

42nd Annual GIRLS' COACHES and 56th Annual BOYS'



COACHES Invitational

LARGE SCHOOLS

Saturday, January 26th, 2019 (9:00 AM)

Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA

Hosted by:	Somerville High School	
Sanctioned by:	M.I.A.A	
Meet Director:	Charlie ORourke , Cell 617-842-9317 Email: charlieorourke@gmail.com	
Sponsored by:	SAUCONY	
Small/Large School Determination	Dividing line for Small or Large School has been set at 1100 (enrollment of school). Determination will be set based on the 2018-2019 MIAA alignment found here: GIRLS: http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Girls_Indoor_Track_alignment_info_201718_thru_202021_FINAL.pdf BOYS: http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Boys_Indoor_Track_alignment_info_201718_thru_202021_FINAL.pdf	
GIRLS Events & Standards:	EVENTS 55 meter Hurdles 55 meter Dash <i>Bob McIntyre</i> 300 meter Dash 600 meter Run 1,000 meter Run <i>Nancy Bugey</i> One Mile Run <i>Margaret McNiff</i> Two Mile Run <i>Holly Young</i> High Jump Shot Put Long Jump 4 x 200 meter Relay 4 x 400 meter Relay 4 x 800 meter Relay	GIRLS STANDARDS :09.90m FAT - 9.5 hand 55m /:08.0 50y :08.15m FAT - 7.9 hand 55m /:06.7 50y :46.0m/:42.5y 1:49.0m/1:40.0y 3:22.5m/3:03.0y 5:45.0 12:40.0 4'8" 30'00" 15'00" 1:55.0 4:35.0 10:50.0
<p><u>Do not enter athletes or relays that have not achieved the performance standards!</u></p>		
BOYS Events & Standards:	EVENTS <i>Reggie Poyau</i> 55 meter Hurdles <i>Ralph Colson</i> 55 meter Dash <i>Bob McIntyre</i> 300 meter Dash <i>Scott McFettridge</i> 600 meter Run 1,000 meter Run <i>Will Cloney</i> One Mile Run <i>Frank Mooney</i> Two Mile Run <i>Greg Gonsalves</i> High Jump <i>Joe Naughton</i> Shot Put Long Jump <i>William O'Connor</i> 4 x 200 meter Relay 4 x 400 meter Relay 4 x 800 meter Relay	BOYS STANDARDS :08.70m FAT - 8.4 hand 55m /:07.2 50y :07.20m FAT - 6.9 hand 55m /:05.8 50y :39.5m/:36.0y 1:32.0m/1:22.0y 2:49.2 m/2:35.0y 4:50.0 10:30.0 5'6" 43'00" 19'00" 1:39.0 3:45.0 8:50.0
<p><u>Do not enter athletes or relays that have not achieved the performance standards!</u></p>		

Participation Rule:	<ul style="list-style-type: none"> ➤ M.I.A.A. rules will be in effect. ➤ 3-0 rule (i.e. 3 running, 3 field, 2 running & 1 field, 2 field & 1 running) ➤ A relay counts as a running event. ➤ Uniform rules will be enforced.
Team Athlete Participation:	<p>Each team may enter THREE ATHLETES per event and ONE RELAY TEAM per relay if they have met the standards. You will be asked to include when and where each athlete achieved the performance.</p> <p><u>EXCEPTIONS: You may only enter two athletes in the One Mile, Two Mile and Long Jump. If you have more than two exceptional athletes in these events you need to contact the meet director BEFORE THE CLOSING DATE (January 21st) for entries to obtain permission to enter them.</u></p> <p>Meet Director: Charlie ORourke , Cell-617-842-9317, E-Mail- charlieorourke@gmail.com</p>
Athlete Performance Verification!!	<p>Coaches please note that, as in previous years, the performances you submit for your athletes will be checked and verified and you may be contacted if the meet director finds a discrepancy. If you have an unusual situation with an athlete, you should contact the meet director and explain.</p>
DEADLINE	<p><u>DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY Monday, January 21st, 2019, at MIDNIGHT.</u> You <u>MUST</u> enter on-line using www.DirectAthletics.com</p>
Entry Fees	<p>\$8.00 per individual per event, \$30.00 per relay team.</p> <p>Entry fees are non-refundable. If you enter athletes into the meet, your school is responsible for payment of the entry fees, even if your athletes do not compete. If your school uses the Single Payment option, <u>you complete the entry process</u>, come to the meet and pick up your packet. Instructions for this method of payment are on the MSTCA web site.</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 Coaches Invite Large Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p>POs can be sent <i>electronically</i> to: mstca.billing@gmail.com</p> <p>MSTCA Tax ID # 04-3394224</p> <p>If payment is not received before meet day, you may bring payment to the meet, but you must notify the meet director of your plan to do so. If payment is not received, your team will not be allowed to participate.</p> <p><u>LATE FEE:</u> Late entries are <i>strongly discouraged</i>. There is a late fee policy for MSTCA meets. If you miss the Sunday deadline and still want to compete, <u>you will have to contact the meet director</u> as Direct Athletics will be closed. <u>He is the only one to deal with this problem.</u> The late fee structure will be \$50 per person or relay on Tuesday before 10:00 p.m. <u>No entries will be accepted after Tuesday at 10:00 p.m.</u> Schools that enter late entrants must come to the meet with a check or Purchase Order for the entry fee plus late fees, to hand to the meet director or they will not be allowed to compete.</p>

Awards	Top SIX placers in each event. NO team awards. There will be a trackside awards ceremony for each event as soon as the event is done and results are available. Please make sure your athletes are present at this ceremony.																						
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.																						
High Jump	<p>"Five Person Alive" will be used in the H.J. until there are six competitors remaining, and then the event will progress in a regular rotation. Girls Progression: 4'8, 4'10, 4'11, 5'1, 5'3, up 2" Boys Progressions: 5'6, 5'8, 5'10, 6'0, up 2" HIGH JUMP: Two jump pits will be set up at the conclusion of the hurdles and dashes, girls at scoreboard end, boys in middle of floor. The competition will begin 30 minutes after the pits are set up to give athletes time to warm up and set their marks.</p>																						
Shot Put	Implements will be provided by the meet. Do NOT bring any shots to the meet, they will not be allowed, even for practice. All first legal throws will be measured, then only throws equal to, or better than, the lowest MIAA qualifying standard will be measured. <u>Do not bring athletes who will not be able to throw the minimum distance.</u>																						
Long Jump	All first legal jumps will be measured, and then only jumps equal to or over the lowest MIAA qualifying standards will be measured. <u>Do not bring athletes who have not jumped the standard this season.</u> NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.																						
Equipment: Batons, Shots, & Blocks	You must provide your own baton. Do not bring blocks or shots to the meet, they will be provided by meet management.																						
ORDER OF EVENTS	<p>Field Events: 9 a.m. SHOT PUT (two throwing areas) Top 7 to Finals LONG JUMP (Girls before Boys) Top 7 to Finals</p> <p>Running Events (rolling): (Boys before Girls)</p> <p>9:00 a.m. on the oval.</p> <table border="0"> <tr> <td>Unseeded Two Mile</td> <td>FINAL _ Sections on ttime, Top 18 will run later.</td> </tr> <tr> <td>One Mile Run</td> <td>FINAL – Sections on time, fastest section last</td> </tr> <tr> <td>600 Meter Dash</td> <td>FINAL – Sections on time, fastest section last *</td> </tr> <tr> <td>1000 Meter Run</td> <td>FINAL – Sections on time, fastest section last</td> </tr> <tr> <td>300 Meter Run</td> <td>FINAL – Sections on time, fastest section last *</td> </tr> <tr> <td>Two Mile Run</td> <td>FINAL – Sections on time, fastest section last</td> </tr> </table> <p>Relays may start AFTER the completion of the High Jumps or earlier, at the discretion of meet management:</p> <table border="0"> <tr> <td>4 x 200m Relay</td> <td>Sections on time - fastest section last *</td> </tr> <tr> <td>4 x 800m Relay</td> <td>Sections on time - fastest section last</td> </tr> <tr> <td>4 x 400m Relay</td> <td>Sections on time - fastest section last *</td> </tr> </table> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p> <p>10 a.m. on the infield (8 lanes):</p> <p>Hurdles & Dash trials serpentine seeding based on entry time, fast to slow, fastest 8 advance to finals</p> <table border="0"> <tr> <td>55 Hurdles</td> <td>TRIALS & FINALS</td> </tr> <tr> <td>55 Dash</td> <td>TRIALS & FINALS</td> </tr> </table>	Unseeded Two Mile	FINAL _ Sections on ttime, Top 18 will run later.	One Mile Run	FINAL – Sections on time, fastest section last	600 Meter Dash	FINAL – Sections on time, fastest section last *	1000 Meter Run	FINAL – Sections on time, fastest section last	300 Meter Run	FINAL – Sections on time, fastest section last *	Two Mile Run	FINAL – Sections on time, fastest section last	4 x 200m Relay	Sections on time - fastest section last *	4 x 800m Relay	Sections on time - fastest section last	4 x 400m Relay	Sections on time - fastest section last *	55 Hurdles	TRIALS & FINALS	55 Dash	TRIALS & FINALS
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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 (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 Charles Butterfield 508-886-6015 Charlie ORourke 617-842-9317 Rick Kates 781-706-3340 Frank Mooney 508-728-9921 Jim Hoar 508-776-7589