

AUERBACH FRESHMAN-SOPHOMORE CHAMPIONSHIP TRACK MEET

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

Saturday, January 4, 2014 – 9:30 a.m. – LARGE Schools

Sunday, January 5, 2014 – 9:30 a.m. – SMALL Schools

Hosted by: North Quincy H.S.

Event Manager: Louis Tozzi

Sponsored by: **Auerbach Youth Foundation**

Meet Director: Lou Tozzi, Marshfield, Mass., home phone: 781-837-5185 (preferred); cell: 617-947-1031.

Sanctioned by: M.I.A.A.

Numbers donated by: **Asics**

EVENTS and QUALIFYING STANDARDS

55 Meter dash: girls 8.75, boys 7.65

55 Meter hurdles: girls 11.7, boys 11.0

300 Meter dash: girls 48.5, boys 43.5

600 Meter: girls, 2:05; boys, 1:50

1000 Meter: girls 3:55; boys 3:20

One Mile: girls 6:45; boys 5:45

Two Mile: girls 14:00; boys 12:00

4 x 200 Meter Relay: none

High Jump: girls 4'4"; boys 5'0"

Shot Put: girls 21'; boys 30'

Long Jump: 12'; boys 15'

4 x 400 Meter Relay: none

Entry Information

1. To determine which MSTCA division (LARGE OR SMALL) your team will compete in, please find your school on the MSTCA list starting on page 4. If your school's enrollment is 1,100 students or more, your school will compete in the large school division for this meet. If enrollment is less than 1,100 students, your school will compete in the small school division. The enrollment figures have been taken from information on the MIAA website.
2. 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.
3. This meet is **only** for athletes enrolled as **FRESHMEN** or **SOPHOMORES** in high school. Do not enter any 7th or 8th graders. **An athlete may compete in one running one field and one relay event.**
4. A school may enter **TWO ATHLETES** per event as long as they have met the qualifying standards listed above. You may enter a third athlete in an event if that athlete has achieved the qualifying standard for that event. You must contact the Meet Director no later than Monday, December 30th at 4 p.m. to obtain permission to enter the third person. **The athletes must have ACHIEVED these marks in previous competition, 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. **SPIKES:** 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. **ON-LINE ENTRIES MUST BE COMPLETED BY MONDAY, DECEMBER 30, 2013, MIDNIGHT.**
8. You **MUST** enter on-line using www.DirectAthletics.com. Please go to the MSTCA web site, read and follow the instructions for the entry process for the meet.
9. 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.
10. **ENTRY FEES:** \$75.00 per school team (separate boys and girls fees) \$150 maximum per school, or \$5.00 per athlete, per event 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.

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.

11. **LATE ENTRIES AND FEES:** Late entries are strongly discouraged; however there is a late fee policy for MSTCA meets. If you miss the Monday (12/30/13) deadline, and still want your team to compete, you must contact the meet director. He is the only one to deal with this request. You will not be able to access Direct Athletics. The late fee will be \$100 per person or relay Tuesday through Thursday. No entries will be accepted after Thursday at 4:00 p.m. Schools that enter late entrants must come to the meet with a check or Purchase Order for the entry fees plus the late fees, to give to the meet director, or they will not be allowed to compete.
12. **RESULTS:** If you wish a “**Team Performance Sheet**” to be used for state meet certification, bring a self-addressed, stamped #10 envelope and \$1.00 per single gender team (\$2 for both teams) and leave it at the computer table. Envelopes will also be available at the computer table. The report will be mailed to you within a few days. Results will be posted on the MSTCA web site: www.mstca.org, by Jan. 6, 2014.
13. **INCLEMENT WEATHER.** 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

14. 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.

PARKING AT REGGIE LEWIS TRACK AND ATHLETIC CENTER

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 and 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. 3rd.
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. 4 and Sunday, January 5, 2014

ORDER OF EVENTS

GIRLS Compete Before Boys 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 - Boys, then Girls

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 *
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, no B teams allowed)
4 x 400m Relay	Sections on Time * (A teams only, no B teams allowed)

* fastest sections last

After Completion of High Jump:

Hurdles Trials: random seeding, Girls before Boys, fastest 16 to a two-section final.

Dash Trials: random seeding, Girls before Boys, fastest 16 to a two-section final.

Hurdle Finals: Boys before Girls

Dash Finals: Girls before Boys

Please do NOT enter athletes who have not achieved the qualifying standards in previous competition; seed marks cannot be “anticipated” or “estimated” marks.

Long Jump: Each athlete will have two attempts; there will be no finals. 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: Each athlete will have three attempts; there will be no finals. 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.**

**List of MSTCA LARGE and SMALL SCHOOLS Divisions for Winter Track Season 2013-2014.
SMALL SCHOOL List starts on page 6.**

<u>LARGE SCHOOLS</u> DIVISION for MSTCA	Boys 9-12	Girls 9-12	Total Enrollment
Meets Up to 1100 enrollment			
Acton-Boxborough Reg H.S. -1	988	973	1961
Agawam High School-2	693	670	1363
Algonquin Reg. High School -2	702	738	1440
Amherst-Pelham Reg High -3	560	540	1100
Andover High School -1	874	912	1786
Arlington High School-2	600	620	1220
Attleboro High School -1	928	857	1785
Barnstable High School -2	767	809	1576
Beverly High School-2	580	683	1263
Billerica Memorial High School -2	711	772	1483
Boston College High School -1	1303	0	2606
<i>Boston Latin Academy -3</i>	477	629	1106
Boston Latin School -2	672	896	1568
Braintree High School -2	753	762	1515
Bridgewater-Raynham Reg High -2	794	736	1530
<i>Brighton High School -3</i>	645	509	1154
Brockton High School-1	2265	2236	4501
Brookline High School -1	889	885	1774
Cambridge Rindge & Latin Schl. -1	898	828	1726
Catholic Memorial-1	567	0	1134
Central Catholic High School -2	695	659	1354
Chelmsford High School -1	805	795	1600
<i>Chelsea High School -2</i>	679	656	1335
Chicopee Comprehensive HS -2	782	668	1450
<i>Chicopee High School -3</i>	537	590	1127
Concord-Carlisle High School-3	570	639	1209
Dartmouth High School-3	585	551	1136
<i>Diman Regional Voc/Tech HS -2</i>	768	579	1347
Doherty Memorial High School -2	643	667	1310
Durfee High School -1	1124	1109	2233
<i>East Boston High School -2</i>	736	602	1338
Everett High School -1	967	842	1809
Framingham High School -1	1030	1010	2040
Franklin High School -1	781	855	1636
Greater Lawrence Tech HS	629	653	1282
Greater Lowell Tech HS -1	1104	996	2100
Greater New Bedford RVTHS -1	1045	1096	2141
Haverhill High School -1	939	809	1748
Hingham High School-3	573	555	1128
Holyoke High School -2	632	683	1315

LARGE SCHOOLS DIVISION for MSTCA Meets Up to 1100 enrollment	Boys 9- 12	Girls 9-12	Total Enrollment
King Philip Regional H.S.-2	638	622	1260
Lawrence HS -1	222	304	3047
Leominster High School -1	944	904	1848
Lexington High School -1	959	993	1952
Lincoln-Sudbury Reg. High -1	815	785	1600
Lowell High School-1	1548	1505	3053
Lynn Classical High School -2	685	712	1397
Lynn English High School -1	802	895	1697
<i>Madison Park Tech/Voc H.S.</i>	726	525	1251
Malden Catholic High School-3	602	0	1204
Malden High School -1	981	880	1861
Mansfield High School -2	698	748	1446
Marshfield High School -2	691	689	1380
Masconomet Reg. High School -2	632	696	1328
Medford High School -2	683	703	1386
Methuen High School -1	931	898	1829
Milford High School-3	556	552	1108
Minnechaug Reg. High School-2	618	633	1251
<i>Montachusett RVT High School -2</i>	779	658	1437
Natick High School-2	690	610	1300
Needham High School -2	770	741	1511
New Bedford High School -1	1281	1198	2479
Newton North High School -1	941	923	1864
Newton South High School -1	868	817	1685
North Andover High School-2	671	636	1307
North Attleborough High School-3	627	577	1204
North Middlesex Regional HS-3	557	545	1102
North Quincy High School-1	637	636	1273
Notre Dame Academy-Hingham-3	0	566	1132
Oliver Ames High School-3	587	597	1184
Peabody Vet. Mem. High School -1	925	912	1837
Plymouth South High School -2	742	640	1382
<i>Quincy High School -2</i>	768	731	1499
Reading Memorial High School-2	601	623	1224
Revere High School -2	766	758	1524
Saint John's High School -1	1055	0	2110
Saint John's Preparatory School -1	1170	0	2340
Salem High School-2	637	608	1245
Sharon High School-3	570	593	1163
Shepherd Hill Regional HS-3	515	607	1122
Shrewsbury High School -1	751	880	1631
Silver Lake Reg. High School-2	626	587	1213

LARGE SCHOOLS DIVISION for MSTCA Meets Up to 1100 enrollment	Boys 9- 12	Girls 9-12	Total Enrollment
Somerville High School -2	723	695	1418
<i>Springfield Central High School -1</i>	1076	1012	2088
Tantasqua Reg. High School-3	615	565	1180
Taunton High School -1	885	821	1706
Wachusett Regional High School -1	1024	1046	2070
Walpole High School-3	526	586	1112
Waltham High School -2	706	666	1372
Wellesley High School -2	669	685	1354
<i>West Springfield High School</i>	616	586	1202
Westfield High School -2	745	765	1510
Westford Academy -1	845	839	1684
Weymouth High School 01	1016	1023	2039
Whitman-Hanson Regional HS-3	570	593	1163
<i>Whittier RVT High School -2</i>	694	540	1234
Woburn Memorial High School -2	651	660	1311
Xaverian Brothers High School -1	910	0	1820
SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment	Boys 9- 12	Girls 9-12	Total Enrollment
Abington High School -5	255	253	508
Academy of Notre Dame-Tyng -5	0	193	386
Amesbury High School -5	328	278	606
Apponequet Regional H.S. -4	411	424	835
Archbishop Williams High -5	251	278	529
Arlington Catholic High School -4	344	384	728
Ashland High School -5	353	355	708
Athol High School -5	208	189	397
Auburn High School -4	331	393	724
Austin Preparatory School -5	210	252	462
Avon Mid/High School -5	122	98	220
<i>Bay Path RVT High School</i>	672	401	1073
Bedford High School -4	398	437	835
Bellingham High School -5	349	326	675
Belmont High School-3	532	553	1085
Bishop Feehan High School-3	441	618	1059
Bishop Fenwick High School -5	211	351	562
Bishop Stang High School -5	328	385	713
Blackstone-Millville Reg HS -5	276	258	534
<i>Boston International High School -5</i>	135	130	265
Bourne High School -5	307	269	576
Bromfield School -5	202	241	443

SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment	Boys 9- 12	Girls 9-12	Total Enrollment
<i>Burke High School -5</i>	327	310	637
Burlington High School -4	505	508	1013
<i>Burncoat High School -4</i>	495	511	1006
Canton High School -4	438	455	893
Cardinal Spellman High School -5	287	383	670
Case High School -5	308	282	590
<i>Cathedral High School-Boston -5</i>	104	116	220
<i>Cathedral High School-SP -5</i>	191	154	345
<i>Charlestown High School -4</i>	511	446	957
<i>Comm Acad of Sci & Health -5</i>	191	179	370
Coyle & Cassidy High School -5	291	286	577
Danvers High School-4	486	539	1025
<i>David Prouty High School -5</i>	240	230	470
Dedham High School -4	392	387	779
Dennis-Yarmouth Regional HS -4	384	462	846
Dighton-Rehoboth Regional -4	494	452	946
<i>Dorchester Academy -5</i>	215	193	408
Dover-Sherborn High School -5	314	323	637
Dracut Senior High School-3	558	528	1086
Duxbury High School-4	505	518	1023
East Bridgewater High School -5	279	271	550
East Longmeadow High School -4	451	426	877
<i>English High School (Boston) -4</i>	422	324	746
<i>Excel High School -5</i>	45	24	69
Fairhaven High School -5	308	309	617
Falmouth High School -4	446	424	870
<i>Fenway High School -5</i>	149	172	321
Fitchburg High School-3	534	558	1092
Fontbonne Academy -5	0	290	580
Foxborough High School -4	415	433	848
Gardner High School -5	333	296	629
<i>Georgetown Middle/High -5</i>	210	227	437
Gloucester High School-3	548	487	1035
Grafton Memorial Sr HS -5	343	331	674
Hamilton-Wenham Reg HS -5	307	397	704
<i>Hanover High School -4</i>	374	366	740
Holliston High School -4	407	430	837
Holyoke Catholic High School -5	128	172	300
Hopedale Jr./Sr. High School -5	163	175	338
Hopkinton High School-3	516	553	1069
Hudson-4			851
<i>Hull High School -5</i>	180	163	343

SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment	Boys 9- 12	Girls 9-12	Total Enrollment
Innovation Acad Charter -5	108	92	200
Ipswich High School -5	314	341	655
<i>Kennedy Acad for Career -5</i>	74	151	225
Lenox Memorial High School -5	147	126	273
Littleton High School -5	191	226	417
Longmeadow High School	520	466	986
Ludlow High School -4	491	496	987
Lunenburg High School -5	238	275	513
Lynn Vocational Technical Inst -5	411	285	696
Lynnfield High School -5	305	313	618
Mahar Regional School -5	287	283	570
Manchester Essex Reg. High -5	227	247	474
Marblehead High School-4	478	480	958
Marian High School -5	135	168	303
Marlborough High School-3	560	524	1084
Mashpee High School -5	221	230	451
Maynard High School -5	139	154	293
Medfield High School -4	447	452	899
Medway High School -4	396	399	795
Melrose High School=4	459	518	977
Middleboro High School -4	436	397	833
Millbury Mem.Jr./Sr.H.S. -5	252	252	504
Millis High School -5	198	183	381
Milton High School-4	504	499	1003
<i>Monument Mountain Reg HS -5</i>	283	244	527
Murdock Middle/High School -5	187	183	370
Narragansett Reg. High -5	210	244	454
Nashoba Reg. High School-4	546	470	1016
<i>Nauset Reg. High School -4</i>	488	472	960
New Leadership Charter School -5	96	134	230
Newburyport High School -5	349	367	716
Nipmuc Regional High School -4	346	384	730
North Reading High School -5	342	364	706
Northampton High School -4	440	443	883
Northbridge High School -5	332	342	674
Norton High School -4	387	337	724
Norwell High School -5	325	342	667
Norwood Senior High School-3	546	516	1062
Notre Dame Academy - Worc -5	0	269	538
Oakmont Regional High School -5	339	336	675
<i>O'Bryant High School -3</i>	434	598	1032
Old Rochester Reg. High School -5	361	332	693

SMALL SCHOOLS DIVISION for MSTCA Meets Less than 1100 combined enrollment	Boys 9- 12	Girls 9-12	Total Enrollment
Oxford High School -5	246	256	502
Pembroke High School -4	495	449	944
Pentucket Reg. High School -4	383	409	792
<i>Pittsfield High School -4</i>	463	482	945
Plymouth North High School-3	524	560	1084
Quabbin Regional High School	423	431	854
Randolph High School -4	421	343	764
Rockland High School -5	307	275	582
Saint Mary's High School (L) - 5	241	265	506
Saint Peter-Marian Jr/Sr H.S. -5	239	244	483
Sandwich High School-4	470	510	980
Saugus High School -5	350	359	709
Scituate High School -4	406	441	847
Seekonk High School -5	348	329	677
<i>Snowden Int'l School @ Copley -5</i>	190	221	411
Somerset Berkley Regional -4	455	517	972
South Hadley High School -5	323	308	631
Stoneham High School -4	328	390	718
Stoughton High School-3	554	519	1073
Sutton High School -5	178	210	388
Swampscott High School -4	346	395	741
<i>Tech Boston Academy -5</i>	303	219	522
Tewksbury Memorial High 4	460	447	907
Triton Regional High School -4	384	403	787
Tyngsborough High School -5	251	257	508
<i>Urban Science Academy -5</i>	317	272	589
Ursuline Academy -5	0	277	554
Uxbridge High School -5	241	210	451
Wakefield Memorial High -3	457	628	1085
Wareham High School -4	388	353	741
Watertown High School -4	380	370	750
Wayland High School -4	436	420	856
West Bridgewater Mid/Sr. HS -5	194	193	387
<i>West Roxbury Academy -5</i>	394	307	701
Westborough High School-3	533	534	1067
Weston High School -4	376	379	755
Westwood High School 4	439	485	924
Whitinsville Christian School -5	114	105	219
Wilmington High School-4	471	500	971
Winchester High School-3	527	565	1092
Winthrop High School -5	241	255	496