



30th ANNUAL NEW ENGLAND INTERSCHOLASTIC INDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday, March 4, 2017 at 10:30 AM

At the Bob McIntyre Track

Reggie Lewis Track and Athletic Center

1350 Tremont Street, Roxbury Crossing, Boston, MA 02120

Presented by the Council of New England Secondary School Principals' Association
57 Northern Blvd., Colchester, CT 06415

Executive Director: Donn Friedman, donn@cnesspa.org, (860-416-1884)

President: Michael Lunney, RIIL

New England Track & Field Committee:

Massachusetts: Chris Lane, MIAA; **Connecticut:** Steve Wysowski, CIAC;

Vermont: Bob Johnson, VPA; **Maine:** Mike Burnham, MPA;

New Hampshire: Dave Rozumek, NHIAA; **Rhode Island:** Mike Lunney, RIIL

Registration begins at 9:00 AM

Competition begins at 10:30 AM Field - 11:00 AM Running

10:30 AM Long Jump and Shot Put – Boys, followed by Girls
High Jump (2 pits –Opening Heights: Boys, 6'01"-Girls, 5'01")

11:00 AM 4 x 800 meter Relay - Sections
4 x 200 meter Relay - Sections
1 Mile - Sections
1,000 meter - Sections
600 meter - Sections
300 meter - Sections
2 Mile - Sections
4 x 400 meter Relay – Sections

All the above events will be run as finals.

After the High Jumps have been concluded:

Hurdles – Semifinals (Girls before boys.)
Dash – Semifinals (Girls before boys.)
Hurdles – Final (Boys before girls.)
Dash – Final (Girls before boys.)

NOTE: Girls will compete before the boys except in the hurdles finals, as noted above.

Fastest sections will run last.

All athletes must check in when called.

MEET DIRECTOR:

Rick Kates, rkates@ndahingham.com

FILING OF ENTRIES:

One representative from each state should send all entries electronically using Hy-tek's Meet Manager to Lucia Carroll at lucia.carroll17@gmail.com. Entries should be sent as soon as your qualifiers are determined. All entries should be received by 5:00 pm, Sunday, February 26, 2017.

REGISTRATION:

Registration of athletes, packet pickup, and payment of fees will begin at 9:00 AM in the gymnasium, not the track area. All coaches and athletes should report directly to the gym, entering from the Malcolm X Blvd., aka New Dudley Street side door. **Note: Coaches will be asked to make scratches as they begin the registration process. Coaches will also need to complete, sign, and submit the Emergency Contact Form found at the end of this packet.**

FEES:

\$20.00 per individual athlete; (New – no separate fee for relays - \$20.00 per competing athlete – one \$20.00 fee if the athlete is entered in multiple events.) There will be no refunds and **no purchase orders** will be accepted, check or cash only. Checks should be made payable to the **CNESSPA** and paid at registration on the day of the meet. Please do not mail a check prior to the event.

(Note: Only team members listed on the entry submission and two coaches will be allowed through the competitor gate. \$10.00 per person can be added to the entry check for additional coaches. It would be extremely helpful for all athletes and coaches from each school to report to registration together.)

IMPORTANT: Due to the fact that the meet is very popular and spectators come from all the N.E. states, the Reggie Lewis Center is filled to capacity. So we are obliged to monitor carefully all non-registered athletes. THERE ARE NO ALTERNATES IN THE RELAYS. Coaches must understand this fact. We cannot allow non-competitors to be passed into the meet for free. The Boston Fire Marshals are very cognizant of overcrowding, and in the past have ordered us to close the doors early causing some parents to be unable to see their sons or daughters compete. Please inform your parents to arrive early.

LIMITATIONS:

Each state will be allowed to submit the names of six (6) competitors per event. The selection of athletes will be made by each state's Association Track Committee. Final decision of an athlete's participation remains with the Meet Director and the New England Representative of his or her state. Individual state restrictions govern each state's athletes' participation in the New England Championship. Competitors are limited to a maximum of four (4) events including relays, if your state association allows. National Federation rules govern the meet. No event will be held up to wait for an athlete competing in another event.

*****IMPORTANT INFORMATION*****

Attached form must be signed and brought to registration in order to compete!!!

Emergency Action Plan for Reggie Lewis Track and Athletic Center

The Boston Police Department and the Mass. State Track Coaches Association have developed an Emergency Action Plan that is being used at RLTAAC in case of an emergency situation. The details of this plan can be found at:

http://www.mstca.org/Winter_Season/Winter%202017/Emergency%20Action%20Plan%2012%2010%202016.pdf

There is a short video that coaches should watch before coming to the Reggie Lewis Center. The video shows the various exits from the building, in case of an evacuation order, and the suggested meeting (rally) locations, for purpose of reuniting with their teams. The video can be found at:

<https://youtu.be/YJQX-suDrOg>

Meet management is required to collect from each team an Emergency Contact Form, **available in this information packet** or on the MSTCA web site:

http://www.mstca.org/Winter_Season/Winter%202017/SCHOOL%20Form%20RLC.pdf

THIS FORM WILL BE REQUIRED BEFORE A COACH CAN PICK UP THE REGISTRATION PACKET!!! Coaches at the state level should be advised of this procedure and encouraged to visit the above web sites, print and fill out the form and bring it with them. If they don't have the form, one will be provided, but this will slow down the registration process.

The collected forms would be given to the Police in case of an emergency; they will be kept until the end of the meet and then destroyed.

If anyone has any questions on this subject, please contact Meet Director Rick Kates: rkates@ndahingham.com.

AWARDS:

Special New England Champion plaques will be presented to the first place winners of each event, including relays.

Athletes/relays placing 2nd through 6th in their events will receive medals

SCHOOL REPS:

All competitors must have an **adult representative** of their school present in order to compete in the meet.

EQUIPMENT:

Starting blocks, shot puts, relay batons will be supplied by the meet. Do not bring your own to the meet.

LOCKERS:

There are no locker rooms available at Reggie Lewis. Athletes should come ready to compete.

GENERAL ADMISSION TO MEET:

General admission: \$10.00, tickets go on sale at 9:00 AM at the front entrance.

SPIKES:

Athletes are to wear their spikes only in the track area and only during their competition. Spikes worn anywhere else in the center may cause your athlete to be disqualified. SPIKES: only 1/4" pyramid spikes are allowed. Other spikes will cause elimination from the meet. Correct size spikes will be available to purchase near the registration area in the gym. Athletes must have their spikes checked in the gym before competition.

T-SHIRTS:

Official New England Indoor Track & Field Championship apparel will be sold at the meet.

Apparel can be pre-ordered at www.grr-tees.com until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.

COACHES & ATHLETES ADMISSION INFORMATION:

Each school team entered will receive one (1) coach's wristband per gender! Only athletes actually entered in the competition will be allowed into the meet, and they must wear their wristband to enter the Field House. Coaches or Athletic Directors passes will not be accepted at this meet. Relay team members must wear their competitor numbers.

WEB SITE FOR INFORMATION AND RESULTS: www.cnesspa.com

Results will also be posted on: www.milesplit.com; www.mstca.org; www.coolrunning.com

VIDEO ACCESS:

The New England Indoor Track & Field Championship can be streamed live and/or retrieved on demand through the NFHS Network for a fee. The link for access is

<http://www.nfhsnetwork.com/affiliates/council-of-new-england-secondary-schools-principals-association>

COACHES: PLEASE READ THE “COACHES AND ATHLETES INFORMATION” INCLUDED IN EACH PACKET AT REGISTRATION SO YOU WILL UNDERSTAND YOUR AND YOUR ATHLETES’ RESPONSIBILITIES.

Remember you pay for your entries at the registration desk. All field event athletes must report to their site at the initial call. The decision of the games committee is final!

DIRECTIONS TO REGGIE LEWIS:

North of Boston: follow I-93 South to Mass. Ave. exit;

West of Boston: follow Mass. Pike East to I-93 South (Southeast Expressway);

South of Boston: Rte. I-93 North to Southeast Expressway to Mass. Ave. exit; Take the Mass. Ave exit ramp, continue straight through the lights on to Melnea Cass Blvd., and follow Melnea Cass to the end. Go left onto Tremont Street – Reggie Lewis is 1/2 mile on the left.

Please see www.mstca.org for specific parking information and the bus driver manual for further parking instructions.

HOTELS:

Overnight accommodations and all meals are the responsibility of the entering schools and individuals. Usually special rates are arranged at some area hotels. Unfortunately, area hotels did not cooperate in our efforts. If any agreements are reached after publishing this packet, they will be listed on the CNESSPA website, www.cnesspa.org.

EMERGENCY CONTACT FORM



SCHOOL: _____

Mass State Track Coaches Association

Indoor Track & Field Coaches Emergency Contact Form

Girls Head Coach: _____ Cell Phone# _____

Boys Head Coach: _____ Cell Phone# _____

Assistant Coach: _____ Cell Phone# _____

Assistant Coach: _____ Cell Phone# _____

Assistant Coach: _____ Cell Phone# _____

What is your school's Rally point in case of evacuation?

1. Boston Police headquarters
2. Boston Police headquarters parking lot
3. Mosque across Malcom X Blvd
4. RCC parking Lot
5. Madison Park HS Main Entrance
6. Behind the Health Center

Is your school allowed to warm up/down outside? _____ YES _____ NO

IF YES IS ANSWERED: ALL ATHLETES MUST ADHERE TO THE FOLLOWING AREAS PER ORDER OF THE BOSTON POLICE-

MALCOLM X BLVD UP TO MADISON PARK HS

OR

TREMONT ST UP TO BOSTON POLICE HEADQUARTERS