

MIDDLESEX LEAGUE CHAMPIONSHIP MEET

- A. This meet is to be held at the Reggie Lewis Track & Athletic Center on Wednesday, January 27, beginning at 5pm. **Each team will be allowed to enter three athletes per event with no qualification standard.** Event entries per team have no limit provided **all** athletes meet the Division IV M.I.A.A. qualification standards. **Teams are limited to two long jumpers and one 4 x 400-meter relay team.**
- B. NOTE: If entries are more than can reasonably be contested in the three-hour time block, restrictions may need to be instated.

M.I.A.A. Division 4 Qualification Standards

<u>Event:</u>	<u>Boys Hand/FAT:</u>	<u>Girls Hand/FAT:</u>
55-meter Hurdles	8.5 / 8.74	9.5 / 9.74
55-meter Dash	6.8 / 7.04	7.9 / 8.14
300 meters	39.5 / 39.74	46.5 / 46.74
600 meters	1:32.4 / 1:32.64	1:50.0 / 1:50.24
1000 meters	2:55.0 / 2:55.24	3:28.7 / 3:28.94
One Mile	4:56.5 / 4:56.74	5:55.0 / 5:55.24
Two Mile	10:42.0 / 10:42.24	12:55.0 / 12:55.24
Shot Put	40' 10"	28' 6"
High Jump	5' 9"	4' 10"
Long Jump	18' 6"	14' 9"

- C. There will be no team scoring at the Championship Meet.
- D. Medals will be awarded to the top six finishers in each event.
- E. Spikes are allowed. Only 1/8" or 1/4" pyramid or needle spikes allowed.
- F. Phil Crosby will create an entry list based on ML-10 Meet results. If you have an athlete who has qualified in a non-ML-10 meet, you will need to email Phil with the information.
- G. Entries must be received by Friday, January 22,, midnight, and should include (1) athlete's name, (2) athlete's ML-10 bib number, (3) athlete's achieved (not projected) seed time or MARK, with date and location of performance.
- H. Coaches will be notified via email by Saturday, January 23 if entry limitations are necessary and which of their athletes have been accepted.