



**Auerbach Freshman-Sophomore Championship Meet**  
**SMALL SCHOOLS - Saturday, January 5<sup>th</sup>, 2019 (10:00 AM)**  
**LARGE SCHOOLS - Sunday, January 6<sup>th</sup>, 2019 (10:00 AM)**  
**Robert McIntyre Track at Reggie Lewis Track and Athletic Center**  
**Roxbury, MA 01350 Tremont St., Roxbury Crossing**

<b>Hosted by:</b>	Woburn Memorial High School (Large Schools), North Quincy High School (Small Schools)		
<b>Sanctioned by:</b>	M.I.A.A.		
<b>Meet Director:</b>	James Fletcher (Large) (c) 617-543-5261, jamesfletcher.hc@gmail.com Lou Tozzi (Small), (h) 781-837-5185, (c) 617-947-1031, lp.tozz@gmail.com		
<b>Sponsored by:</b>	Auerbach Youth Foundation		
<b>Entry Information:</b>	To determine which MSTCA division (LARGE OR SMALL) your team will compete in, please find your school on the MSTCA list. If your school's enrollment is 1,100 students or more, your school will compete in the large school division for this meet. If enrollment is less than 1,100 students, your school will compete in the small school division. The enrollment figures have been taken from information on the MIAA website.		
<b>Events &amp; Standards:</b> <b>UPDATED</b> <b>Nov 12, 2018</b>	<b>EVENTS</b>	<b>GIRLS STANDARDS (LARGE)</b>	<b>BOYS STANDARDS (LARGE)</b>
	55 M Dash 55 M Hurdles 300 Meters 600 Meters 1,000 Meters One Mile Run Two Mile Run Shot Put High Jump Long Jump 4 x 200 meter Relay 4 x 400 meter Relay	8.75 11.7 48.5 2:00.0 3:45.0 6:10.0 13:30.0 21' 0" 4' 6" 13' 10" 2:00.0 4:50.0	7.65 11.0 42.5 1:40.0 3:05.0 5:20.0 12:00.0 30' 0" 5' 0" 16' 0" 1:48.0 4:10.0
	<b>EVENTS</b>	<b>GIRLS STANDARDS (SMALL)</b>	<b>BOYS STANDARDS (SMALL)</b>
	55 M Dash 55 M Hurdles 300 Meters 600 Meters 1,000 Meters One Mile Run Two Mile Run Shot Put High Jump Long Jump 4 x 200 meter Relay 4 x 400 meter Relay	8.75 11.7 50.0 2:05.0 3:55.0 6:25.0 14:00.0 21' 0" 4' 4" 12' 0" 2:05.0 5:00.0	7.65 11.0 44.0 1:50.0 3:20.0 5:35.0 12:00.0 30' 0" 5' 0" 15' 0" 1:50.0 4:20.0
<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>➤ This meet is only for athletes enrolled as FRESHMEN or SOPHOMORES in high school. Do not enter any 7th or 8th graders.</li> <li>➤ 1-1-1 rule (1 running, 1 field, 1 relay)</li> <li>➤ A school may enter TWO ATHLETES per event as long as they have met the qualifying standards listed. You may enter a third athlete in an event if that athlete has achieved the qualifying standard for that event. You are expected to enter your two best athletes. Do not enter two athletes and then ask to enter a third athlete who is better than the other two. You must contact the Meet Director no later than Wednesday, January 2 7pm to obtain permission to enter the third person, no exceptions! The athletes must have ACHIEVED these marks in previous competition, these are not "anticipated" marks. This is a CHAMPIONSHIP meet,</li> </ul>		

	<p>not a DEVELOPMENTAL meet. Athletes entered without seed times (NT) or distances (ND) will not be accepted.</p> <p>➤ No switching of events will be allowed. Athletes must compete in the events in which they are entered. No school will be allowed to compete in the division that does not match their enrollment. Boys and Girls compete in the same division. No exceptions.</p>
<b>DEADLINES &amp; REGISTRATION</b>	<p>All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a> by Tuesday, January 1<sup>st</sup>, 2019. Payment must be received by Thursday, January 3, 2019.</p>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>• \$5.00 per athlete, per event and \$15.00 per relay team, whichever is less.</li> <li>• \$75.00 per school team (separate boys' and girls' fees)</li> <li>• \$150.00 maximum per school, or</li> </ul> <p>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.</p> <p>Make checks payable to: MSTCA. Payment must be received by January 1st, 2019 or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224</p> <p><b>Payments</b> in the form of a check or purchase order, <b>payable to <u>MSTCA</u></b>, should be mailed as soon as possible to:</p> <p><b>MSTCA</b> <b>c/o Frosh/Soph Entries</b> <b>956 Turnpike Rd, Unit D</b> <b>Canton, MA 02021</b></p> <p><b>Purchase Orders (POs) may also be sent electronically to:</b></p> <p><b><a href="mailto:mstca.billing@gmail.com">mstca.billing@gmail.com</a></b></p> <p><b>LATE ENTRIES AND FEES:</b> Late entries are strongly discouraged; however there is a late fee policy for MSTCA meets. If you miss the Tuesday (1/1/19) deadline, and still want your team to compete, you must contact the meet director by Wednesday, 1/2, no later than 7 p.m. He is the only one to deal with this request. You will not be able to access Direct Athletics. The late fee will be \$50 per person or relay. No entries will be accepted after Wednesday 1/2 at 7:00 p.m. Schools that enter late entrants must bring to the meet a check or Purchase Order for the entry fees plus the late fees, to give to the meet director, or they will not be allowed to compete.</p>
<b>Awards</b>	<p>Medals will be awarded to the top eight (8) placers in each event, including relays. There is no team award. There will be a trackside award ceremony as soon as the results are available. Make sure your athletes are present for their event ceremony.</p>
<b>Results</b>	<p>Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a>, the official MSTCA web site.</p>
<b>Spikes</b>	<p>Only 1/8" or 1/4" PYRAMID spikes allowed at R.L.C. <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b> Spikes are allowed ONLY in the track area.</p>
<b>High Jump</b>	<p>Two jump pits will be set up at 10:00am (start of field events) Starting Heights: Small Schools Girls - 4'04"; Boys - 5'00" Large Schools Girls-4'06"; Boys – 5'00" Height progression will increase by 2 inches.</p>
<b>Shot Put</b>	<p>Each athlete will have three attempts; the best 9 throwers will advance to a final. All first legal throws will be measured. Then, only throws of 21' and over (girls) and 30' and over (boys) will be measured. The meet will supply shots - leave your implements at home, they will not be allowed, even in practice.</p>
<b>Long Jump</b>	<p>Each athlete will have two attempts; the best 9 jumpers will advance to a final for two more attempts. All first legal jumps will be measured. Small schools-only jumps of 12' and over (girls) and 15' and over (boys) will be measured.</p>

	<p>Large Schools-only jumps of 13'10" and over (girls) and 16' and over(boys) will be measured.  <b>NO RUNBACKS ALLOWED!</b> Athletes should come prepared with a mark.</p>
<b>Equipment: Shots, Blocks &amp; Batons</b>	<p>All will be provided by meet management. Do not bring blocks or shots to the meet.  <b>Teams must provide their own batons.</b></p>
<b>ORDER OF EVENTS</b>	<p><b>(BOYS compete before GIRLS in running events)</b></p> <p><b>Field Event Starting Times: 10:00 a.m.</b>  <b>SHOT PUT</b> (Boys throw in the cage; Girls throw in the area to the left of the score board)  Top 9 to finals  <b>LONG JUMP</b> (Boys Before Girls) –Top 9 to finals  <b>HIGH JUMP</b> (Two Pits) – Opening Heights: Girls - 4'04"; Boys - 5'00" [Starts after Hurdles/Dash]</p> <p><b><u>Running Events: Listen for calls for check-in as announced</u></b></p> <p>ALL UNSEEDED 2 Mile heats will compete starting at 10 am during Hurdles/Dash Events except the Top 18 who will compete later on. Top 18 will compete after the 300 M Finals.  <b><u>UNSEEDED 2 MILE START TIME: 10:00am [Check in for 2 Mile 9:30am]</u></b></p> <p><b>ONE MILE RUN - FINAL</b> - Sections on time, fastest section last  <b>600 METERS - FINAL</b> - Sections on time, fastest section last*  <b>1000 METERS - FINAL</b> - Sections on time, fastest section last*  <b>300 METERS - FINAL</b> - Sections on time, fastest section last  <b>TWO MILE RUN - FINAL</b> – Seeded Heat Top 18 will be list on <a href="http://www.mstca.org">www.mstca.org</a>  <b>4 x 200 Meter Relay</b> - Sections on time (A teams only, NO B teams allowed)*  <b>4 x 400 Meter Relay</b> - Sections on time (A teams only, NO B teams allowed)*  *<b>Lane preferences for these events: 5-6-4-3-2-1.</b>  <b><u>INFIELD START TIME: 10:00am [Check in for Hurdles 9:40am]</u></b>  <b>Hurdle Trials (G-B):</b> serpentine seeding based on entry time, fast to slow, fastest 16 advance to a two-section final  <b>Dash Trials:</b> serpentine seeding based on entry time, fast to slow, fastest 16 advance to a two-section final.  <b>Hurdle Finals:</b> BOYS before GIRLS  <b>Dash Finals:</b> GIRLS before BOYS</p>
<b>Emergency Contact Form</b>	<p>All coaches must have filled out a MSTCA Reggie Lewis Center <b>Emergency Contact Form</b> online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.</p>
<b>Inclement Weather</b>	<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:  Reggie Lewis Center 617-541-3535                      Jim Hoar                      508-776-7589  Rick Kates                      781-706-3340                      Frank Mooney                      508-728-9921  Lou Tozzi                      617-947-1031                      James Fletcher                      617-543-5261</p>



SINGLE WAIVER FORM FOR Indoor Track & Field 2018-2019

I attest that all the athletes that will be participating from our school in the MSTCA Indoor Track & Field meets 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 from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events.

This waiver acknowledges I have read and understand the following policies:

1. All payments either purchase order or check must be received prior to competition date.
2. School/Coach has read/understands MSTCA Coaches Emergency Action Plan  
[http://www.mstca.org/Winter\\_Season/Winter%202018/Emergency%20Action%20Plan%2012%2010%202016.pdf](http://www.mstca.org/Winter_Season/Winter%202018/Emergency%20Action%20Plan%2012%2010%202016.pdf)
3. Head Coach is listed as contact person on [www.directathletics.com](http://www.directathletics.com)

School's Name \_\_\_\_\_

Boys' Team \_\_\_\_\_ Girl's Team \_\_\_\_\_ Both \_\_\_\_\_

Principal/OR Athletic Director's Signature \_\_\_\_\_

Print Principal/OR Athletic Director's Name: \_\_\_\_\_

Coaches Signature: \_\_\_\_\_

Print Coaches Name: \_\_\_\_\_

School's Phone Number \_\_\_\_\_

Date \_\_\_\_\_

**Please attach your Indoor Track & Field teams' roster**

Mail it immediately to: Jim Hoar 31 Champion Road Yarmouthport, MA 02675

Or scan/email to: [hoarj@dy-regional.k12.ma.us](mailto:hoarj@dy-regional.k12.ma.us)

OR DY fax 508-398-7635

THIS MUST BE RECEIVED NO LATER THAN DECEMBER 14, 2018.