



# WINTER SPEED CLASSIC

Small Schools – Saturday, December 22, 2018 – 11:00 AM Field – Noon – Track  
 Large Schools – Sunday, December 23, 2018 – 10:00 AM Field – 11am - Track  
 Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA  
 1350 Tremont St., Roxbury Crossing.

<b>Hosted by:</b>	Small – North Reading High School, Large – West Springfield High School
<b>Sanctioned by:</b>	M.I.A.A.
<b>Meet Director:</b>	Small – Sotirios Pintzopoulos, <a href="mailto:spintzopoulos@nrpsk12.org">spintzopoulos@nrpsk12.org</a> , 978-852-7602 Large – Jack Lang, <a href="mailto:jelxc41@gmail.com">jelxc41@gmail.com</a> , 978-689-9742
<b>Sponsored by:</b>	Massachusetts State Track Field & Marathon Sports
<b>Events &amp; Standards:</b>	This meet is open to ALL athletes.  The only event with a standard is the long jump: Boys: 18' 0" Girls: 14' 0"
<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>➤ 2-1 rule (i.e. 2 running, 1 field)</li> <li>➤ A relay counts as a running event.</li> <li>➤ Uniform rules will be enforced (including relays).</li> <li>➤ NFHS Rules will be in effect.</li> <li>➤ Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul>
<b>DEADLINES &amp; REGISTRATION</b>	Monday, December 17, 2018 by Midnight. All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a> There are NO late entries or changes.
<b>Entry Fees</b>	<p>\$6 per athlete          \$20 per relay          Maximum Limit \$175 per single sex team, \$300 for both teams.</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>          c/o Speed Classic (Large or Small)          956 Turnpike Road, Unit D          Canton, MA 02021</p> <p>POs can be sent <b>electronically</b> to:  <a href="mailto:mstca.billing@gmail.com">mstca.billing@gmail.com</a></p> <p><b>MSTCA Tax ID # 04-3394224</b></p> <p>Send your waivers for the entire season with team roster to Jim Hoar by Dec 14, 2017.          Waivers can be FAXED to 508-398-7635 or email: <a href="mailto:hoarj@dy-regional.k12.ma.us">hoarj@dy-regional.k12.ma.us</a></p>

	<b>THERE ARE NO LATE ENTRIES INTO THIS MEET!</b>
<b>ORDER OF EVENTS</b>	<p><b>Field Events: 11:00 AM</b>  <b>LONG JUMP (Girls before Boys) NO RUNBACKS ALLOWED!</b> Athletes should come prepared with a mark.</p> <p><b>Running Events (rolling): 12:00 NOON (Boys before Girls)</b></p> <p>55 Meter Hurdles (<b>Heats=Fast to Slow</b>)  300 Meters (<b>Heats=Fast to Slow</b>)  600 Meters (<b>Heats=Fast to Slow</b>)  55 Meter Dash (<b>Heats=Fast to Slow</b>)  4 x 200 Meter Relay (<b>Heats=Fast to Slow</b>)  4 x 400 Meter Relay (<b>Heats=Fast to Slow</b>)</p> <p><b>Oval Lane preferences:</b> 300m, 600m, 4x200m, 4 x 400m (5-6-4-3-2-1)  <b>Infield:</b> 8 lanes</p>
<b>Awards</b>	There are NO awards given at this meet.
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.
<b>Spikes</b>	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.
<b>Equipment: Batons, Shots, &amp; Blocks</b>	<b>Teams must provide their own relay batons.</b> DO not bring shots or blocks to meet, they will be provided by meet management.
<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      Jim Hoar 508-776-7589 Rick Kates 781-706-3340                      Frank Mooney 508-728-9921 Jack Lang 978-689-9742                      Sotirios Pintzopoulos 978-852-7602



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](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](http://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](mailto:hoarj@dy-regional.k12.ma.us)

OR DY fax 508-398-7635

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