

MIDDLESEX LEAGUE INDOOR TRACK RULES & REGULATIONS

(rev. 11/14/2011 by Phil Crosby based on current assumptions. As I get information regarding league rules I will post here.)

Varsity Meet Schedule ML 12-Indoor Track, provided by M Sheedy – 11/14/11

Block #1 at Reggie Lewis Center 12/12

Monday, December 12, 2011 5pm-8pm at Reggie Lewis Track

All 12 Schools Boys and Girls Varsity Teams

Lexington	@	Burlington
Winchester	@	Watertown
Wakefield	@	Arlington
Melrose	@	Reading
Belmont	@	Stoneham
Wilmington	@	Woburn

Block #2 at Harvard University 12/19

Monday, December 19, 2011 4pm-7pm at Harvard University

All 12 Schools Boys and Girls Varsity Teams

Woburn	@	Lexington
Winchester	@	Reading
Belmont	@	Arlington
Melrose	@	Burlington
Wakefield	@	Watertown
Wilmington	@	Stoneham

Block #3 at Reading 12/28 (option for additional jv runners)

Wednesday, December 28, 2011 @ Reading 9am (Girls Varsity)

Wednesday, December 28, 2011 @ Reading 12:30pm (Boys Varsity)

Lexington	@	Reading
Winchester	@	Belmont
Woburn	@	Arlington
Burlington	@	Stoneham
Melrose	@	Wakefield
Wilmington	@	Watertown

Block #4 at Harvard University 1/2

Monday, January 2, 2012 4pm-7pm at Harvard University

All 12 Schools Boys and Girls Varsity Teams

Wilmington	@	Melrose
Stoneham	@	Watertown
Burlington	@	Wakefield
Winchester	@	Woburn
Arlington	@	Lexington
Reading	@	Belmont

Block #5 at Lexington 1/11 and 1/12 (option for additional jv runners)

Wednesday, January 11th @ Lexington 5:00pm (Boys Varsity)

Thursday, January 12th @ Lexington 5:00pm (Girls Varsity)

Melrose	@	Stoneham
Wilmington	@	Wakefield
Burlington	@	Watertown
Winchester	@	Lexington
Woburn	@	Belmont
Reading	@	Arlington

ML 12 League Individual Championship Meet

Wednesday, January 25 (Boys and Girls Varsity all 12 Schools) @ Reggie Lewis Track 5pm-8pm

Block #6 at Reading

Saturday, February 4th, 2012 @ Reading 9am (Boys Varsity)

Saturday, February 4th, 2012 @ Reading 12:30pm (Girls Varsity)

Stoneham	@	Wakefield
Wilmington	@	Burlington
Belmont	@	Lexington
Winchester	@	Arlington
Reading	@	Woburn
Melrose	@	Watertown

2 **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. Additional event entries per team provided all entrants meet the Division (D) IV M.I.A.A. qualification standards. Teams are limited to two long jumpers and one team per relay.
- B. There will be no team scoring at the Championship Meet.

3 **JV Meets provided by M Sheedy 11/14/11**

ML 10-Indoor Track Schedule 2011-2012 Season Junior Varsity Schedule

Block #1

Thursday, December 15th @ Woburn 5:30pm (Boys and Girls)

Block #2

Thursday, January 19th @ Woburn 5:30pm (Boys and Girls)

Block #3

Thursday, January 26th @ Woburn 5:30pm (Boys and Girls)

ML 10 INDOOR TRACK JV CHAMPIONSHIP

Wednesday, February 1st @ Woburn 5:30pm (Boys and Girls)

- A. 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.
- B. The JV meet participation limit will be 2-1-1, where two can be running or field events.
- C. Opening height in the high jump for JV meets will be 3' 8" for girls and 4' 8" for boys.

4 **General Rules:**

All Meets are scored as dual meets except the Individual Event Championship.

- A. No athlete should be on the infield unless competing or checking into an event.
- B. 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.

- C. 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.
- D. 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 adornments are 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.
- E. 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 a 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.
- F. All competitors must wear their numbers on the front of their uniforms. HJ, SP, and relay numbers are not required.
- G. 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.
- H. 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.
- I. All attempts in the shot put will be measured.
- J. Blocks are not allowed in the 300 meters.
- K. Spikes are permitted at Lexington Field House and for the Championship Meet at Reggie Lewis. Spikes are NOT permitted at Woburn, Reading or the first meet at Reggie Lewis. Spikes at Harvard - **to be announced**.
- L. 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:

Two Mile – 4
Shot Put – 4, High Jump – 4

**@ Reggie Lewis:
(NOTE DIFFERENT ORDER)**

One Mile – 3
Shot Put – 3, High Jump – 3

Long Jump - unlimited (non-scoring) Long Jump – 2 (non-scoring)

1000 meters – unlimited

1000 meters – 3

600 meters – 3

600 meters – 3

300 meters – 4

300 meters – 3

Mile – unlimited

Two Mile – 3

55-meter Hurdles – 4

55-meter Hurdles – 3

55-meter Dash – 4

55-meter Dash – 3

4 x 400m Relay

4 x 400m Relay

4x200m Relay

(Non-scoring time permitting)

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 listed time of the meet.

At Reggie Lewis and Harvard 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 as requested per needs of the Lynx Operators). At the conclusion of the high jump, the hurdles and dash will be run on the infield.