



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

Sunday, January 24, 2016

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

Hosted by: **Somerville H.S.**
Event Manager: **Charlie O'Rourke**
Sponsored by: **Saucony**

Sanctioned by: **M.I.A.A.**
Meet Director: **Charlie O'Rourke**

MEET INFORMATION

The Boys and Girls Elite Invitational Track Meet will held at Reggie Lewis Center on Sunday, January 24, 2016. The list of participants will be published on the MSTCA web-site **by Wed., January 20, 2016.** The meet begins at 9:30 a.m. for field events and 10:15 a.m. for running events.

The top thirty (30) athletes and thirty (30) relay teams entered in the Boys and Girls Invitational meet 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 23, 2016.

Coaches will submit their entries for their respective Boys/Girls Invitational Meets. ALL ENTRIES ARE COMPLETED ON DIRECT ATHLETICS. Please make sure you indicate WHERE and WHEN your athletes achieved 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 Thursday evening, January 21, 2016. **It is the responsibility of all coaches to check the status of their teams' entries.**

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

Coaches: You must make sure that you bring your team members 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 and Girls Invitational covers the entry fee.

MSTCA medals will be awarded to the top six placers in each event, including relays. NO team awards. There will be a trackside awards ceremony for each event as soon as the event is done and results are available. **Please make sure your athletes are present at this ceremony.**

IMPORTANT RELAY INFORMATION

Only the top thirty (30) relay teams will be accepted into the Elite Meet on Sunday. There will only be relays in the Elite Meet, there will be no relays in the Invitational Meet on Saturday. No other relays will be run in conjunction with this meet. If your relay team(s) are not accepted into the Elite Meet and you want to run a relay to get a better time for the Class meets, you should enter the Last Chance Meet on Sunday, January 31, 2016.

ELITE MEET ORDER OF EVENTS

Field Events start at 9:30 a.m.

**SHOT PUT – Boys first
LONG JUMP – Girls first**

Hurdles and Dash will be completed before the High Jump pits are set up.

HIGH JUMP – The competition will begin 30 minutes after the pits are set up. Girls at scoreboard end, Boys in the middle of the floor.

Running Events start at 10:15 A.M. – GIRLS COMPETE BEFORE BOYS unless otherwise indicated.

55 meter Hurdles Trials – 8 fastest advance to final
55 meter Dash Trials - 8 fastest advance to final

**Girls One Mile Run – Sponsored by the BAA (Boston Athletic Association)
Sections based on submitted times, fastest section last**

55 meter Hurdles Finals – **Boys** first
55 meter Dash Finals

**Boys One Mile Run – Sponsored by the BAA (Boston Athletic Association)
Sections based on submitted times, fastest section last**

After the completion of the Hurdles and Dashes:

600 meter Run – Sections of six based on submitted times, fastest section last
1000 meter Run – Two sections of twelve based on submitted times, fastest section last
300 meter Dash – Sections based on submitted times, fastest section last
Two Mile Run – Sections based on submitted times, fastest section last

Relays may start AFTER the completion of the High Jumps or earlier, at the discretion of meet management:

4 x 200m Relay	Sections on time - fastest section last
4 x 800m Relay	Sections on time - fastest section last
4 x 400m Relay	Sections on time - fastest section last

Athletes will have to check in when their events are called. An athlete who shows up to check in for a race after the sections for the event have been set up WILL NOT be allowed to compete.

This meet will move very quickly, make sure you inform your athletes that they need to listen for the event announcements and report promptly when their events are called.