



Auerbach Freshman-Sophomore Championship Meet
LARGE SCHOOLS - Saturday, January 6th, 2018 (10:00 AM)
SMALL SCHOOLS - Sunday, January 7th, 2018 (10:00 AM)
Robert McIntyre Track at Reggie Lewis Track and Athletic Center
Roxbury, MA 01350 Tremont St., Roxbury Crossing

Hosted by:	North Quincy High School (Large Schools), Plymouth South (Small Schools)																																								
Sanctioned by:	M.I.A.A.																																								
Meet Director:	Lou Tozzi, (h) 781-837-5185, (c) 617-947-1031, lp.tozz@gmail.com																																								
Sponsored by:	Auerbach Youth Foundation																																								
Entry Information:	To determine which MSTCA division (LARGE OR SMALL) your team will compete in, please find your school on the MSTCA list. 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.																																								
Events & Standards:	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>EVENTS</u></th> <th style="text-align: center;"><u>GIRLS STANDARDS</u></th> <th style="text-align: center;"><u>BOYS STANDARDS</u></th> </tr> </thead> <tbody> <tr> <td>55 M Dash</td> <td style="text-align: center;">8.75</td> <td style="text-align: center;">7.65</td> </tr> <tr> <td>55 M Hurdles</td> <td style="text-align: center;">11.7</td> <td style="text-align: center;">11.0</td> </tr> <tr> <td>300 Meters</td> <td style="text-align: center;">50.0</td> <td style="text-align: center;">44.0</td> </tr> <tr> <td>600 Meters</td> <td style="text-align: center;">2:05.0</td> <td style="text-align: center;">1:50.0</td> </tr> <tr> <td>1,000 Meters</td> <td style="text-align: center;">3:55.0</td> <td style="text-align: center;">3:20.0</td> </tr> <tr> <td>One Mile Run</td> <td style="text-align: center;">6:25.0</td> <td style="text-align: center;">5:35.0</td> </tr> <tr> <td>Two Mile Run</td> <td style="text-align: center;">14:00.0</td> <td style="text-align: center;">12:00.0</td> </tr> <tr> <td>Shot Put</td> <td style="text-align: center;">21' 0"</td> <td style="text-align: center;">30' 0"</td> </tr> <tr> <td>High Jump</td> <td style="text-align: center;">4' 4"</td> <td style="text-align: center;">5' 0"</td> </tr> <tr> <td>Long Jump</td> <td style="text-align: center;">12' 0"</td> <td style="text-align: center;">15' 0"</td> </tr> <tr> <td>4 x 200 meter Relay</td> <td style="text-align: center;">None</td> <td style="text-align: center;">None</td> </tr> <tr> <td>4 x 400 meter Relay</td> <td style="text-align: center;">None</td> <td style="text-align: center;">None</td> </tr> </tbody> </table>		<u>EVENTS</u>	<u>GIRLS STANDARDS</u>	<u>BOYS STANDARDS</u>	55 M Dash	8.75	7.65	55 M Hurdles	11.7	11.0	300 Meters	50.0	44.0	600 Meters	2:05.0	1:50.0	1,000 Meters	3:55.0	3:20.0	One Mile Run	6:25.0	5:35.0	Two Mile Run	14:00.0	12:00.0	Shot Put	21' 0"	30' 0"	High Jump	4' 4"	5' 0"	Long Jump	12' 0"	15' 0"	4 x 200 meter Relay	None	None	4 x 400 meter Relay	None	None
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Participation Rules:	<ul style="list-style-type: none"> ➤ This meet is only for athletes enrolled as FRESHMEN or SOPHOMORES in high school. Do not enter any 7th or 8th graders. ➤ 1-1-1 rule (1 running, 1 field, 1 field, 1 relay) ➤ A school may enter TWO ATHLETES per event as long as they have met the qualifying standards listed. You may enter a third athlete in an event if that athlete has achieved the qualifying standard for that event. You are expected to enter your two best athletes. Do not enter two athletes and then ask to enter a third athlete who is better than the other two. You must contact the Meet Director no later than Tuesday, January 3 midnight to obtain permission to enter the third person, no exceptions! 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. ➤ 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. 																																								
DEADLINES & REGISTRATION	All entries will be due on www.directathletics.com by Tuesday, January 2 nd , 2018. Payment must be received by Tuesday, January 2 nd at MIDNIGHT.																																								

Entry Fees	<ul style="list-style-type: none"> • \$5.00 per athlete, per event and \$15.00 per relay team, whichever is less. • \$75.00 per school team (separate boys' and girls' fees) • \$150.00 maximum per school, or <p>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.</p> <p>Make checks payable to: MSTCA. Payment must be received by January 3rd, 2018 or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224</p> <p>Payments in the form of a check or purchase order, payable to <u>MSTCA</u>, should be mailed as soon as possible to:</p> <p>MSTCA c/o Elaine Mooney 60 Cynthia Road Seekonk, MA 02771</p> <p>LATE ENTRIES AND FEES: Late entries are strongly discouraged; however there is a late fee policy for MSTCA meets. If you miss the Tuesday (1/2/18) deadline, and still want your team to compete, you must contact the meet director by Wednesday, 1/3, no later than 7 p.m. 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. No entries will be accepted after Wednesday 1/4 at 7:00 p.m. Schools that enter late entrants must bring to the meet 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.</p>
Awards	<p>Medals will be awarded to the top eight (8) placers in each event, including 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.</p>
Results	<p>Results will be posted on www.mstca.org, the official MSTCA web site.</p>
Spikes	<p>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.</p>
High Jump	<p>Two jump pits will be set up at 10:00am (start of field events) Starting Heights: Girls - 4'04"; Boys - 5'00" Height progression will increase by 2 inches.</p>
Shot Put	<p>Each athlete will have three attempts; the best 9 throwers will advance to a final. All first legal throws will be measured. Then, only throws of 21' and over (girls) and 30' and over (boys) will be measured. The meet will supply shots - leave your implements at home, they will not be allowed, even in practice.</p>
Long Jump	<p>Each athlete will have two attempts; the best 9 jumpers will advance to a final for two more attempts. All first legal jumps will be measured. Then, only jumps of 12' and over (girls) and 15' and over (boys) will be measured. NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.</p>
Equipment: Batons, Shots, & Blocks	<p>All will be provided by meet management. Do not bring blocks or shots to the meet.</p>

ORDER OF EVENTS	<p>(GIRLS compete before BOYS in running events)</p> <p><u>Field Event Starting Times: 10:00 a.m.</u> SHOT PUT (Boys throw in the cage; Girls throw in the area to the left of the score board) Top 9 to finals LONG JUMP (Girls before Boys) –Top 9 to finals HIGH JUMP (Two Pits) – Opening Heights: Girls - 4'04"; Boys - 5'00" [Starts after Hurdles/Dash] <u>Running Events (first event check in 10:15 a.m. then listen for call:</u></p> <p>ONE MILE RUN - FINAL - Sections on time, fastest section last 600 METERS - FINAL - Sections on time, fastest section last* 1000 METERS - FINAL - Sections on time, fastest section last* 300 METERS - FINAL - Sections on time, fastest section last TWO MILE RUN - FINAL - Sections on time, fastest section last 4 x 200 Meter Relay - Sections on time (A teams only, NO B teams allowed)* 4 x 400 Meter Relay - Sections on time (A teams only, NO B teams allowed)*</p> <p style="text-align: center;">*Lane preferences for these events: 5-6-4-3-2-1.</p> <p><u>INFIELD START TIME: 10:00am [Check in for Hurdles 9:40am]</u> Hurdle Trials: serpentine seeding based on entry time, fast to slow, fastest 16 advance to a two-section final. Dash Trials: serpentine seeding based on entry time, fast to slow, fastest 16 advance to a two-section final. Hurdle Finals: BOYS before GIRLS Dash Finals: GIRLS before BOYS</p>
Emergency Contact Form	All coaches must have filled out a MSTCA Reggie Lewis Center Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.
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 Jim Hoar 508-776-7589 Rick Kates 781-706-3340 Frank Mooney 508-728-9921 Lou Tozzi 617-947-1031