

Massachusetts State Track Coaches Association
2008 M.S.T.C.A. Winter Festival Track Meet
Large Schools [Div. I & II] – Saturday, December 20, 2008 9:30 AM
Small Schools [Div. III & IV] - Sunday, December 21, 2008 9:30 AM

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

Sponsored by Seekonk H.S.
Event Manager: Frank Mooney

Sanctioned by M.I.A.A.

These meets are part of the developmental series sponsored by the Mass. State Track Coaches Assn. with the basic concept of enhancing track and field for the youth of Massachusetts. The meets have been designed to give your athletes a chance for quality performances early in the season.

EVENTS

55 meter Hurdles	One Mile Run	4 x 200m Relay
55 meter Dash	Two Mile Run	4 x 400m Relay
300 meter Dash	High Jump	4 x 800 m Relay
600 meter Run	Long Jump	
1,000 meter Run	Shot Put	

Meet Information

1. M.I.A.A. rules will be in effect. Uniform and jewelry rules will be enforced.
2. An athlete may compete in **1 running, 1 field, 1 relay or 2 relays and 1 field event**. A team may enter only one relay team in a relay event. There will be no awards at this meet.
3. **ENTRY FEES:** \$5.00 per athlete per event, \$15.00 per relay team. Maximum entry fee per single-sex team is \$200.00. Entry fees are non-refundable. Checks should be made payable to M.S.T.C.A. **All entries must be accompanied by a check or school Purchase Order.** Entries without payment or a P.O. will be returned. M.S.T.C.A. Tax ID # 04-3394224.

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

ON-LINE ENTRIES MUST BE COMPLETED BY FRIDAY, DECEMBER 12, 2008, 9:00 PM.

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 signed verification of the e-mail confirmation, signed by your Principal and/or your A.D. 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 send a photocopy of the entry confirmation e-mail from Direct Athletics, SIGNED BY YOUR PRINCIPAL or ATHLETIC DIRECTOR to the meet director, John Carroll, 47 Dove Cottage Road, Falmouth, MA, 02540.

This signed entry confirmation must be in the hands of the meet director by Wed., December 17, 2008. YOU MUST INCLUDE PAYMENT IN THE FORM OF A CHECK OR A PURCHASE ORDER.

Failure to have the signed confirmation in the hands of the meet director by Wednesday, Dec. 17, 2008, will result in your school having to pay a \$100 late entry fee before you can pick up your team packet at the meet. If you decide to send the confirmation and check or P.O. by Express Mail, sign the signature waiver. This way the letter will be left at the address rather than have the meet director go to the post office to sign for it.

4. **DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY FRIDAY, DECEMBER 12, 2008, 9:00 PM. The meet director must receive the entry confirmation by Wed., December 17, 2008.**
5. **MAIL ENTRY CONFIRMATION AND PAYMENT TO:**

John J. Carroll, Jr., Meet Director
47 Dove Cottage Road
Falmouth, MA 02540

Phone: 508-548-7123 or 508-737-7874

6. **ONLY 1/4" or 1/8" PYRAMID or CHRISTMAS TREE spikes are allowed** at Reggie Lewis Center. Athletes caught using the wrong style or size spikes will be disqualified from the meet. Spikes may only be worn in the track area, not in the gym or other areas.
7. If you wish a "**Team Performance Sheet**" from this meet, which you will need for State Meet certification, please bring a self-addressed stamped No. 10 envelope and \$1.00 and leave it at the computer table. Envelopes will be available for purchase at the meet for \$2.00. You will receive the results and team performance sheet within a week after the meet. This is the best way to get your certifications for the State Meet.
8. If you do not have a seed time for an athlete, don't guesstimate, do NOT put one down.
9. Results will be posted on the State Coaches web-site: www.mstca.org.
10. **A LIST OF SCHOOLS ENTERED IN THE MEET WILL BE POSTED ON THE M.S.T.C.A WEB SITE BY THURSDAY, DECEMBER 18. Only schools on this list will be allowed into the meet.**

ORDER OF EVENTS

FIELD EVENTS

All field events must check in by 9:15 a.m. Competition begins at 9:30 a.m.

- Shot Put** Girls, then Boys. All shots will be supplied by the meet. Leave your shots at home, they will not be allowed, even in warm-ups. Each thrower will be allowed three throws. All **first** throws will be measured and then only boys' throws over 36'00, and girls throws over 25'00. There will be no finals in this event.
- Long Jump** Boys, then Girls. Each jumper will be allowed three jumps. There will be no finals in this event.
- High Jump** Opening Height: Girls 4' 4" 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.

RUNNING EVENTS

Check-in begins at 9:30 a.m. Make sure your athletes listen to the calls for check-in. Girls run before boys.

9:45 AM

- One Mile Run** - sections on time, fastest section last
300 meter Dash - sections on time, fastest section last, no finals
600 meter Run - sections on time, fastest section last
1,000 meter Run - sections on time, fastest section last
Two Mile Run - sections on time, fastest section last
- 4 x 200 meter Relay** - sections on time, fastest section last
4 x 800 meter Relay - sections on time, fastest section last
4 x 400 meter Relay - sections on time, fastest section last

After the HIGH JUMP is completed

- Hurdles** - Semi-Finals / random seeding / fastest 8 to the Finals
Dash - Semi-Finals / random seeding / fastest 8 to the Finals
Hurdle Final
Dash Final

Results will be posted on www.mstca.org the official Coaches web site.

>>>>>>>>>> STATE MEET CERTIFICATION <<<<<<<<<<<<

The "Team Performance Sheet" from any MSTCA meet can be used as certification for the State Meet. You need to have the sheet sent to you (see # 7 on above) and have it available for Class Meet certification.

DOWNLOADED RESULTS FROM THE MSTCA site ARE NOT ACCEPTABLE for certification.

Inclement Weather

In case of inclement weather the decision to postpone the meet will be made by 7:00 AM. If there is any doubt monitor TV broadcasts (look for Roxbury Community College), radio announcements, or you may call any of these numbers:

Reggie Lewis Center	617 - 541 - 3535	John J. Carroll, Jr.	508 - 737 - 7874
Charlie O'Rourke	617 - 787 - 1198	Jack Lang	508 - 689 - 9742
Charlie Butterfield	508 - 886 - 6015	Frank Mooney	508 - 336 - 8291