



# 29th ANNUAL NEW ENGLAND INTERSCHOLASTIC INDOOR TRACK & FIELD CHAMPIONSHIPS

Sunday, February 28, 2016 at 1:00 P.M.

At The Bob McIntyre Track

Reggie Lewis Track and Athletic Facility

1350 Tremont Street, Roxbury Crossing, MA 02120

Presented by the Council of New England Secondary School Principals' Association  
57 Northern Blvd., Colchester, CT 06415

Executive Director: Donn Friedman, [donn@cnesspa.org](mailto:donn@cnesspa.org), (860-416-1884)

President: Michael Burnham, Maine Principals' Association

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New England Track & Field Committee:

**Massachusetts:** Chris Lane, MIAA; **Connecticut:** Steve Wysowski, CIAC;

**Vermont:** Bob Johnson, VPA; **Maine:** Mike Burnham, MPA;

**New Hampshire:** Dave Rozumek, NHIAA; **Rhode Island:** Mike Lunney, RIIL

**Registration begins at 11:00 AM**

**Competition begins at 1:00 PM Field - 1:30 PM Running**

**1:00 PM** Long Jump and Shot Put – Boys, followed by Girls  
High Jump (2 pits –Opening Heights: Boys, 6'01”-Girls, 5'01”)

**1:30 PM** 4 x 800 meter Relay - Sections  
4 x 200 meter Relay - Sections  
1 Mile - Sections  
1,000 meter - Sections  
600 meter - Sections  
300 meter - Sections (on time)  
2 Mile - Sections  
4 x 400 meter Relay – Sections

After the High Jumps have been concluded:

Hurdles – Semifinals

Dash – Semifinals

Hurdles – Final

Dash – Final

NOTE: Girls will compete before the boys.

Fastest sections will run last.

All athletes must check in when called.

**MEET DIRECTOR:**

Rick Kates, [rkates@ndahingham.com](mailto:rkates@ndahingham.com)

**FILING OF ENTRIES:**

One representative from each state should send all entries electronically using Hy-tek's Meet Manager to Lucia Carroll at [lucia.carroll17@gmail.com](mailto:lucia.carroll17@gmail.com). Entries should be sent as soon as your qualifiers are determined. All entries should be received by 5:00 pm, Sunday, February 21, 2016.

**REGISTRATION:**

Registration of athletes, packet pickup, and payment of fees will begin at 11:00 AM in the gymnasium, not the track area. All coaches and athletes should report directly to the gym, entering from the Malcolm X Blvd., aka New Dudley Street side door. **Note: Coaches will be asked to make scratches as they begin the registration process.**

**FEES:**

**\$20.00** per individual athlete; (**New – no separate fee for relays - \$20.00 per competing athlete – one \$20.00 fee if the athlete is entered in multiple events.**) There will be no refunds and **no purchase orders** will be accepted, check or cash only. Checks should be made payable to the **CNESSPA** and paid at registration on the day of the meet. Please do not mail a check prior to the event.

(**Note: Only team members listed on the entry submission and two coaches will be allowed through the competitor gate. \$10.00 per person can be added to the entry check for additional coaches. It would be extremely helpful for all athletes and coaches from each school to report to registration together.**)

**IMPORTANT: Due to the fact that the meet is very popular and spectators come from all the N.E. states, the Reggie Lewis Center is filled to capacity. So we are obliged to monitor carefully all non-registered athletes. THERE ARE NO ALTERNATES IN THE RELAYS. Coaches must understand this fact. We cannot allow non-competitors to be passed into the meet for free. The Boston Fire Marshals are very cognizant of overcrowding, and in the past have ordered us to close the doors early causing some parents to be unable to see their sons or daughters compete. Please inform your parents to arrive early.**

**LIMITATIONS:**

Each state will be allowed to submit the names of six (6) competitors per event. The selection of athletes will be made by each state's Association Track Committee. Final decision of an athletes participation remains with the Meet Director and the New England Representative of his or her state. Individual state restrictions govern each state's athletes' participation in the New England Championship. Competitors are limited to a maximum of four (4) events. No athlete may be entered in more than four events, including relays. National Federation rules govern the meet. No event will be held up to wait for an athlete competing in another event.

### **AWARDS:**

Special New England Champion plaques will be presented to the first place winners of each event, including relays.

Athletes/relays placing 2nd through 6th in their events will receive medals

### **SCHOOL REPS:**

All competitors must have an **adult representative** of their school present in order to compete in the meet.

### **EQUIPMENT:**

Starting blocks, shot puts, relay batons will be supplied by the meet. Do not bring your own to the meet.

### **LOCKERS:**

There are no locker rooms available at Reggie Lewis. Athletes should come ready to compete.

### **GENERAL ADMISSION TO MEET:**

General admission: \$10.00, tickets go on sale at 11:00 AM at the front entrance.

### **SPIKES:**

Athletes are to wear their spikes only in the track area and only during their competition. Spike worn anywhere else in the center may cause your athlete to be disqualified. SPIKES: only 1/4" pyramid spikes are allowed. Other spikes will cause elimination from the meet. Correct size spikes will be available to purchase near the registration area in the gym. Athletes must have their spikes checked in the gym before competition.

### **T-SHIRTS:**

Official New England Indoor Track & Field Championship apparel will be sold at the meet. Apparel can be pre-ordered at [www.grr-tees.com](http://www.grr-tees.com) until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.

### **COACHES & ATHLETES ADMISSION INFORMATION:**

**Each school team entered will receive one (1) coach's wristband per gender!** Only athletes actually entered in the competition will be allowed into the meet, and they must wear their wristband to enter the Field House. Coaches or Athletic Directors passes will not be accepted at this meet. Relay teams must wear numbers.

**WEB SITE FOR INFORMATION AND RESULTS:** [www.cnesspa.com](http://www.cnesspa.com) (also, results will be posted on: [www.milesplit.com](http://www.milesplit.com))

### **VIDEO ACCESS:**

The New England Indoor Track & Field Championship can be streamed live and/or retrieved on demand through the NFHS Network for a fee. The link for access is <http://www.nfhsnetwork.com/affiliates/council-of-new-england-secondary-schools-principals-association>

**COACHES SHOULD READ THE “INSTRUCTIONS FOR REGGIE LEWIS” INCLUDED IN EACH PACKET AT REGISTRATION SO THEY UNDERSTAND THEM AND THEIR ATHLETES’ RESPONSIBILITIES. Remember you pay for your entries at the registration desk. All field event athletes must report to their site at the initial call. The decision of the games committee is final!**

**DIRECTIONS TO REGGIE LEWIS:**

**North of Boston:** follow I-93 South to Mass. Ave. exit;

**West of Boston:** follow Mass. Pike East to I-93 South (Southeast Expressway);

**South of Boston:** Rte. I-93 North to Southeast Expressway to Mass. Ave. exit;

Take the Mass. Ave exit ramp, continue straight through the lights on to Melnea Cass Blvd., and follow Melnea Cass to the end. Go left onto Tremont Street – Reggie Lewis is 1/2 mile on the left.

Please see [www.mstca.org](http://www.mstca.org) for specific parking information and the bus driver manual for further parking instructions.

**HOTELS:**

Overnight accommodations and all meals are the responsibility of the entering schools and individuals. Usually special rates are arranged at some area hotels. Unfortunately, area hotels did not cooperate in our efforts. If any agreements are reached after publishing this packet, they will be listed on the CNESSPA website, [www.cnesspa.org](http://www.cnesspa.org).