

AUERBACH FRESHMAN-SOPHOMORE CHAMPIONSHIP TRACK MEET

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

Saturday, January 2, 2010 – 9:30 a.m. – LARGE Schools
Sunday, January 3, 2010 – 10:00 a.m. – Small Schools

Sponsored by: North Quincy H.S.
M.I.A.A.
Event Manager: Louis Tozzi

Sanctioned by:

EVENTS

55 Meter Dash	1000 Meter Run	High Jump
55 Meter Hurdles	One Mile Run	Shot Put
300 Meter Dash	Two Mile Run	Long Jump
600 Meter Run	4 x 200 Meter Relay	4 x 400 Meter Relay

Entry Information

1. M.I.A.A. and National Federation rules and guidelines will be in effect for this meet. **UNIFORM AND JEWELRY RULES WILL BE ENFORCED.** The one-false-start rule will be in effect.
2. **ENROLLMENT: LARGE SCHOOLS – teams in M.I.A.A. Indoor State Meet Divisions I & II**
SMALL SCHOOLS - teams in M.I.A.A. Indoor State Meet Divisions III & IV
This meet is only for athletes enrolled as FRESHMEN or SOPHOMORES in high school.
3. A school may enter **TWO ATHLETES** per event with no qualifying standard. An athlete may compete in one running, one field, one relay event.
4. Awards: Medals will be awarded to the top six placers in each event, including the 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.
5. The Reggie Lewis Track is a fast 200-meter Mondo Super-X banked surface. **Only ¼” or 1/8” PYRAMID or CHRISTMAS TREE spikes allowed on the track. Anyone using longer spike or other style spike will be disqualified immediately for the remainder of the meet. THE REGGIE LEWIS CENTER HAS A WOODEN FLOOR IN THE GYM, PLEASE NO SPIKES IN THE GYM!**
6. Meet Director: Lou Tozzi, Marshfield, MA 617-947-1031
7. 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.

ON-LINE ENTRIES MUST BE COMPLETED BY WEDNESDAY, DECEMBER 23, 2009, 6:00 p.m.

You **MUST** enter on-line using www.DirectAthletics.com. Please go to the MSTCA web site, read the directions and follow the instructions for the entry process for the meet.

If your school completes the Single Waiver Form (information on the MSTCA web site) you will just be responsible for the payment (check/PO). If your school uses the Single Payment option, then you complete the entry process, come to the meet and pick up your packet.

IF YOU DO NOT USE THE SINGLE WAIVER or PAYMENT: When you complete the on-line entry process you will get an “e-mail confirmation of your entered athletes”. The M.S.T.C.A. must have a copy of the e-mail confirmation, signed by your Principal and/or

your A.D. attesting that the athletes you've entered fulfill the eligibility guidelines of the M.I.A.A. and are bona-fide members of your track team.

You need to **BRING a photocopy of the entry confirmation e-mail from Direct Athletics, SIGNED BY YOUR A.D. or PRINCIPAL and** present this form to the meet director. Once the DA confirmation is presented you will be given your team packet. **If you do not bring a signed copy of the DA entry confirmation and present it to the meet director you school does not compete.**

Payments in the form of a check or purchase order, payable to the MSTCA, should be mailed as soon as possible to: M.S.T.C.A., c/o Elaine Mooney, 60 Cynthia Street, Seekonk, MA 02771.

8. **ENTRY FEE:** \$75.00 per school team (separate boys and girls fees) \$150 max per school, or \$5.00 per athlete and \$12.00 per relay team, whichever is less. Once a school submits an entry for the meet, the school is responsible for payment of that entry fee, whether or not the team attends.

MSTCA ID # 04-3394224

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9. **RESULTS:** Bring a self-addressed stamped #10 envelope and \$1.00 per team and leave it at the computer table and you will receive results of the meet and your "team performance list" to be used for state certification. Envelopes will also be available for \$2.00 at the computer table. Results will be posted on www.mstca.org, the MSTCA web site, by Jan. 5, 2010.
10. Any decision to cancel the meet because of inclement weather will be made by 6:30 a.m. on meet day. There is no make-up date. If weather is inclement you may call one of the following to check:
- | | | | |
|---------------------|--------------|------------------|--------------|
| Reggie Lewis Center | 617-541-3535 | Louis Tozzi | 617-947-1031 |
| Charlie Butterfield | 508-886-6015 | John Carroll | 508-737-7874 |
| Frank Mooney | 508-336-8291 | Charlie O'Rourke | 617-842-9317 |
11. The Auerbach Foundation has joined us again this year to help defray the cost of the meet. We suggest you send a letter of thanks to them for their financial help. Your letter should be sent to: Mr. Stuart Grossman, Auerbach Foundation, 101 Arch Street, Boston, MA 02110.

**TEAMS ENTERED WILL BE POSTED ON THE MSTCA WEB SITE BY WED. ,
DEC. 30th
TEAMS WHO HAVE NOT ENTERED AS DIRECTED ABOVE WILL NOT BE ALLOWED TO COMPETE.
If a team arrives at the meet and they are not entered, they will not be allowed to
participate.**

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Saturday, Jan. 2, 2010 – 9:30 a.m. – LARGE Schools

Sunday, Jan. 3, 2010 – 10:00 a.m. – Small Schools

ORDER OF EVENTS

GIRLS Compete First In Running Events

Field Events Starting Times: Saturday 9:30 am Sunday, 10:00 am
SHOT PUT (Girls then Boys) HIGH JUMP (Two pits) LONG JUMP (Boys then Girls)

Running Events Check-in times: Saturday 9:00 am / Sunday 9:30 am – ALL two-milers and milers must check in at the beginning of the meet, regardless of seed time, to determine number of sections needed.

Check in Two Mile at 9:00 (Sat.) / 9:30 (Sun.) / **Start time: Sat-9:30 am; Sun-10:00 am**
Check in One Mile at 9:15 (Sat.) / 9:45 (Sun.)

Two Mile Run	Unseeded Sections
One Mile Run	Unseeded Sections
300 Meter Dash	Sections on Time – No Finals *
One Mile Run	Fast Section
600 Meter Run	Sections on Time *
1000 Meter Run	Sections on Time *
Two Mile Run	Fast Section
4 x 200m Relay	Sections on Time * (A teams only)
4 x 400m Relay	Sections on Time * (A teams only)

* fastest sections last

After Completion of High Jump

Hurdles Trials	(Fastest 24 runners advance to Semi-finals)
Dash Trials	(Fastest 24 runners advance to Semi-finals)
Hurdles Semi-finals	(Winner of each SF + next 5 fastest to Final)
Dash Semi-finals	(Winner of each SF + next 5 fastest to Final)
Hurdles Finals	
Dash Finals	

PLEASE READ AND OBSERVE THE FOLLOWING CRITERIA FOR COMPETITION

Do not bring athletes that will not be able to throw/jump the minimum distances listed below.

High Jump: Opening height will be 5' 00" for boys and 4' 04" for girls.

Long Jump: All first legal jumps will be measured. Then, only jumps of 12' 00" (girls) and 16' 00" (boys) will be measured.

Spikes: Only 1/4" or 1/8" pyramid or "Christmas tree" spikes or flats are allowed on the track. Spikes may only be worn on the track, and no other place in the building. Use of needle spikes or longer spikes will be reason for disqualification for the rest of the meet.

Shot Put: All first legal throws will be measured. Then, only throws better than 22' 00" for the girls and 32' 00" for the boys will be measured. The meet will supply shots - leave your implements at home. They will not be allowed even in practice.

Check-In: Please make sure your athletes are properly informed of the check-in procedure in the gym. All athletes must check in for their event when event is called. If they don't check in when called, they will not be allowed to compete. No exceptions.

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STATE MEET CERTIFICATION

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The "Team Performance List" from any MSTCA meet can be used as certification for the State Meet. You need to have the team performance sheet sent to you (see #9 above) to keep it for State Meet entry certification.