

46th Annual Boys and 32nd Annual Girls
MSTCA INVITATIONAL TRACK & FIELD MEET

- Saturday, January 31, 2009 -

9:30 a.m. field events - 10:00 a.m. running events

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

Sponsored by: Dartmouth H.S.

Sanctioned By M.I.A.A.

Event Manager: Al Porter

Meet Directors: Al Porter, Charlie O'Rourke, Jack Lang

GIRLS EVENTS AND STANDARDS

EVENTS	MEET STANDARDS
<i>Reggie Poyau</i> 55 meter Hurdles	:09.70m-9.5hm/:07.8y
55 meter Dash	:08.15m-8.0hm/:06.5y
<i>Bob McIntyre</i> 300 meter Dash	:46.0m/:41.0y
600 meter Run	1:49.0m/1:40.0y
1,000 meter Run	3:22.5m/3:03.0y
<i>Nancy Bugey</i> One Mile Run	5:45.0
<i>Margaret McNiff</i> Two Mile Run	12:40.0
High Jump	Opening Height: Class D Qualifying Standard
Shot Put	30' 00"
Long Jump	15'00"

New Relay standards – ONLY TOP 24 RELAY TEAMS WILL BE ACCEPTED

4 x 200 meter Relay	1:52.5
4 x 400 meter Relay	4:23.0
4 x 800 meter Relay	10:28.0

BOYS EVENTS AND STANDARDS

EVENTS	MEET STANDARDS
55 meter Hurdles	:08.65m-8.2hm/:07.0y
<i>Ralph Colson</i> 55 meter Dash	:07.20m-6.8hm/:05.7y
<i>Bob McIntyre</i> 300 meter Dash	:39.5m/:35.5y
<i>Scott McFettridge</i> 600 meter Run	1:32.0m/1:22.0y
1,000 meter Run	2:49.2 m/2:35.0y
<i>Will Cloney</i> One Mile Run	4:50.0
<i>Frank Mooney</i> Two Mile Run	10:30.0
<i>Greg Gonsalves</i> High Jump	Opening Height: Class D Qualifying Mark
<i>Joe Naughton</i> Shot Put	43'00"
Long Jump	19'00"

New Relay standards – ONLY TOP 24 RELAY TEAMS WILL BE ACCEPTED.

4 x 200 meter Relay	1:39.5
4 x 400 meter Relay	3:40.5
4 x 800 meter Relay	8:40.0

Entry Lists for the Boys & Girls Invitational Meets and the Elite Meet will be posted on the MSTCA web site by Thursday, Jan. 29, 2009. Please check the lists.

Entry standards should have been made this season or last winter season!

Do not enter athletes who have NOT met the standards.

**** Please see the information on the ELITE INVITATIONAL to be held on Sunday, February 1, 2009 ****

MEET INFORMATION

1. M.I.A.A. rules will be in effect for this meet. UNIFORM and JEWELRY RULES WILL BE ENFORCED. An athlete may compete in ONE RUNNING, ONE FIELD and ONE RELAY, or TWO RELAYS and ONE FIELD event.
2. Each school may enter TWO ATHLETES AND ONE RELAY TEAM per event if they have met the standards. No athlete may compete in more than one track meet per day.
3. **ENTRY FEES:** \$5.00 per individual per event, \$25.00 per relay team. Entry fees are non-refundable. Checks should be made payable to: **MSTCA**. Tax ID number: **04-3394224**. Once an entry is submitted the school is responsible for payment, whether they compete or not.

4. **DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY THURSDAY, JAN. 22, 2009.**

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

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 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 to:

Charlie O'Rourke, 91 Glencoe Street, Brighton, MA 02135.

This signed entry confirmation must be in the hands of the meet director by Tuesday, January 27, 2009. PAYMENT IN THE FORM OF A CHECK OR A PURCHASE ORDER MUST BE INCLUDED.

Failure to have the signed confirmation in the hands of the meet director by Jan. 27, 2009, 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 meet director's address rather than have the meet director go to the post office to sign for it and pick it up.

5. If you have any questions, contact the Meet Directors:

Al Porter, home: 508-998-6162

Charlie O'Rourke, cell: 617-842-9317

home: 617-787-1198

fax: 617-783-7292

Jack Lang, school: 978-251-5131

home: 978-689-9742

6. M.S.T.C.A. medals will be awarded to the top six placers in each event, including relays. NO team awards.

There will be a track-side award ceremony for each event as soon as the event is completed and results are available. Please make sure your athletes are present at this ceremony.

7. Only 1/8" or 1/4" PYRAMID/CHRISTMAS TREE spikes or flats are allowed at Reggie Lewis. Anyone using a longer than recommended spike or other style spike will be disqualified immediately for the remainder of the meet.

8. Bring a self-addressed stamped #10 envelope with \$1.00 inside and leave it at the table to receive results of the meet and your "Team Performance" report to be used for state certification. Envelopes will be available for purchase at the computer table for \$2.00. Make sure the envelope has your school name and team (boys/girls.)

9. Results will be posted on www.mstca.org, the official MSTCA web site.

10. Do Not Enter Athletes Who Have Not Made the Performances Standards Listed.

11. THE TOP TWENTY-FOUR ATHLETES IN EACH EVENT QUALIFY FOR THE ELITE MEET ON SUNDAY, FEB. 1. The Elite Performance Lists will be posted on line by January 31.

12. NOTE: IF THE GAMES COMMITTEE FEELS THAT A SCHOOL HAS ENTERED ATHLETES/RELAYS INCORRECTLY THE M.S.T.C.A. WILL SEND A LETTER TO THE ATHLETIC DIRECTOR EXPRESSING OUR CONCERNS ABOUT THE INCORRECT ENTRIES. AND THOSE ATHLETES/RELAYS ENTERED INCORRECTLY WILL BE CHANGED TO THEIR CORRECT EVENTS.

13. **NEW - IMPORTANT RELAY INFORMATION – NEW**

Only the **top twenty-four (24)** relay teams will be accepted into the meet. The top 24 seeded teams will run in the Elite meet. Relay standards for the meet have been changed and made more difficult. We encourage schools to enter the Bob Mac Relays if they need to qualify for the state meet. Remember: **ONLY THE TOP 24 RELAY TEAMS WILL COMPETE ON SUNDAY, FEB. 1 ELITE MEET.** More information, when determined, will be posted on the MSTCA web site.

ORDER OF EVENTS - Saturday, January 31, 2009

Field Events: 9:30 a.m.

SHOT PUT (two circles)

LONG JUMP (G, B)

HIGH JUMP (two pits)

Running Events - All Two-Milers must check in at 9:30 a.m. All Milers must check in at 9:45 am.

10:00 a.m.

Two Mile Run Unseeded Sections – seeded section will be determined after check-in
One Mile Run Unseeded Sections – seeded section will be determined after check-in
Do not assume your athlete may be in the fast section – ALL runners must check in when the event is called. If your athlete does not check in at this time, he/she will not run.
300 meter Dash FINAL – Sections on time, fastest section last.
One Mile Run Fast Section (12 athletes)
600 meter Run Sections on time, fastest section last.
1000 meter Run Sections on time, fastest section last.
Two Mile Run Fast Section (12-15 athletes)

After the High Jump is completed

Hurdles Trials - (24 fastest runners advance to Semi-finals)
Dash Trials - (24 fastest runners advance to Semi-finals)
Hurdles Semi-finals - (Winner of each S.F. + next 5 fastest qualify for Finals)
Dash Semi-finals - (Winner of each S.F. + next 5 fastest qualify for Finals)
Hurdles Finals
Dash Finals

Top 24 relay teams run on Sunday, February 1, 2009.

PLEASE READ AND OBSERVE THE FOLLOWING CRITERIA FOR COMPETITION

Do not BRING athletes that are not qualified for their respective events.

HIGH JUMP: “Five Person Alive” will be used in the H.J. until there are six competitors remaining, then the event will progress in a regular rotation. **OPENING HEIGHT FOR THIS EVENT WILL BE THE CLASS ‘D’ QUALIFYING HEIGHT.** Do not bring athletes who have not jumped the opening height.

SPIKES: Only 1/8” or 1/4” PYRAMID/CHRISTMAS TREE spikes allowed at R.L.C. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified for the remainder of the meet. Spikes are allowed ONLY in the track area.

SHOT PUT: Implements will be provided by the meet. Do NOT bring any shot puts to the meet, they will not be allowed, even for practice. **Only throws equal to, or better than the standard of 30’ 00” for girls and 43’ 00” for boys will be measured.** We will measure all first throws, then only throws over the standard will be measured. Do not bring athletes who will not be able to throw the minimum distance.

LONG JUMP: Only jumps that better the Class ‘D’ standards will be measured in the boys and girls Long Jump. All first legal jumps will be measured, and then only jumps over the standard. Do not bring athletes who have not jumped the standard this season.

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

The “Team Performance List” from any MSTCA meet can be used as certification for the State Meet. You need to have the TPL sheet sent to you (see #8 on front) so you can have it available when requested by the State Meet Director.

DOWNLOADED results from any MSTCA site ARE NOT ACCEPTABLE for certification.

Incident Weather

In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, coaches should listen to TV (look for Roxbury Community College) and radio announcements, or you may call any of the listed numbers:

Reggie Lewis Center:	617-541-3535	Charles Butterfield	508-886-6015
Charlie O'Rourke:	617-842-9317	Jack Lang	978-689-9742
John Carroll:	508-737-7874		