



# MSTCA Last Chance to Qualify Meet

**Sunday, February 4<sup>th</sup>, 2018 (10:00 AM - Field, 11:00 AM - Oval)**  
**Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA**  
**1350 Tremont St., Roxbury Crossing.**

<b>Hosted by:</b>	Durfee High School																																										
<b>Sanctioned by:</b>	M.I.A.A.																																										
<b>Meet Director:</b>	Joe LeMar, <a href="mailto:Bifrunner1@aol.com">Bifrunner1@aol.com</a> , 508-345-5485																																										
<b>Sponsored by:</b>	Marathon Sports																																										
<b>Entry Information:</b>	<p>The purpose of this meet is to give those athletes who have not qualified for the MIAA Divisional Championships one last chance to obtain their respective standards. Coaches are urged to enter only those athletes who may be capable of obtaining the standards set by the MIAA for their own division.</p> <p>Coaches, it is your responsibility to check <a href="http://www.mstca.org">www.mstca.org</a> for all updated meet information. Coaches with athletes who are Visually Impaired or Mobility Challenged wanting to compete should contact meet director Joe LeMar before the entry deadline.</p>																																										
<b>Events &amp; Standards:</b>	<table border="1"> <thead> <tr> <th><u>EVENTS</u></th> <th><u>GIRLS STANDARDS</u></th> <th><u>BOYS STANDARDS</u></th> </tr> </thead> <tbody> <tr> <td>55 M Dash</td> <td>8.0</td> <td>7.20</td> </tr> <tr> <td>55 M Hurdles</td> <td>10.0</td> <td>9.00</td> </tr> <tr> <td>300 Meters</td> <td>47.0</td> <td>40.10</td> </tr> <tr> <td>600 Meters</td> <td>1:52.0</td> <td>1:35.0</td> </tr> <tr> <td>1,000 Meters</td> <td>3:30.0</td> <td>3:00.0</td> </tr> <tr> <td>One Mile Run</td> <td>6:00.0</td> <td>5:00.0</td> </tr> <tr> <td>Two Mile Run</td> <td>12:50.00</td> <td>10:50</td> </tr> <tr> <td>Shot Put</td> <td>28' 00"</td> <td>40'00"</td> </tr> <tr> <td>High Jump</td> <td>4' 6"</td> <td>5' 6"</td> </tr> <tr> <td>Long Jump</td> <td>14'00"</td> <td>18'0"</td> </tr> <tr> <td>4 x 200 meter Relay</td> <td>1:59.00</td> <td>1:45.00</td> </tr> <tr> <td>4 x 400 meter Relay</td> <td>4:42.00</td> <td>3:57.00</td> </tr> <tr> <td>4 x 800 meter Relay</td> <td>11:04.00</td> <td>9:15.00</td> </tr> </tbody> </table>	<u>EVENTS</u>	<u>GIRLS STANDARDS</u>	<u>BOYS STANDARDS</u>	55 M Dash	8.0	7.20	55 M Hurdles	10.0	9.00	300 Meters	47.0	40.10	600 Meters	1:52.0	1:35.0	1,000 Meters	3:30.0	3:00.0	One Mile Run	6:00.0	5:00.0	Two Mile Run	12:50.00	10:50	Shot Put	28' 00"	40'00"	High Jump	4' 6"	5' 6"	Long Jump	14'00"	18'0"	4 x 200 meter Relay	1:59.00	1:45.00	4 x 400 meter Relay	4:42.00	3:57.00	4 x 800 meter Relay	11:04.00	9:15.00
<u>EVENTS</u>	<u>GIRLS STANDARDS</u>	<u>BOYS STANDARDS</u>																																									
55 M Dash	8.0	7.20																																									
55 M Hurdles	10.0	9.00																																									
300 Meters	47.0	40.10																																									
600 Meters	1:52.0	1:35.0																																									
1,000 Meters	3:30.0	3:00.0																																									
One Mile Run	6:00.0	5:00.0																																									
Two Mile Run	12:50.00	10:50																																									
Shot Put	28' 00"	40'00"																																									
High Jump	4' 6"	5' 6"																																									
Long Jump	14'00"	18'0"																																									
4 x 200 meter Relay	1:59.00	1:45.00																																									
4 x 400 meter Relay	4:42.00	3:57.00																																									
4 x 800 meter Relay	11:04.00	9:15.00																																									
<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>➤ 2-1 rule (i.e. 2 running, 1 field, 2 field &amp; 1 running)</li> <li>➤ A relay counts as a running event.</li> <li>➤ Uniform rules will be enforced (including relays).</li> <li>➤ Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul>																																										
<b>DEADLINES &amp; REGISTRATION</b>	January 30 <sup>th</sup> , 2018 - All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a>																																										
<b>Entry Fees</b>	<p>Individual Events:            \$10 per individual event            \$25 per relay</p> <p>Make checks payable to: MSTCA.            MSTCA IRS Tax ID number: 04-3394224</p> <p><b>Payments</b> in the form of a check or purchase order, <b>payable to <u>MSTCA</u></b>, should be mailed as soon as possible to:</p> <p><b>MSTCA</b>  <b>c/o Elaine Mooney</b></p>																																										

	<p><b>60 Cynthia Road Seekonk, MA 02771</b></p> <p><b>Waivers:</b> send your waivers for the entire season with team roster to Jim Hoar by January 30<sup>th</sup>, 2018. Waivers and rosters can be mailed to: Jim Hoar, 31 Champion Road, Yarmouth Port, MA 02675.</p> <p><b>Late Fee Policy:</b> If you miss the Tuesday deadline, and still want to compete, you will have to contact Joe LeMar Meet Director. The Director is the only one to deal with this issue. The fee structure will be \$50.00 per person or relay on Wednesday before 10:00pm; it goes up to \$100.00 per person or relay on Thursday before 6:00 p.m. 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 PO for the entry fee plus late fee to hand to the meet director or they will not be allowed to compete.</p>								
<p><b>ORDER OF EVENTS</b></p>	<p><b>Field Events: 10:00 AM</b>  <b>LONG JUMP (Girls before Boys) – Top 7 to finals</b>  <b>SHOT PUT (Girls &amp; Boys – Same Time) – Top 7 to finals</b>  <b>HIGH JUMP (2 Pits) – 30 Minutes After 55M Dash Finals on infield</b></p> <p><b>Running Events (rolling):</b>  <b>10:30 AM noon on the infield (8 lanes).</b></p> <p>Hurdles &amp; Dash trials serpentine seeding based on entry time, fast to slow, fastest 8 advance to finals</p> <table border="0"> <tr> <td>55 Hurdles G/B</td> <td>TRIALS</td> </tr> <tr> <td>55 Dash G/B</td> <td>TRIALS</td> </tr> <tr> <td>55 Hurdles B/G</td> <td>FINALS</td> </tr> <tr> <td>55 Dash G/B</td> <td>FINALS</td> </tr> </table> <p><b>11:00 AM on the oval. (Girls followed by Boys)</b>  1 Mile  600 M  1000 M  300 M  2 Mile  4 x 200 M Relay  4 x 800 M Relay  4 x 400 M Relay</p>	55 Hurdles G/B	TRIALS	55 Dash G/B	TRIALS	55 Hurdles B/G	FINALS	55 Dash G/B	FINALS
55 Hurdles G/B	TRIALS								
55 Dash G/B	TRIALS								
55 Hurdles B/G	FINALS								
55 Dash G/B	FINALS								
<p><b>Results</b></p>	<p>Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a>, the official MSTCA web site.</p>								
<p><b>Spikes</b></p>	<p>Only 1/8" or 1/4" PYRAMID spikes allowed at R.L.C. <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b> Spikes are allowed ONLY in the track area.</p>								
<p><b>Long Jump</b></p>	<p>There are <b>NO</b> runbacks from the board to get marks! Top 7 to finals.  <b>NO RUNBACKS ALLOWED!</b> Athletes should come prepared with a mark.</p>								
<p><b>ShotPut</b></p>	<p>All three throws will be measured. Top 7 to finals.</p>								
<p><b>Equipment: Batons, Shots, &amp; Blocks</b></p>	<p>All will be provided by meet management. Do not bring blocks or shots to the meet.</p>								

<b>Emergency Contact Form</b>	All coaches must have filled out a MSTCA Reggie Lewis Center <b>Emergency Contact Form</b> online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.
<b>Inclement Weather</b>	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                      Rick Kates 781-706-3340 Joe LeMar 508-345-5485                                      Jim Hoar 508-776-7589 Frank Mooney 508-728-9921