

**MIDDLESEX LEAGUE INDOOR TRACK RULES & REGULATIONS (rev. 12/04/09)**

**1. "Seeding Meet" 12/14 @ RLT**

A. This meet is to be held at the Reggie Lewis Track & Athletic Center whenever possible. The season's first meet will be a "seeding meet" (block 1) with all teams competing. The meet will be scored out as 45 separate dual meets to create a ranking of teams from one through ten. Ranking will be based on (1) wins and losses from the dual meets scoring; (2) championship scoring based on a 10-8-6-5-4-3-2-1 point system for the top eight finishers in each event; (3) number of first places in the relevant dual meets; (4) coin flip.

B. For purposes of the "seeding meet" teams will be limited to three athletes per individual event, one relay team, and two long jumpers (long jump will not count in the scoring or toward participation limitations).

C. Seeding Meet heats have been determined by using an up and down draw from alphabetical listing of the teams (Belmont, Burlington, Lexington, Melrose, Reading, Stoneham, Wakefield, Watertown, Winchester, Woburn) in order to distribute heat preferences evenly throughout the meet as follows:

**D. 2 Mile - 2 heats of 15:**

Heat 1: Stoneham through Woburn #2s and Belmont through Woburn #3s

Heat 2: Belmont through Woburn #1s and Belmont through Reading #2s

**1000 meters - 2 heats of 15:**

Heat 1: Belmont through Reading #2s and Belmont through Woburn #3s

Heat 2: Belmont through Woburn #1s and Stoneham through Woburn #2s

**600 meters - 3 heats of 10:**

Heat 1: Belmont through Woburn #3s

Heat 2: Belmont through Woburn #2s

Heat 3: Belmont through Woburn #1s

**300 meters - 5 heats of 6:**

Heat 1: Read 3, Stone 3, Wake 3, Water 3, Winch 3, Wob 3

Heat 2: Burl 2, Bel 2, Bel 3, Burl 3, Lex 3, Mel 3

Heat 3: Water 2, Wake 2, Stone 2, Read 2, Mel 2, Lex 2

Heat 4: Wake 1, Water 1, Winch 1, Wob 1, Wob 2, Winch 2

Heat 5: Bel 1, Burl 1, Lex 1, Mel 1, Read 1, Stone 1

**Mile - 2 heats of 15:**

Heat 1: Stoneham through Woburn #2s and Belmont through Woburn #3s

Heat 2: Belmont through Woburn #1s and Belmont through Reading #2s

**Hurdles - 4 heats of 6, 8, 8, 8:**

Heat 1: Bel 3, Burl 3, Lex 3, Mel 3, Read 3, Stone 3

Heat 2: Wob 2, Winch 2, Water 2, Wake 2, Wake 3, Water 3, Winch 3, Wob 3

Heat 3: Read 1, Stone 1, Stone 2, Read 2, Mel 2, Lex 2, Burl 2, Bel 2

Heat 4: Wake 1, Water 1, Winch 1, Wob 1, Bel 1, Burl 1, Lex 1, Mel 1

**Dash - 4 heats of 6, 8, 8, 8:**

Heat 1: Winch 3, Wob 3, Bel 3, Burl 3, Lex 3, Mel 2

Heat 2: Water 2, Wake 2, Stone 2, Read 2, Read 3, Stone 3, Wake 3, Water 3

Heat 3: Lex 1, Mel 1, Mel 2, Lex 2, Burl 2, Bel 2, Wob 2, Winch 2

Heat 4: Read 1, Stone1, Wake 1, Water 1, Winch 1, Wob 1, Bel 1, Burl 1

**Shot Put - 3 lights of 10:**

Flight 1: Belmont through Woburn #3s

Flight 2: Belmont through Woburn #2s

Flight 3: Belmont through Woburn #1s

**High Jump - Single Flight, Five Alive**

**Relay - 2 heats of 5:**

Heat 1: Bel, Burl, Lex, Mel, Read

Heat 2: Stone, Wake, Water, Winch, Wob

By way of brief explanation, the two mile and 1000 meters are paired to produce equitable starting positions; the mile and relay are similarly paired; the 300 meters, hurdles and dash are grouped to produce an equitable distribution as well.

**2. Varsity Meet Schedule**

A. Following the seeding meet, teams will be ranked 1-10. Two tiers will be developed with teams having dual meets against the four other teams within their tier and a cross over meet with one team from the other tier according to the following formula (team 1 vs. 10, team 2 vs. 9, team 3 vs. 8, team 4 vs. 7, and team 5 vs. 6). These meets will be blocks 2 through 6.

B. The order of meets (in an attempt to distribute meet positioning as fairly as possible throughout the

season) is as follows with the home team listed first:

Block 2:	Block3:	Block 4:	Block 5:	Block 6:
1-10	4-2	5-6	7-6	9-10
2-5	9-7	8-9	3-1	6-8
3-4	5-1	2-3	10-8	4-7
7-8	10-6	1-4	9-2	3-5
6-9	8-3	7-10	5-4	1-2

### 3. Middlesex League Individual Event Championship Meet

- A. This meet is to be held at the Reggie Lewis Track & Athletic Center whenever possible. 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. There will be no team scoring at the Championship Meet.

### 4. JV Meets

- A. Block #1 on the JV schedule will be run similar to block #1 on the varsity schedule. Exceptions are **400m replaces 2 mile and this is NOT a JV "seeding meet."** All athletes who do not participate in Varsity Block #1 are eligible for this meet.
- B. JV Meet blocks #2, #3, and #4 will be run as open competition for schools not declaring a JV team. Schools declaring a JV team will run these blocks as dual meets with traditional scoring. Declared teams will be paired based on the power rating result from ranking done in varsity seeding meet of 12/14. Based on teams declaring a JV team a schedule of meets for JV blocks 2, 3 and 4 will be created by 12/17.
- C. The JV order of events will be the same as for the varsity meets, with the exception of the two mile, which will be replaced by the 400 meters.
- D. The JV meet participation limit will be 2-1-1, where two can be running or field events.
- E. Opening height in the high jump for JV meets will be 3' 8" for girls and 4' 8" for boys.
- F. Athletes that compete in varsity blocks 2,3, or 4 in any given meet are ineligible for the same JV block # and vice versa. Athletes may switch from varsity to JV or JV to varsity in separate blocks. Eligibility for JV block #5 "**relay carnival**" is to be determined.
- G. JV block #5 will be a "**relay carnival.**" Specifics will be posted at [mlxctrack.com](http://mlxctrack.com)
- H. JV block #6 will be a championship meet, run in the same format as the varsity championship meet. Competition is open to any athlete not participating in the varsity individual event championship. Entry limitations to be determined if deemed necessary.
- I. JV general entry limitations: 4 athletes per team in the shot put, high jump, 300m, 400m, and 600m and unlimited entries in the 1000m, mile, hurdles, and dash. Each team may enter 1 relay team.

### 5. General Rules:

- A. All Meets are scored as dual meets except the Individual Event Championship.
- B. No athlete should be on the infield unless competing or checking into an event.
- C. Participation rule is 1-1-1 (one running event, one field event, and one relay). Long jump, when contested, does not count for points or against the participation limits. A JV event in the same block counts as part of the participation limit. Violation: disqualification from the meet, but all previously earned places awarded. Second violation will constitute unsportsmanlike conduct and be subject to penalties accordingly.
- D. An athlete is officially entered into an event when the entry card is presented to the Clerk after which no changes on the entry can be made. Entry cards should indicate school, name, and number of entrant. HJ/SP entries should be listed in the order of participation. Cards for the 300 meters should indicate first or second heat. If four or less competitors are entered the 300 meters will be run in one section.
- E. All events are contested under National Federation Track and Field and M.I.A.A. rules. Special notes: The starter has total control of the start. His decisions are without appeal by rule. Jewelry and body adornment is not allowed. Religious medals must be taped to the body. Medical alert jewelry must be taped to the body and a RED CROSS must be indicated on the tape.
- F. High Jumpers will compete simultaneously. The event will not be held up for any competitor. Once the bar is raised it cannot be lowered. It is in the best interest of the athletes who are doubling to request to jump out of sequence in the competition. The officials running the event will do everything possible to grant that request. The athlete must notify the official that they are leaving the event and must check back in when they are ready to return to competition. Opening height for the girls is 4' 2" and for the boys is 5' 1". The bar will rise by two (2) inch increments to 4' 10"/5' 11" and by one (1) inch thereafter, unless unanimously agreed to by athletes competing to jump at a higher height.
- G. All competitors must wear their numbers on the front of their uniforms. HJ, SP, and relay numbers are not required.
- H. Uniform rules will be strictly enforced. Variations from the rules must be presented to the referee in writing prior to the start of the meet for approval.
- I. Protests must be presented to the referee within 30 minutes of the conclusion of the event. Middlesex League policy will be followed in all protests.
- J. All attempts in the shot put will be measured.
- K. Blocks are not allowed in the 300 meters.
- L. Spikes are permitted at Lexington Field House and for the Championship Meet at Reggie Lewis. Spikes are NOT permitted at Woburn, Reading, or at the "seeding meet" at Reggie Lewis at the start of the season.
- M. The **ORDER OF EVENTS** and limitations for varsity meets are as follows, with the boys preceding the girls:

**@ Lexington Field House:**

Two Mile – 4  
 Shot Put – 4, High Jump – 4  
 1000 meters – unlimited  
 600 meters – 3  
 300 meters – 4  
 Mile – unlimited  
 45-yard Hurdles – 3  
 45-yard Dash – 3  
 4 x 400m Relay

**@ Reading Memorial High:**

Two Mile – 4  
 Shot Put – 4, High Jump – 4  
 1000 meters – unlimited  
 600 meters – 3  
 300 meters – 4  
 Mile – unlimited  
 55-meter Hurdles – 3  
 55-meter Dash – 3  
 4 x 400m Relay

**@ Joyce Middle School, Woburn:**

Long Jump – unlimited (non scoring)  
Two Mile – 4  
Shot Put – 4, High Jump – 4  
1000 meters – unlimited  
600 meters – 3  
300 meters – 4  
Mile – unlimited  
55-meter Hurdles – 4  
55-meter Dash – 4  
4 x 400m Relay

**@ Reggie Lewis**

One Mile – 3  
Shot Put – 3, High jump - 3  
Long Jump – 2 (non scoring)  
1000 meters – 3  
600 meters – 3  
300 meters – 3  
Two Mile – 3  
55-meter Hurdles – 3  
55-meter Dash – 3  
4 x 400m Relay

At Lexington, Reading, and Woburn the two mile, shot put and high jump will commence simultaneously at the start of the meet. The long jump at Woburn will start 15 minutes before the start of the meet.

At Reggie Lewis the one mile, shot put, high jump and long jump will commence simultaneously at the start of the meet. At the conclusion of the mile the remaining oval races will be run in order, concluding with the two mile (the mile and two mile have been swapped per the needs of the Lynx Operators). At the conclusion of the high jump, the hurdles and dash will be run on the infield.