



# Winter Festival Track and Field Meet

**Large Schools - Saturday, December 15, 2018 – 10:00 AM**

**Small Schools – Sunday, December 16, 2018 – 10:00 AM**

**Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA  
1350 Tremont St., Roxbury Crossing.**

<b>Hosted by:</b>	Large – Wachusett Regional, Small – Northampton High School															
<b>Sanctioned by:</b>	M.I.A.A.															
<b>Meet Director:</b>	<b>Large Schools</b> - Mike O’Malley, <a href="mailto:wrhscoacho@gmail.com">wrhscoacho@gmail.com</a> , 774-232-2184 <b>Small Schools</b> - Linda Rowbotham, <a href="mailto:coachrow413@gmail.com">coachrow413@gmail.com</a> , 413-455-9051															
<b>Sponsored by:</b>	Massachusetts State Track Coaches Association (MSTCA) and Marathon Sports															
<b>Small/Large School Determination</b>	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: <b>GIRLS:</b> <a href="http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Girls_Indoor_Track_alignment_info_201718_thru_202021_FINAL.pdf">http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Girls Indoor Track alignment info 201718 thru 202021 FINAL.pdf</a> <b>BOYS:</b> <a href="http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Boys_Indoor_Track_alignment_info_201718_thru_202021_FINAL.pdf">http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Boys Indoor Track alignment info 201718 thru 202021 FINAL.pdf</a>															
<b>Description</b>	These are the first meets of the season. They are part of the developmental series sponsored by the Mass. State Track Coaches Assn. with the objective of enhancing the track and field experience for the youth of Massachusetts. These meets are designed to give your athletes a chance for quality performances early in the season.															
<b>Charity Support</b>	<b>The MSTCA is supporting “Christmas in the City,” Boston’s largest charity event to benefit homeless families. Please ask your athletes to bring to this meet a NEW, UNWRAPPED TOY suitable for children 3 to 16 years old. There will be volunteer workers in the gym to greet you and help you when you arrive.</b>  <b>The toy “giveaway” will be held on Monday, December 17 at the Boston Convention Center on Summer Street and will benefit thousands of needy children. If you’re not familiar with this event, please visit: <a href="http://www.Christmasinthecity.org">www.Christmasinthecity.org</a> and watch the ABC World News segment, it’s very moving and inspirational! Please help us make this event a huge success! For more information, contact Lou Tozzi at 781-837-5185 or 617-947-1031.</b>															
<b>Events</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">55 M Hurdles</td> <td style="width: 33%;">One Mile Run</td> <td style="width: 33%;">4 x 200 meter Relay</td> </tr> <tr> <td>55 M Dash</td> <td>Two Mile Run</td> <td>4 x 400 meter Relay</td> </tr> <tr> <td>300 Meters</td> <td>Shot Put</td> <td>4 x 800 meter Relay</td> </tr> <tr> <td>600 Meters</td> <td>High Jump</td> <td></td> </tr> <tr> <td>1000 Meters</td> <td>Long Jump</td> <td></td> </tr> </table> <p><b><u>STANDARDS</u></b>            BOYS One Mile Run 6:00 Boys Two Mile Run 12:00            GIRLS One Mile Run 6:45 Girls Two Mile Run 13:30            Please submit seed times and distances. If you do not have a seed time for an athlete, don’t guess, leave it blank.</p>	55 M Hurdles	One Mile Run	4 x 200 meter Relay	55 M Dash	Two Mile Run	4 x 400 meter Relay	300 Meters	Shot Put	4 x 800 meter Relay	600 Meters	High Jump		1000 Meters	Long Jump	
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600 Meters	High Jump															
1000 Meters	Long Jump															
<b>Participation Rules:</b>	M.I.A.A. rules will be in effect, including enforcement of the uniform rule. An athlete may participate in 1 running, 1 field and 1 relay per athlete. A team may enter only one relay team in a relay event, no B teams allowed.															

<p><b>DEADLINE</b></p>	<p><b>ON-LINE ENTRIES MUST BE COMPLETED BY Monday, December 10<sup>th</sup>, 2018, at MIDNIGHT.</b>          You <b>MUST</b> enter on-line using <a href="http://www.DirectAthletics.com">www.DirectAthletics.com</a>          No entries will be accepted after the closing time/date without the late fee charge. * <b>Note Entry Fees section below.</b> *</p>
<p><b>Order Of Events</b></p>	<p><b>FIELD EVENTS: All must check in before 9:45 a.m.</b>  <b>Competition begins at 10 a.m.</b></p> <p><b>Shot Put:</b> Two throwing areas Boys &amp; Girls same time  <b>Long Jump:</b> Girls, then boys. Each jumper will be allowed three jumps. There will be no finals.  <b>At conclusion of Infield Running Events-All High Jumpers must check in at that time.</b>  <b>High Jump:</b> Opening Height: Girls 4'6" and Boys 5'0". "Five Alive" rule will be used until there are six jumpers remaining in the competition. There will be two high jump pits, one for girls, one for boys.</p> <p><b>INFIELD: : All Hurdlers must check in before 9:45 a.m.</b>  <b>Competition begins at 10 a.m.</b></p> <p><b>Hurdles Trials:</b> seeding based on entry time, fast to slow, fastest 16 advance to a <b>two- section FINAL.</b> Girls before Boys.  <b>Dash Trials:</b> seeding based on entry time, fast to slow, fastest 16 advance to a <b>Two-section FINAL.</b> Girls before Boys.  <b>Hurdle Finals:</b> Boys before Girls  <b>Dash Finals:</b> Girls before Boys  <b>HIGH JUMP is contested after the infield sprints.</b></p> <p><b>RUNNING EVENTS: Make sure your athletes listen to the calls for check-in. Boys run before Girls.</b></p> <p><b>10:30 AM</b>      <b>One Mile Run</b> - sections on time, fastest section first.  <b>600 meter Run</b> - sections on time, fastest section first. *  <b>1,000 meter Run</b> - sections on time, fastest section first.  <b>300 meter Dash</b> - sections on time, fastest section first.*  <b>Two Mile Run</b> - sections on time, fastest section first.  <b>4 x 200 meter Relay</b> - sections on time, fastest section first.*  <b>4 x 800 meter Relay</b> - sections on time, fastest section first.  <b>4 x 400 meter Relay</b> - sections on time, fastest section first.*  <b>*Lane preferences for these events: 5-6-4-3-2-1.</b></p>
<p><b>Entry Fees</b></p>	<p>\$6.00 per athlete per event.          \$20.00 per relay team.          \$250.00 maximum fee per single-sex team.</p> <p>Entry fees are non-refundable. <b>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, you complete the entry process, come to the meet and pick up your packet. Instructions for this method of payment are on the MSTCA web site.</b></p> <p><b>Payments</b> in the form of a check or purchase order, <b>payable to MSTCA</b>, should be mailed as soon as possible to:</p> <p><b>MSTCA</b>          c/o Winter Festival Large - OR - Small          956 Turnpike Road, Unit D          Canton, MA 02021</p> <p>POs can be sent <b>electronically</b> to:  <a href="mailto:mstca.billing@gmail.com">mstca.billing@gmail.com</a></p>

	<p><b>MSTCA Tax ID # 04-3394224</b></p> <p><b>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.</b></p> <p><b>LATE FEE:</b> Late entries are <b>strongly discouraged</b>. There is a late fee policy for MSTCA meets. If you miss the Sunday deadline and still want to compete, <b>you will have to contact the meet director</b> as Direct Athletics will be closed. <b>They are the only one to deal with this problem.</b> The late fee structure will be \$50 per person or relay on Tuesday midnight. The late fee structure will be \$100 per person or relay on Wednesday midnight. No entries will be accepted after Wednesday. 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>
<b>Entry Lists</b>	Entry lists will be posted on the MSTCA web site by Friday, Dec. 14.
<b>Equipment: Shots, &amp; Blocks</b>	<b>Teams must provide their own relay batons.</b> Do not bring shots or blocks to meet, they will be provided by meet management.
<b>ShotPut</b>	Each thrower will be allowed three throws, there will be no finals.
<b>Awards</b>	There will be no awards at this meet.
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.
<b>Spikes</b>	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. Correct spikes will be sold in the gym.
<b>Emergency Contact Form</b>	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.
<b>Inclement Weather.</b>	<p>Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. <u>There is no make-up date.</u> If in doubt, you may call one of the following to check:</p> <p>Reggie Lewis Center: 617-541-3535                      Louis Tozzi: 781-837-5185 or 617-947-103  Charlie Butterfield: 508-886-6015                      Frank Mooney: 508-336-8291  Rick Kates: 781-706-3340    Mike O'Malley: 774-232-2184    Linda Rowbotham: 413-455-9051</p>
<b>Parking at Reggie Lewis Center</b>	<p><b>Parking is available for patrons attending track events at the Reggie Lewis Center on a first-come-space-available basis in Parking Lot 2 on weekdays and Lots 2 &amp; 3 on weekends. Both lots are located less than 1/4 mile from the Reggie Lewis Center, along Columbus Ave. at the corner of New Heath Street (Lot 2) and Centre Street (Lot 3). Please give this information to your athletes and their parents.</b></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.**