

# AUERBACH FRESHMAN-SOPHOMORE CHAMPIONSHIP TRACK MEET

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

**Saturday, January 5, 2013 – 9:30 a.m. – SMALL Schools**

**Sunday, January 6, 2013 – 9:30 a.m. – LARGE Schools**

Hosted by: North Quincy H.S.

Event Manager: Louis Tozzi

Sponsored by: **Auerbach Youth Foundation**

Sanctioned by: M.I.A.A.

Numbers donated by: **Asics**

## EVENTS

55 Meter Dash

55 Meter Hurdles

300 Meter Dash

600 Meter Run

1000 Meter Run

One Mile Run

Two Mile Run

4 x 200 Meter Relay

High Jump

Shot Put

Long Jump

4 x 400 Meter Relay

## Entry Information

1. M.I.A.A. and National Federation rules and guidelines will be in effect for this meet. **UNIFORM AND JEWELRY RULES WILL BE ENFORCED.** The one-false-start rule will be in effect.
2. **ENROLLMENT:** **LARGE SCHOOLS – teams in M.I.A.A. Indoor State Meet Divisions I & II**  
**SMALL SCHOOLS – teams in M.I.A.A. Indoor State Meet Divisions III & IV**  
This meet is **only** for athletes enrolled as **FRESHMEN** or **SOPHOMORES** in high school.
3. A school may enter **TWO ATHLETES** per event with no qualifying standard, except in the 2 mile, shot put and long jump. (SEE #4.) An athlete may compete in one running one field and one relay event.
4. **Please do NOT enter athletes who have not achieved the following marks in competition:**

**Boys two mile: 12:15.0; Boys Long Jump: 15'; Boys Shot Put: 30'**

**Girls Two Mile: 14:15.0; Girls Long Jump: 12'; Girls Shot Put: 21'**

**The athletes must have ACHIEVED these marks in previous competitions, these are not “anticipated” marks. This is a CHAMPIONSHIP meet, not a DEVELOPMENTAL meet. Athletes entered without seed times (NT) or distances (ND) will not be accepted.**

5. **Awards:** Medals will be awarded to the top six placers in each event, including the relays. There is no team award. There will be a trackside award ceremony as soon as the results are available. Make sure your athletes are present for their event ceremony.
6. The Reggie Lewis Track is a fast 200-meter Mondo Super-X banked surface. **Only ¼” or 1/8” PYRAMID or CHRISTMAS TREE spikes allowed on the track.** Anyone using longer spikes or other style spikes will be disqualified immediately for the remainder of the meet. THE REGGIE LEWIS CENTER HAS A WOODEN FLOOR IN THE GYM, PLEASE NO SPIKES IN THE GYM!
7. **Meet Director:** Lou Tozzi, Marshfield, MA, home phone: 781-837-5185 (preferred); cell: 617-947-1031.
8. **ON-LINE ENTRIES MUST BE COMPLETED BY WEDNESDAY, JANUARY 2, 2013, MIDNIGHT.**

You **MUST** enter on-line using [www.DirectAthletics.com](http://www.DirectAthletics.com). Please go to the MSTCA web site, read and follow the instructions for the entry process for the meet.

No switching of events will be allowed. Athletes must compete in the events in which they are entered. No school will be allowed to compete in the division that does not match their enrollment. Boys and Girls compete in the same division. No exceptions.

9. **ENTRY FEES:** \$75.00 per school team (separate boys and girls fees) \$150 max per school, or \$5.00 per athlete and \$12.00 per relay team, whichever is less. **If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if they do not compete.**

**If your school uses the Single Payment option, you complete the entry process, come to the meet and pick up your packet. Information and instructions for the Single Payment Option are on the MSTCA web site, [www.mstca.org](http://www.mstca.org).**

**Payments** in the form of a check or purchase order, payable to the MSTCA, should be mailed as soon as possible to:

**MSTCA,  
c/o Elaine Mooney,  
60 Cynthia Street,  
Seekonk, MA 02771.**

**MSTCA Tax ID # 04-3394224**

**If payment is not received before meet day, you may bring payment to the meet, but you must notify the meet director of your plan to do so. If payment is not received, your team will not be allowed to participate.**

**LATE FEE:** There is a late fee Policy for MSTCA meets. If you miss the Wednesday deadline, and still want to compete, **you will have to contact the meet director** (Direct Athletics will be closed). He is the only one to deal with this problem. The late fee will be \$100 per person or relay on Thursday. No entries will be accepted after Thursday at 6:00 p.m. Schools that enter late entrants must come to the meet with a check or Purchase Order for the complete fee, including any late fees, to hand to the meet director, or they will not be allowed to compete.

10. **RESULTS: TEAM PERFORMANCE SHEETS** - Bring a self-addressed, stamped #10 envelope and \$1.00 per team and leave it at the computer table and you will receive your "team performance list" to be used for state meet certification. Envelopes will also be available for \$2.00 at the computer table. Results will be posted on the MSTCA web site: [www.mstca.org](http://www.mstca.org), by Jan. 9, 2013.
11. Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. There is no make-up date. If in doubt, you may call one of the following to check:

Reggie Lewis Center	617-541-3535	Louis Tozzi	781-837-5185 or 617-947-1031
Charlie Butterfield	508-886-6015	John Carroll	508-737-7874
Frank Mooney	508-336-8291	Charlie O'Rourke	617-842-9317

12. The Auerbach Foundation has joined us again this year to help defray the cost of the meet. We suggest you send a letter of thanks to them for their financial help. Your letter should be sent to: Mr. Stuart Grossman, Auerbach Foundation, 101 Arch Street, Boston, MA 02110.

## **REGGIE LEWIS PARKING SPACE LOSS**

Due to construction, there has been a loss of parking spaces behind the building at Reggie Lewis. Additional Parking is available for patrons attending track events at the Reggie Lewis Center on a first-come-space-available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located less than 1/4 mile from the Reggie Lewis Center, along Columbus Ave. at the corner of New Heath Street (Lot 2) and Centre Street (Lot 3). Please give this information to your athletes and their parents.

**TEAMS ENTERED WILL BE POSTED ON THE MSTCA WEB SITE BY FRIDAY, JAN. 4<sup>th</sup>.  
TEAMS WHO HAVE NOT ENTERED AS DIRECTED ABOVE  
WILL NOT BE ALLOWED TO COMPETE.**

**If a team arrives at the meet and they are not entered, they will not be allowed to participate.**

# AUERBACH FRESHMAN-SOPHOMORE CHAMPIONSHIP TRACK MEET

Saturday, Jan. 5 and Sunday, January 6, 2013

## ORDER OF EVENTS

### GIRLS Compete First In Running Events

**Field Events Starting Times: Saturday and Sunday, 9:30 a.m.**

**SHOT PUT** – Boys throw in the cage; Girls throw in the area to the left of the score board.

**HIGH JUMP** - Two pits, Opening Heights: Boys 5'00"; Girls 4'04"

**LONG JUMP** - Girls, then Boys

**Running Events Check-in times: Saturday and Sunday at 9:15 a.m., then listen for calls.**

Check-in for the One Mile at 9:15 / **Start time: 9:30 a.m.**

One Mile Run	Sections on Time *
300 Meter Dash	Sections on Time – No Finals *
600 Meter Run	Sections on Time *
1000 Meter Run	Sections on Time *
Two Mile Run	Sections on Time *
4 x 200m Relay	Sections on Time * (A teams only)
4 x 400m Relay	Sections on Time * (A teams only)

\* fastest sections last

### **After Completion of High Jump**

**Hurdles Trials:** random seeding, fastest 16 to the Semifinals, Girls before Boys

**Dash Trials:** random seeding, fastest 16 to the Semifinals, Girls before Boys

**Hurdles Semifinals:** seeding based on times run in the trials, winners plus 6 best times advance to final, **Boys before Girls.**

**Dash Semifinals:** seeding based on times run in the trials, winners plus 6 best times advance to final, Girls before Boys.

**Hurdle Finals: Girls before Boys**

**Dash Finals: Girls before Boys**

**Please do NOT enter boys who have not run 12:15.0 or better, or girls who have not run 14:15.0 or better. Your athletes must have achieved these marks in previous competition, these cannot be “anticipated” times.**

**THOSE STANDARDS FOR THE TWO MILE RACES MUST BE OBSERVED.**

**Long Jump:** All first legal jumps will be measured. Then, only jumps of **12'** and over (girls) and **15'** and over (boys) will be measured.

**Shot Put:** All first legal throws will be measured. Then, only throws of **21'** and over for the girls and **30'** and over for the boys will be measured. The meet will supply shots - leave your implements at home. They will not be allowed, even in practice.

**Spikes:** Only 1/4" or 1/8" pyramid or "Christmas tree" spikes or flats are allowed on the track. Spikes may only be worn on the track, and no other place in the building. Use of needle spikes or longer spikes will be reason for disqualification for the rest of the meet.

**Check-In:** Please make sure your athletes are properly informed of the check-in procedure in the gym. **All athletes must check in for their event when the event is called. If they don't check in when called, they will not be allowed to compete. No exceptions.**