Please **ATTACH YOUR WINTER ROSTER** and mail before Dec 12, 2015 to:

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

E-mail: hoarj@dy-regional.k12.ma.us

Fax #: 508-398-7635

**List of MSTCA LARGE and SMALL SCHOOLS Divisions for Winter Track Season 2015-2016.
SMALL SCHOOLS List starts on page 7.**

<u>LARGE SCHOOLS DIVISION</u> for MSTCA Meets Up to 1100 combined enrollment	Boys 9-12	Girls 9-12	Total Enrollment
Acton-Boxborough Reg H.S. -1	988	973	1961
Agawam High School-2	693	670	1363
Algonquin Reg. High School -2	702	738	1440
Amherst-Pelham Reg High -3	560	540	1100
Andover High School -1	874	912	1786
Arlington High School-2	600	620	1220
Attleboro High School -1	928	857	1785
Barnstable High School -2	767	809	1576
Beverly High School-2	580	683	1263
Billerica Memorial High School -2	711	772	1483
Boston College High School -1	1303	0	2606
Boston Latin Academy -3	477	629	1106
Boston Latin School -2	672	896	1568
Braintree High School -2	753	762	1515
Bridgewater-Raynham Reg High -2	794	736	1530
Brighton High School -3	645	509	1154
Brockton High School-1	2265	2236	4501
Brookline High School -1	889	885	1774
Cambridge Rindge & Latin Schl. -1	898	828	1726
Catholic Memorial-1	567	0	1134
Central Catholic High School -2	695	659	1354
Chelmsford High School -1	805	795	1600
Chelsea High School -2	679	656	1335
Chicopee Comprehensive HS -2	782	668	1450
Chicopee High School -3	537	590	1127
Concord-Carlisle High School-3	570	639	1209
Dartmouth High School-3	585	551	1136
Diman Regional Voc/Tech HS -2	768	579	1347
Doherty Memorial High School -2	643	667	1310
Durfee High School -1	1124	1109	2233
East Boston High School -2	736	602	1338
Everett High School -1	967	842	1809
Framingham High School -1	1030	1010	2040
Franklin High School -1	781	855	1636
Greater Lawrence Tech HS	629	653	1282
Greater Lowell Tech HS -1	1104	996	2100
Greater New Bedford RVTHS -1	1045	1096	2141
Haverhill High School -1	939	809	1748
Hingham High School-3	573	555	1128
Holyoke High School -2	632	683	1315
King Philip Regional H.S.-2	638	622	1260

LARGE SCHOOLS DIVISION for MSTCA Meets Up to 1100 combined enrollment	Boys 9-12	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 9-12	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
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

	SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment	Boys 9-12	Girls 9-12	Total Enrollment
	Pentucket Reg. High School -4	383	409	792
	Pittsfield High School -4	463	482	945
	Plymouth North High School-3	524	560	1084
	Quabbin Regional High School	423	431	854
	Randolph High School -4	421	343	764
	Rockland High School -5	307	275	582
	Saint Mary's High School (L) - 5	241	265	506
	Saint Peter-Marian Jr/Sr H.S. -5	239	244	483
	Sandwich High School-4	470	510	980
	Saugus High School -5	350	359	709
	Scituate High School -4	406	441	847
	Seekonk High School -5	348	329	677
	Snowden Int'l School @ Copley -5	190	221	411
	Somerset Berkley Regional -4	455	517	972
	South Hadley High School -5	323	308	631
	Stoneham High School -4	328	390	718
	Stoughton High School-3	554	519	1073
	Sutton High School -5	178	210	388
	Swampscott High School -4	346	395	741
	Tech Boston Academy -5	303	219	522
	Tewksbury Memorial High 4	460	447	907
	Triton Regional High School -4	384	403	787
	Tyngsborough High School -5	251	257	508
	Urban Science Academy -5	317	272	589
	Ursuline Academy -5	0	277	554
	Uxbridge High School -5	241	210	451
	Wakefield Memorial High -3	457	628	1085
	Wareham High School -4	388	353	741
	Watertown High School -4	380	370	750
	Wayland High School -4	436	420	856
	West Bridgewater Mid/Sr. HS -5	194	193	387
	West Roxbury Academy -5	394	307	701
	Westborough High School-3	533	534	1067
	Weston High School -4	376	379	755
	Westwood High School 4	439	485	924
	Whitinsville Christian School -5	114	105	219
	Wilmington High School-4	471	500	971
	Winchester High School-3	527	565	1092
	Winthrop High School -5	241	255	496