



Mass State Track Coaches



Winter Speed Classic

Friday, December 30, 2016

Sponsoring School: Chelmsford HS

MEET NUMBERS DONATED BY : MARATHON SPORTS

Meet Director: Jack Lang

Email: jelxc41@gmail.com

Telephone: 978-689-9742

Order of Events: Girls/Boys

11am Long Jump

NOON-Rolling Schedule-Slow to Fastest Heats

55 Meter Hurdles

300 Meters

600 Meters

55 Meter Dash

4 x 200 Meter Relay

4 x 400 Meter Relay

1. Event Limitations: 2 running, 1 field event-No Qualifying standard except for LJ Boys 17' Girls 13'0
2. Awards: NONE Meet T Shirts will be available on site
3. Cost \$5 per athlete \$15 per relay Maximum Limit \$100 per single sex team or \$175 per school.
4. Entry Deadline on www.directathletics.com - **Thursday, December 22, 2016**. No late entries or changes.
5. Purchase order/checks must be sent/arrive to Elaine Mooney 60 Cynthia Rd Seekonk, MA 02771 by Wednesday, December 28, 2016.
6. Single Waiver Form must be turned in to Jim Hoar-by December 15-See www.mstca.org for further information.
7. Lane preferences: 300m, 600m, 4x200m, 4 x 400 m- 5-6-4-3-2-1
8. Infield: 8 lanes