



MSTCA Last Chance to Qualify Meet

Sunday, February 10th, 2019 (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.

Hosted by:	Durfee High School																																										
Sanctioned by:	M.I.A.A.																																										
Meet Director:	Joe LeMar, Bifrunner1@aol.com , 508-345-5485																																										
Sponsored by:	Marathon Sports																																										
Entry Information:	<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 www.mstca.org 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>																																										
Events & Standards:	<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
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Participation Rules:	<ul style="list-style-type: none"> ➤ 2-1 rule (i.e. 2 running, 1 field, 2 field & 1 running) ➤ A relay counts as a running event. ➤ Uniform rules will be enforced (including relays). ➤ Competitor numbers must be worn on the front of the uniform, including relays. 																																										
DEADLINES & REGISTRATION	Tuesday, February 5 th , 2019 - All entries will be due on www.directathletics.com																																										
Entry Fees	<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>Payments in the form of a check or purchase order, payable to MSTCA, should be mailed as soon as possible to:</p>																																										

MSTCA

Last Chance to Qualify
956 Turnpike Road, Unit D
Canton, MA 02021

POs can be sent *electronically* to:
mstca.billing@gmail.com

MSTCA Tax ID # 04-3394224

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.

Waivers: send your waivers for the entire season with team roster to Jim Hoar by January 30th, 2018. Waivers and rosters can be mailed to:

Jim Hoar,
31 Champion Road,
Yarmouth Port, MA 02675.

Late Fee Policy: 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. It goes up to \$100.00 per person or relay on Thursday. No entries will be accepted after Thursday. 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.

**ORDER OF
EVENTS**

Field Events: 10:00 AM

LONG JUMP (Girls before Boys) – Top 7 to finals
SHOT PUT (Girls & Boys – Same Time) – Top 7 to finals
HIGH JUMP (2 Pits) – 30 Minutes After 55M Dash Finals on infield

Running Events (rolling):

10:30 AM noon on the infield (8 lanes).

Hurdles & Dash trials serpentine seeding based on entry time, fast to slow, fastest 8 advance to finals

55 Hurdles G/B	TRIALS
55 Dash G/B	TRIALS
55 Hurdles B/G	FINALS
55 Dash G/B	FINALS

11:00 AM on the oval. (Girls followed by Boys)

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
SMR 200-200-400-800 M Relay

Results	Results will be posted on www.mstca.org , the official MSTCA web site.
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.
Long Jump	There are NO runbacks from the board to get marks! Top 7 to finals. NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.
ShotPut	All three throws will be measured. Top 7 to finals.
Equipment: Shots, & Blocks	All will be provided by meet management. Do not bring blocks or shots to the meet.
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.
Incident 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 Rick Kates 781-706-3340 Joe LeMar 508-345-5485 Jim Hoar 508-776-7589 Frank Mooney 508-728-9921



SINGLE WAIVER FORM FOR Indoor Track & Field 2018-2019

I attest that all the athletes that will be participating from our school in the MSTCA Indoor Track & Field meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participation in this sport and waives releases and holds harmless the MSTCA organization, its officers, sponsors and representatives, as well as the host facility from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events.

This waiver acknowledges I have read and understand the following policies:

1. All payments either purchase order or check must be received prior to competition date.
2. School/Coach has read/understands MSTCA Coaches Emergency Action Plan
http://www.mstca.org/Winter_Season/Winter%202018/Emergency%20Action%20Plan%2012%2010%202016.pdf
3. Head Coach is listed as contact person on www.directathletics.com

School's Name _____

Boys' Team _____ Girl's Team _____ Both _____

Principal/OR Athletic Director's Signature _____

Print Principal/OR Athletic Director's Name: _____

Coaches Signature: _____

Print Coaches Name: _____

School's Phone Number _____

Date _____

Please attach your Indoor Track & Field teams' roster

Mail it immediately to: Jim Hoar 31 Champion Road Yarmouthport, MA 02675

Or scan/email to: hoarj@dy-regional.k12.ma.us

OR DY fax 508-398-7635

THIS MUST BE RECEIVED NO LATER THAN DECEMBER 14, 2018.