



WINTER DISTANCE CLASSIC

Saturday December 29th, 2018 **(10:00AM Start)**
Robert McIntyre Track at Reggie Lewis Track & Athletic
Center, Roxbury, MA 1350 Tremont St. Roxbury Crossing

Hosted by:	St. John's Prep High School																		
Sanctioned by:	M.I.A.A.																		
Meet Director:	Zach Lankow, Head Coach, St. John's Prep zlankow@stjohnsprep.org Cell- 617-839-7795																		
Sponsored by:	Massachusetts State Track Field & Marathon Sports																		
Events & Standards:	<p>Each team will be LIMITED to 3 entries per event (per gender), and 1 relay entry (per gender). More than 3 participants will be considered at the discretion of the Meet Director. Please contact for details.</p> <table><thead><tr><th>Event:</th><th>Girls</th><th>Boys</th></tr></thead><tbody><tr><td>1000m</td><td>3:55</td><td>3:20</td></tr><tr><td>1-Mile</td><td>6:25</td><td>5:35</td></tr><tr><td>2-Mile</td><td>14:00</td><td>12:00</td></tr><tr><td>4x800</td><td>11:20</td><td>9:20</td></tr><tr><td>Shot put</td><td>21'0"</td><td>30'0"</td></tr></tbody></table>	Event:	Girls	Boys	1000m	3:55	3:20	1-Mile	6:25	5:35	2-Mile	14:00	12:00	4x800	11:20	9:20	Shot put	21'0"	30'0"
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Participation Rules:	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																		



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	<p>will be in effect. Competitor numbers must be worn on the front of the uniform, including relays.</p>
DEADLINES & REGISTRATION	<p>December 26, 2018 by Midnight. All entries will be due on www.directathletics.com There are NO late entries or changes.</p>
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.</p> <p>MSTCA IRS Tax ID number: 04-3394224</p> <p>Payments in the form of a check or purchase order, payable to MSTCA, should be mailed as soon as possible to:</p> <p>MSTCA c/o Distance Classic 956 Turnpike Road, Unit D Canton, MA 02021</p> <p>POs can be sent electronically to: mstca.billing@gmail.com</p> <p>Send your waivers for the entire season with team roster to Jim Hoar by Dec 15, 2018. Waivers can be FAXED to 508-398-7635 or email: hoarj@dy-regional.k12.ma.us</p> <p>THERE ARE NO LATE ENTRIES INTO THIS MEET!</p>
FIELD EVENTS	<p>Field Event: 10:00 AM Shot Put, 2 circles, best flights first. 3 throws each, no finals.</p> <p>The shot put will be the only field event offered at this meet.</p>



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ORDER OF RUNNING EVENTS	Running Events (rolling): 11:00AM (Girls before Boys) 1000m (Fast to Slow) 1 Mile (Fast to Slow) 2-Mile (Fast to Slow) 4x800m Relay (Fast to Slow)
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.
Inclement Weather	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



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(look for Roxbury Community College) and/or listen to radio announcements, or you may call any of the listed numbers: Reggie Lewis Center 617-541-3535 Jim Hoar 508-776-7589

Rick Kates 781-706-3340

Frank Mooney 508-728-9921

Zach Lankow 617- 839- 7795