



MSTCA Last Chance to Qualify Meet

Sunday, February 9, 2020 – 10:00 AM

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

Hosted by:	Durfee High School																																												
Sanctioning:	M.I.A.A.																																												
Meet Director:	Joe LeMar, Bifrunner1@aol.com , 508-345-5485																																												
Sponsor:	Marathon Sports																																												
Description:	<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 as well as national 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 with athletes who are Visually Impaired or Mobility Challenged and want to compete should contact the meet director before the entry deadline.</p> <p>Coaches: <u>Please check the MSTCA's website as this meet approaches in case there are any unforeseen changes.</u></p>																																												
Events & Standards	<table border="1"> <thead> <tr> <th><u>Events and Standards</u></th> <th>Girls</th> <th>Boys</th> </tr> </thead> <tbody> <tr> <td>55 M Dash</td> <td>8.0</td> <td>7.2</td> </tr> <tr> <td>55 M Hurdles</td> <td>10.0</td> <td>9.0</td> </tr> <tr> <td>300 Meters</td> <td>47.0</td> <td>40.1</td> </tr> <tr> <td>600 Meters</td> <td>1:52</td> <td>1:35</td> </tr> <tr> <td>1,000 Meters</td> <td>3:30</td> <td>3:00</td> </tr> <tr> <td>One Mile Run</td> <td>6:00</td> <td>5:00</td> </tr> <tr> <td>Two Mile Run</td> <td>12:50</td> <td>10:50</td> </tr> <tr> <td>Shot Put</td> <td>28'</td> <td>40'</td> </tr> <tr> <td>High Jump</td> <td>4' 6"</td> <td>5' 6"</td> </tr> <tr> <td>Long Jump</td> <td>14'</td> <td>18'</td> </tr> <tr> <td>4 x 200 meter Relay</td> <td>1:59</td> <td>1:45</td> </tr> <tr> <td>4 x 400 meter Relay</td> <td>4:42</td> <td>3:57</td> </tr> <tr> <td>4 x 800 meter Relay</td> <td>11:04</td> <td>9:15</td> </tr> </tbody> </table>			<u>Events and Standards</u>	Girls	Boys	55 M Dash	8.0	7.2	55 M Hurdles	10.0	9.0	300 Meters	47.0	40.1	600 Meters	1:52	1:35	1,000 Meters	3:30	3:00	One Mile Run	6:00	5:00	Two Mile Run	12:50	10:50	Shot Put	28'	40'	High Jump	4' 6"	5' 6"	Long Jump	14'	18'	4 x 200 meter Relay	1:59	1:45	4 x 400 meter Relay	4:42	3:57	4 x 800 meter Relay	11:04	9:15
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Events & Standards	<ul style="list-style-type: none"> The following events have no entry standards: 200 Meters 400 Meters 800 Meters Sprint Medley Relay 4 x 400 Mixed Relay
Waiver & Participation Rules:	<ul style="list-style-type: none"> All teams <u>MUST</u> submit the <u>MSTCA Single Waiver Form</u> 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 up to 2 running and 1 field event, or 1 running and 2 field events. A relay counts as a running event. Competitor numbers must be worn on the front of the uniform, including relays.
Entry Deadline	<ul style="list-style-type: none"> Tuesday February 4th, 2020 by 11:59 p.m. All entries should be submitted on www.directathletics.com
Order of Events	<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 – 10:30 a.m. – Check in prior to 10:15 a.m.</p> <p>Hurdles Trials: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.</p> <p>Dash Trials: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.</p> <p>Hurdle Finals: Boys before Girls</p> <p>Dash Finals: Girls before Boys</p>

OVAL – 11:00 a.m. – Check-in in the gym; Girls followed by Boys

- 400 Meter Dash:** Sections on time, fastest section first*
- One Mile Run:** Sections on time, fastest section first.
- 200 Meter Dash:** Sections on time, fastest section first*
- 600 Meter Run:** Sections on time, fastest section first.*
- 1,000 Meter Run:** Sections on time, fastest section first.
- 300 Meter Dash:** Sections on time, fastest section first.*
- 800 Meter Run:** Sections on time, fastest section first.
- Two Mile Run:** Sections on time, fastest section first.
- 4 x 200 Meter Relay:** Sections on time, fastest section first.*
- 4 x 800 Meter Relay:** Sections on time, fastest section first.
- 4 x 400 Meter Relay:** Sections on time, fastest section first.*
- Sprint Medley Relay:** Sections on time, fastest section first.*
- 4 x 400 Meter Mixed Relay:** Sections on time, fastest section first.*

***Lane preferences for these events: 5-6-4-3-2-1.**

- The SMR order will be 200/200/400/800

Entry Fees

\$10 per individual event
\$25 per relay

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.

- 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.
- 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.

Please make checks payable to: **MSTCA** and mail to

MSTCA
c/o Last Chance Entries
956 Turnpike Road, Unit D
Canton, MA 02021

MSTCA Tax ID # 04-3394224

Entry Fees	<p>Late Entry Policy: If a school misses the Tuesday deadline and still want 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 February 5: Late entry fee is \$50 per person or relay. • Prior to 6:00 p.m. on February 6: Late entry fee is \$100 per person or relay. • After 6:00 p.m. on February 6, no entries will be accepted. • Late fees must be paid before the team is allowed to compete.
Entry Lists	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Friday, December 13.
Equipment: Shots, Batons & Blocks	<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.
Shot Put	<ul style="list-style-type: none"> • Each thrower will be allowed three throws. There will be no finals. • There will be a no measure line below the lowest qualifying standard
Long Jump	<ul style="list-style-type: none"> • Each jumper will be allowed three jumps. There will be no finals. • No runbacks are allowed. Athletes should come prepared with a mark. • There will be a no measure line below the lowest qualifying standard
High Jump	<ul style="list-style-type: none"> • Girls Opening Height: 4' 6" • Boys Opening Height: 5' 6" • The "Five Alive" rule will be used until only six jumpers remain in the competition.
Awards	<ul style="list-style-type: none"> • There will be no awards at this meet.
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	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	<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: Reggie Lewis Center: 617-541-3535 Joe LeMar: 508-345-5485 Rick Kates: 781-706-3340
Parking at Reggie Lewis Center	Parking is available for patrons attending track and field events at the Reggie Lewis Center on a first-come-space available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.