



43rd Annual Girls' & 57th Annual Boys' Coaches Invitational - Large Schools

Sunday, January 26, 2020 – 10:00 AM

Robert McIntyre Track at Reggie Lewis Track and Athletic Center
1350 Tremont St., Roxbury, MA

Hosted by:	Somerville High School																												
Sanctioning :	M.I.A.A																												
Meet Director:	Charlie O'Rourke, charlieorourke@gmail.com , 617-842-9317																												
Sponsor:	SAUCONY																												
Small/Large School Threshold	<ul style="list-style-type: none"> • Small Schools are those with enrollment of 1099 and lower. • Large Schools are those with enrollment of 1100 and higher. • Each school's data is based on the 2019-2020 MIAA alignments. <p style="text-align: center;">MIAA Indoor Track and Field Alignment</p>																												
Girls Events & Standards:	<p><u>Events and Standards</u></p> <table border="0"> <thead> <tr> <th><u>EVENT</u></th> <th><u>STANDARD</u></th> </tr> </thead> <tbody> <tr> <td>55 Meter Hurdles</td> <td>9.90 FAT or 9.5 Hand (M) or 8.0 Hand (Yds)</td> </tr> <tr> <td>55 Meter Dash</td> <td>8.15 FAT or 7.9 Hand (M) or 6.7 Hand (Yds)</td> </tr> <tr> <td><i>Bob McIntyre</i> 300 Meter Dash</td> <td>46.0 (M) or 42.5 (Yds)</td> </tr> <tr> <td>600 Meter Run</td> <td>1:49 (M) or 1:40 (Yds)</td> </tr> <tr> <td>1,000 meter Run</td> <td>3:22.5 (M) or 3:03 (Yds)</td> </tr> <tr> <td><i>Nancy Bugey</i> One Mile Run</td> <td>5:45</td> </tr> <tr> <td><i>Margaret McNiff</i> Two Mile Run</td> <td>12:40</td> </tr> <tr> <td><i>Holly Young</i> High Jump</td> <td>4' 10"</td> </tr> <tr> <td>Shot Put</td> <td>30'</td> </tr> <tr> <td>Long Jump</td> <td>15'</td> </tr> <tr> <td>4 x 200 meter Relay</td> <td>1:55</td> </tr> <tr> <td>4 x 400 meter Relay</td> <td>4:35</td> </tr> <tr> <td>4 x 800 meter Relay</td> <td>10:50</td> </tr> </tbody> </table>	<u>EVENT</u>	<u>STANDARD</u>	55 Meter Hurdles	9.90 FAT or 9.5 Hand (M) or 8.0 Hand (Yds)	55 Meter Dash	8.15 FAT or 7.9 Hand (M) or 6.7 Hand (Yds)	<i>Bob McIntyre</i> 300 Meter Dash	46.0 (M) or 42.5 (Yds)	600 Meter Run	1:49 (M) or 1:40 (Yds)	1,000 meter Run	3:22.5 (M) or 3:03 (Yds)	<i>Nancy Bugey</i> One Mile Run	5:45	<i>Margaret McNiff</i> Two Mile Run	12:40	<i>Holly Young</i> High Jump	4' 10"	Shot Put	30'	Long Jump	15'	4 x 200 meter Relay	1:55	4 x 400 meter Relay	4:35	4 x 800 meter Relay	10:50
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**Boys Events
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<u>EVENT</u>	<u>STANDARD</u>		
<i>Reggie Poyau</i> 55 Meter Hurdles	8.70 FAT	or	8.4 Hand (M) or 7.2 Hand (Yds)
<i>Ralph Colson</i> 55 Meter Dash	7.20 FAT	or	6.9 Hand (M) or 5.8 Hand (Yds)
<i>Bob McIntyre</i> 300 Meter Dash	39.5 (M)	or	36.0 (Yds)
<i>Scott McFettridge</i> 600 Meter Run	1:32 (M)	or	1:22 (Yds)
1,000 Meter Run	2:49.2 (M)	or	2:35 (Yds)
<i>Will Cloney</i> One Mile Run	4:50		
<i>Frank Mooney</i> Two Mile Run	10:30		
<i>Greg Gonsalves</i> High Jump	5' 8"		
<i>Joe Naughton</i> Shot Put	41' 04"		
Long Jump	19'		
<i>William O'Connor</i> 4 x 200 meter Relay	1:39		
4 x 400 meter Relay	3:45		
4 x 800 meter Relay	8:50		

**Waiver &
Participation
Rules:**

- All teams **MUST** submit the **MSTCA Single Waiver Form** for the Indoor Season along with a copy of their team roster, prior to their team being allowed to compete.
- Please submit your waiver form and team roster by Friday, December 13, 2019.
- Waivers and rosters can be mailed to:
Jim Hoar
31 Campion Road
Yarmouthport, MA 02675

- M.I.A.A. rules will be in effect, including enforcement of the uniform rule.
- An athlete may participate in a maximum of three events (3-0, 2-1, 1-2, etc.).
- A relay counts as a running event.
- For the One Mile Run, Two Mile Run, and Long Jump, a school may enter its two best athletes per event as long as both athletes have met the qualifying standards listed.
- For all remaining individual events, a school may enter its three best athletes per event as long as all athletes have met the qualifying standards listed.
- If a coach would like to enter additional exceptional athletes who have met the qualifying standard in an event, the coach must contact and receive permission from the Meet Director no later than 11:59 p.m. on Sunday, January 19.
- All athletes must have achieved the qualifying marks in a previous competition. Entries without seed times/distances will not be accepted.
- All submitted performances will be checked and verified by the Meet Director, who will contact coaches if any discrepancies are found. If a coach has an unusual situation with an athlete, the coach should contact the Meet Director.
- A school may enter only one relay team per relay event.
- Competitor numbers must be worn on the front of the uniform, including relays.

<p>Entry Deadline</p>	<ul style="list-style-type: none"> Monday, January 20, 2020 by 11:59 p.m. All entries should be submitted on www.directathletics.com.
<p>Order Of Events</p>	<p>FIELD EVENTS – 10:00 a.m. – Check in prior to 9:45 a.m.</p> <p>Shot Put: Girls followed by Boys</p> <p>Long Jump: Girls followed by Boys</p> <p>High Jump: Check in begins on the infield at the conclusion of the Dash & Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.</p> <p>INFIELD – 10:00 a.m. – Check in prior to 8:45 a.m.</p> <p>Hurdles Trials: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Dash Trials: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Hurdle Finals: Boys before Girls Dash Finals: Girls before Boys</p> <p>OVAL – 10:30 a.m. – Check-in in the gym; Girls followed by Boys</p> <p>Unseeded Two Mile Run: Sections on time, fastest section last. One Mile Run: Sections on time, fastest section last. 600 Meter Run: Sections on time, fastest section last. * 1,000 Meter Run: Sections on time, fastest section last. 300 Meter Dash: Sections on time, fastest section last.* Seeded Two Mile Run: Top 18 seeds only. 4 x 200 Meter Relay: Sections on time, fastest section last.* 4 x 800 Meter Relay: Sections on time, fastest section last. 4 x 400 Meter Relay: Sections on time, fastest section last.*</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p>
<p>Entry Fees</p>	<p>\$10 per individual event \$25 per relay</p> <p>Each school must notify the MSTCA's Finance Officer at mstca.billing@gmail.com of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> If a school is using the MSTCA's Single Payment method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment.

<p>Entry Fees</p>	<ul style="list-style-type: none"> • If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email. • If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email. • If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email. <p>Please make checks payable to: MSTCA and mail to</p> <p>MSTCA MSTCA Tax ID # 04-3394224 c/o Coaches Invitational Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p><u>Late Entry Policy:</u> If a school misses the Monday deadline and still wants to compete, the coach must contact and receive permission <u>from the Meet Director</u>.</p> <ul style="list-style-type: none"> • Prior to 10:00 p.m. on January 21: Late entry fee is \$50 per person or relay • After 10:00 p.m. on January 21, no entries will be accepted. • Late fees must be paid before the team is allowed to compete.
<p>Entry Lists</p>	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Friday, January 24.
<p>Equipment: Shots, Batons & Blocks</p>	<ul style="list-style-type: none"> • Teams must provide their own relay batons. • Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them.
<p>Shot Put</p>	<ul style="list-style-type: none"> • Each thrower will be allowed three throws. • The top 7 throwers will advance to the Finals. • All first legal throws will be measured. Then, only throws equal to, or better than, the lowest MIAA qualifying standard will be measured.
<p>Long Jump</p>	<ul style="list-style-type: none"> • Each jumper will be allowed three jumps. • The top 7 jumpers will advance to the Finals. • All first legal jumps will be measured. Then, only jumps equal to, or better than, the lowest MIAA qualifying standard will be measured. • No runbacks are allowed. Athletes should come prepared with a mark.

High Jump	<ul style="list-style-type: none"> • Girls Opening Height: 4' 8"; Progression: two inch increments • Boys Opening Height: 5' 6"; Progression: two inch increments • The "Five Alive" rule will be used until only six jumpers remain in the competition
Awards	<ul style="list-style-type: none"> • Top 6 finishers in each event will receive medals. • 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 and in their school issued uniform. • No team awards.
Results	<ul style="list-style-type: none"> • Results will be posted on www.mstca.org, the official MSTCA web site.
Spikes	<ul style="list-style-type: none"> • Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. • Spikes are allowed ONLY in the track area. • Correct spikes will be sold in the gym. • Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.
Emergency Contact Form	<p>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.</p>
Inclement Weather	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. • If there is any doubt, you may call one of the following to check: <p>Reggie Lewis Center 617-541-3535 Jim Hoar 508-776-7589 Rick Kates 781-706-3340 Charlie O'Rourke 617-842-9317 Lou Tozzi 617-947-1031</p>