



WINTER SPEED CLASSIC

Friday, December 29th, 2017 (11:00AM - Field, Noon - Track)
Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA
1350 Tremont St., Roxbury Crossing.

Hosted by:	Chelmsford High School
Sanctioned by:	M.I.A.A.
Meet Director:	Jack Lang, jelxc41@gmail.com , 978-689-9742
Sponsored by:	Massachusetts State Track Field & Marathon Sports
Events & Standards:	This meet is open to ALL athletes. The only event with a standard is the long jump: Boys: 17' 0" Girls: 13' 0"
Participation Rules:	<ul style="list-style-type: none"> ➤ 2-1 rule (i.e. 2 running, 1 field) ➤ A relay counts as a running event. ➤ Uniform rules will be enforced (including relays). ➤ NFHS Rules will be in effect. ➤ Competitor numbers must be worn on the front of the uniform, including relays.
DEADLINES & REGISTRATION	December 22, 2017 by Midnight. All entries will be due on www.directathletics.com There are NO late entries or changes.
Entry Fees	<p>\$6 per athlete \$20 per relay Maximum Limit \$175 per single sex team, \$300 for both teams.</p> <p>Make checks payable to: MSTCA. MSTCA IRS Tax ID number: 04-3394224</p> <p>Payments in the form of a check or purchase order, payable to <u>MSTCA</u>, should be mailed as soon as possible to:</p> <p>MSTCA c/o Elaine Mooney 60 Cynthia Road Seekonk, MA 02771</p> <p>Send your waivers for the entire season with team roster to Jim Hoar by Dec 14, 2017. Waivers can be FAXED to 508-398-7635 or email: hoarj@dy-regional.k12.ma.us</p> <p><u>THERE ARE NO LATE ENTRIES INTO THIS MEET!</u></p>
ORDER OF EVENTS	<p><u>Field Events:</u> 11:00 AM LONG JUMP (Boys before Girls) NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.</p> <p><u>Running Events (rolling):</u> 12:00 NOON (Girls before Boys) 55 Meter Hurdles (Heats=Slow to Fast)</p>

	<p>300 Meters (Heats=Slow to Fast)</p> <p>600 Meters (Heats=Slow to Fast)</p> <p>55 Meter Dash (Heats=Slow to Fast)</p> <p>4 x 200 Meter Relay (Heats=Slow to Fast)</p> <p>4 x 400 Meter Relay (Heats=Slow to Fast)</p> <p>Oval Lane preferences: 300m, 600m, 4x200m, 4 x 400m (5-6-4-3-2-1)</p> <p>Infield: 8 lanes</p>
Awards	There are NO awards given at this meet.
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
Spikes	Only 1/8" or 1/4" PYRAMID spikes allowed at R.L.C. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet. Spikes are allowed ONLY in the track area.
Equipment: Batons, Shots, & Blocks	All will be provided by meet management. Do not bring blocks or shots to the meet.
Emergency Contact Form	All coaches must have filled out a MSTCA Reggie Lewis Center Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.
Incllement Weather	<p>In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, coaches should watch TV (look for Roxbury Community College) and/or listen to radio announcements, or you may call any of the listed numbers:</p> <p>Reggie Lewis Center 617-541-3535 Jim Hoar 508-776-7589</p> <p>Rick Kates 781-706-3340 Frank Mooney 508-728-9921</p> <p>Jack Lang 978-689-9742</p>