



40th Annual GIRLS' and 54th Annual BOYS' Invitational
Large Schools – Saturday, January 28, 2017 –
New start time on Saturday: 9:00 AM start for all events!!!

Small Schools – Sunday, January 29, 2017

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

GIRLS 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

EVENTS

Reggie Poyau 55 meter Hurdles

Ralph Colson 55 meter Dash

Bob McIntyre 300 meter Dash

Scott McFettridge 600 meter Run

1,000 meter Run

Will Cloney One Mile Run

Frank Mooney Two Mile Run

Greg Gonsalves High Jump

Joe Naughton Shot Put

Long Jump

William O'Connor 4 x 200 meter Relay

4 x 400 meter Relay

4 x 800 meter Relay

BOYS STANDARDS

:08.70m FAT - 8.4 hand 55m /:07.2 50y

:07.20m FAT - 6.9 hand 55m /:05.8 50y

:39.5m/:36.0y

1:32.0m/1:22.0y

2:49.2 m/2:35.0y

4:50.0

10:30.0

Opening Height: lowest MIAA qualifying standard

43'00"

19'00"

1:37.5

3:38.5

8:35.0

Do not enter athletes or relays that have not achieved the performance standards listed above.

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 team 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 athletes 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.

3. **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.
4. **DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY SUNDAY, January 22, 2017, MIDNIGHT.** You **MUST** enter on-line using www.DirectAthletics.com
5. **ENTRY FEES:** \$5.00 per individual per event, \$25.00 per relay team. Entry fees are non-refundable. **If you enter athletes into the 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 **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 late fee structure will be \$50 per person or relay on Tuesday before 10:00 p.m. **No entries will be accepted after Tuesday at 10:00 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 enter or 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.

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

Boys then Girls

Field Events: 9 a.m. on Saturday; 10 a.m. on Sunday

**SHOT PUT (two throwing areas)
LONG JUMP (Boys before Girls)**

Running Events:

9 a.m. on Saturday; 10:30 a.m. on Sunday on the oval.

One Mile Run	FINAL – Sections on time, fastest section last
300 Meter Dash	FINAL – Sections on time, fastest section last *
600 Meter Run	FINAL – Sections on time, fastest section last *
1,000 Meter Run	FINAL – Sections on time, fastest section last
Two Mile Run	FINAL – Sections on time, 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 *

*Lane preferences for these events: 5-6-4-3-2-1.

9 a.m. on Saturday; 10 a.m. on Sunday in the infield.

Hurdles trials	serpentine seeding based on entry time, fast to slow, fastest 8 advance to finals
Dash trials	serpentine seeding based on entry time, fast to slow, fastest 8 advance to finals
Hurdles finals	girls before boys (because of change of hurdle height)
Dash finals	boys before girls

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.

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 watch TV (look for Roxbury Community College) and/or listen to 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	