



**39th Annual GIRLS
MSTCA INDOOR INVITATIONAL TRACK & FIELD MEET**

Saturday, January 23, 2016

To be conducted with the Boys Invitational Meet.

Field events start at 9:30 a.m., running events at 10:00 a.m.

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

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

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

EVENTS

55 meter Hurdles
55 meter Dash
Bob McIntyre 300 meter Dash
600 meter Run
1,000 meter Run
Nancy Buguey One Mile Run
Margaret McNiff Two Mile Run
Holly Young High Jump
Shot Put
Long Jump
 4 x 200 meter Relay
 4 x 400 meter Relay
 4 x 800 meter Relay

MEET STANDARDS

:09.90m FAT - 9.5 hand 55m /:08.0 50y
:08.15m FAT - 7.9 hand 55m /:06.7 50y
:46.0m/:42.5y
1:49.0m/1:40.0y
3:22.5m/3:03.0y
5:45.0
12:40.0
Opening Height: lowest MIAA qual. standard
30'00"
15'00"
1:55.0
4:35.0
10:50.0

Do not enter athletes or relays that have not achieved the performance standards listed above. The top thirty (30) athletes and relay teams entered will be accepted to run in the Elite Meet on Sunday, January 24, 2016. No relays will run on Saturday, Jan. 23.

MEET INFORMATION

1. M.I.A.A. rules will be in effect. The 2-running, 1-field or 1-running 2-field event rule will be followed. A relay counts as a running event. Uniform rules will be enforced.
2. Each school may enter THREE ATHLETES per event and ONE RELAY TEAM per relay if they have met the standards. You will be asked to include when and where each athlete achieved the performance. **EXCEPTIONS: You may only enter two girls in the One Mile, Two Mile and Long Jump. If you have more than two exceptional athletes in these events you need to contact the meet director BEFORE THE CLOSING DATE for entries to obtain permission to enter them.** Athletes may compete in only one track meet per day.
3. **The top thirty (30) seeded athletes in each event will compete in the Bob McIntyre Elite Meet on Sunday, January 24, 2016.**

Coaches, please note that, as in previous years, the performances you submit for your athletes will be checked and verified and you may be contacted if the meet director finds a discrepancy. If you have an unusual situation with an athlete, you should contact the meet director and explain. Example: if your athlete jumped 5'8" last year and you enter her at a 4'10", you should contact the director to give your reasons. The intent is to make sure the correct top 30 athletes are placed in the Elite Meet. If you have any questions, please contact the meet director, don't wait until the top 30 list is published.

4. **DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY SUNDAY, January 17, 2016, MIDNIGHT.** 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.
5. **ENTRY FEES:** \$5.00 per individual per event, \$25.00 per relay team. Entry fees are non-refundable. **If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if your athletes 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. Instructions for this method of payment are on the MSTCA web site.**

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 Road
Seekonk, MA 02771**

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: Late entries are strongly discouraged. There is a late fee policy for MSTCA meets. If you miss the Monday deadline and still want to compete, **you will have to contact the meet director** as Direct Athletics will be closed. **He is the only one to deal with this problem.** The fee structure will be \$50 per person or relay on Wednesday before 10:00 p.m.; it goes up to \$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 entry fee plus late fees, to hand to the meet director or they will not be allowed to compete.

6. Meet Director: **Charlie O'Rourke, 617-842-9317. E-mail: charlieorourke@gmail.com**
7. M.S.T.C.A. medals will be awarded to the top six placers in each event. 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.**
8. Results will be posted on www.mstca.org, the official MSTCA web site.

PLEASE READ AND OBSERVE THE FOLLOWING CRITERIA FOR COMPETITION

Do not BRING athletes who have not qualified for their respective events.

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

HIGH JUMP: "Five Person Alive" will be used in the H.J. until there are six competitors remaining, and then the event will progress in a regular rotation. **OPENING HEIGHT FOR THIS EVENT WILL BE THE LOWEST MIAA DIVISIONAL QUALIFYING STANDARD.** Do not bring athletes who have not jumped at least the opening height.

SHOT PUT: Implements will be provided by the meet. Do NOT bring any shots to the meet, they will not be allowed, even for practice. All first legal throws will be measured, then **only throws equal to, or better than, the lowest MIAA qualifying standard will be measured.** Do not bring athletes who will not be able to throw the minimum distance.

LONG JUMP: All first legal jumps will be measured, and **then only jumps equal to or over the lowest MIAA qualifying standards will be measured.** Do not bring athletes who have not jumped the standard this season.

Exceptional Athletes

If you have a truly exceptional group of athletes and would like to enter more than the allowed number in some events, you must contact Charlie O'Rourke at 617-842-9317 BEFORE THE ENTRY DEADLINE to determine if an exception can be made for your athletes. Relays are not included.

IMPORTANT RELAY INFORMATION

Only the top thirty (30) relay teams entered 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 on Saturday. 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 MIAA Divisional meets and you are not accepted into the Elite Meet, you should enter the Special Qualifying Meet on January 31st. Please consult the entry form for the January 31st meet.

ELITE MEET INFORMATION

The Boys and Girls Elite Invitational Track Meet will be held at Reggie Lewis Center on Sunday, January 24, 2016. The meet begins at 9:30 a.m. for field events and 10:15 a.m. for running events.

The top thirty athletes (30) and thirty (30) relay teams entered in the Boys and Girls Invitational Meet will be selected to run in the Elite Invitational Meet. Athletes not selected for the Elite Meet will participate in the Boys and Girls Invitational Meet on Saturday, January 23, 2016.

Coaches will submit their entries for their respective Boys/Girls Invitational Meets as usual. 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 Meets and those selected for the Elite Meet will be posted on the MSTCA web-site **by January 20, 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/relays incorrectly, the MSTCA may send a letter to that Athletic Director expressing our concerns, and those athletes entered incorrectly will be changed to their correct races.

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.

ORDER OF EVENTS

The Boys and Girls Invitational meets will be conducted together on the same day.

Girls Run Before Boys

Field Events: 9:30 a.m.

SHOT PUT (two throwing areas)

LONG JUMP (Girls before Boys)

Running Events:

10 a.m. on the oval. Milers must check in at 9:30 am.

One Mile Run FINAL – Sections on time, fastest section last

300 Meter Dash FINAL – Sections on time, fastest section last

600 Meter Run Sections on time, fastest section last

1,000 Meter Run Sections on time, fastest section last

Two Mile Run FINAL – Sections on time, fastest section last

10 a.m. on the infield.

Hurdles trials random seeding, fastest eight advance to finals

Dash trials random seeding, fastest eight advance to finals

Hurdles finals boys before girls (because of change of hurdle height)

Dash finals girls before boys

HIGH JUMP: Two jump pits will be set up at the conclusion of the hurdles and dashes, girls at scoreboard end, boys in middle of floor. The competition will begin 30 minutes after the pits are set up to give athletes time to warm up and set their marks.

There will be no relays run at this meet. Top 30 relay teams entered will compete in the Elite Meet. See page 2 for more information.

Inclement 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	Frank Mooney	508-728-9921
John Carroll	508-737-7874	Rick Kates	781-706-3340
Jim Hoar	508-776-7589		