

Massachusetts State Track Coaches Association
**BOYS' and GIRLS' ELITE INVITATIONAL
TRACK & FIELD MEET**

Sunday, February 1, 2009

Robert McIntyre Track at Reggie Lewis Track & Athletic Center, Roxbury, MA
9:30 am Field Events – 10:15 am Running Events

Sponsored by Somerville H.S.

Sanctioned by the M.I.A.A.

Event Manager: Charlie O'Rourke

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

MEET INFORMATION

The Boys and Girls Elite Invitational Track Meet will held at Reggie Lewis Center on Sunday, February 1, 2009. The meet begins at 9:30 a.m. for field events and 10:15 am for running events.

The top twenty-four athletes and twenty-four relay teams entered in the Boys and Girls Invitational meet events will be selected by the meet directors to run in the Elite invitational Meet. Athletes not selected for the Elite Meet will participate in the Boys/Girls Invitational Meet on Saturday, January 31, 2009.

Coaches will submit their entries for their respective Boys/Girls Invitational Meets as always. ALL ENTRIES ARE COMPLETED ON DIRECT ATHLETICS. Please make sure you indicate WHERE and WHEN your athletes made their performances.

The list of athletes entered in the Invitational Meet and those selected for the Elite Meet will be posted on the MSTCA web-site by January 29, 2009. It is the responsibility of all coaches to check the status of his/her team's entry.

NOTE: If the Games Committee feels that a school has entered athletes/relays incorrectly the MSTCA will send a letter to that Athletic Director expressing our concerns, and those athletes/relays entered incorrectly will be changed to their correct races.

IMPORTANT RELAY INFORMATION

This year (2009) only the top twenty-four (24) relay teams will be accepted into the Elite Meet on Sunday. There will only be relays in the Elite Meet. No other relays will be run in conjunction with this meet. If you want to run a relay to get a better time for the Class meets and you are not accepted into the Elite Meet you should enter the McIntyre Relays on Feb. 8. You need to be aware the entry deadline for the McIntyre Relays is February 1, 2009. Please consult the Mac Relays entry forms.

The top six placers in both meets will be given awards at a ceremony held after each event, as soon as official results are available.

Coaches: you must make sure that you bring your teams on the right day. If you show up on the wrong day your athletes will not be allowed to compete.

There is **NO additional fee for the Elite Meet.** Your entry fee for the Boys/Girls Invitational covers the entry fee.

ORDER OF EVENTS

Field Events: 9:30 a.m.

SHOT PUT – Boys first
LONG JUMP – Girls first
HIGH JUMP – Girls at scoreboard end, Boys in middle of floor

Hurdles and Dash are built into the schedule

All relays will be run on Sunday, February 1, 2009.

Running Events

All one mile and two mile seeds #13-24 must check in 9:30 am

GIRLS COMPETE BEFORE BOYS

10:15	One Mile Run	Section 1 (slower section, seeds #13-24)
10:30	Two Mile Run	Section 1 (slower section, seeds #13-24)
11:00	One Mile Run	Section 2 (seeds #1-12) <u>Check in by 10:15</u>
11:15	600 meter Run	Sections on Time – Heats of six
11:40	Dash Semis	Winner of each S.F. + next 5 fastest to final
11:55	1000 meter Run	Sections on Time – Heats of eight
12:10	Hurdles Semis	Winner of each S.F. + next 5 fastest to final
12:20	300 meter	Final ONLY – sections based on submitted times
12:55	Two Mile Run	Section 2 (seeds #1-12) <u>Check in by 11:55</u>
1:20	Hurdle	Final
1:22	Dash	Final
1:25	4 x 800m Relay	Sections on Time - fastest sections will be run last
2:05	4 x 200m Relay	Sections on Time - fastest sections will be run last
2:35	4 x 400m Relay	Sections on Time - fastest sections will be run last

PLEASE NOTE:

This time schedule is approximate. Athletes will still have to check in when their events are called. No event will be conducted before the time published above.

Any athletes that show up for a race check-in after the sections have been set up WILL NOT be allowed to compete.

This meet will move very quickly, so make sure you have informed your athletes what they need to do for this meet.

Unseeded One Mile and Two Mile sections will contain athletes seeded # 13-24 on the list. Fast sections will contain athletes seeded #1-12 on the list. No changes (i.e. moving up) will be made from the published list so make sure your athletes check in at the stated time.