



Northeast Invitational

Friday, January 10, 2020 – 4:00 PM
 Saturday, January 11, 2020 – 9:30 AM
 Sunday, January 12, 2020 – 9:30 AM

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

Hosted by:	Notre Dame Academy - Hingham		
Sanctioning:	M.I.A.A		
Meet Director:	Rick Kates, rkates2005@gmail.com , 781-706-3340		
Sponsor:	MSTCA		
States Invited:	MA, NH, NY, RI, CT, VT - Multi state sanctioning has been requested, participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools. (NFHS).		
Out-of-State Entry Information:	Participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools. (NFHS). All non-Massachusetts schools that plan to attend the Northeast Invitational must send the meet director an email declaring the school's intent to participate. This is a non-binding declaration, used to inform the NFHS of potential participants. This is for the purpose of obtaining a NFHS sanction for the meet. The deadline for this declaration is December 21, 2019.		
Events & Standards:	55 M Hurdles 55 M Dash 200 Meters 300 Meters 400 Meters 600 Meters 800 Meters 1,000 Meters	Long Jump Triple Jump High Jump Pole Vault Weight Throw Shot Put One Mile Run	4 x 200 Meter Relay 4 x 400 Meter Relay 4 x 400 Meter Mixed Relay 4 x 800 Meter Relay Sprint Medley Relay Distance Medley Relay Two Mile Run
	<ul style="list-style-type: none"> • There are no standards for this meet. 		

<p>Waiver & Participation Rules:</p>	<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 a maximum of 5 events over the 3 days, and a maximum of 3 events in 1 day. • A relay counts as a running event. • Competitor numbers must be worn on the front of the uniform, including relays. <p>For out of state teams: once your team is declared by the December 21, 2019 deadline, the meet director will send your waiver form by email. This form must be signed by your principal and/or athletic director. Your team's entry will be rejected if you do not return this document to the meet director by Monday, January 6, 2020.</p>
<p>Entry Deadlines</p>	<ul style="list-style-type: none"> • Out-of-State Intent to Enter: Saturday, December 21, 2019 by 11:59 p.m. • Entries: Sunday, January 5, 2020 by 11:59 p.m. • All entries should be submitted on www.directathletics.com. • There are no late entries allowed for this meet.
<p>Order of Events</p>	<p><u>FRIDAY, JANUARY 10, 2020</u></p> <p>FIELD EVENTS – 4:00 p.m. – Check in prior to 3:45 p.m.</p> <p>Pole Vault: Girls followed by Boys</p> <p>Weight Throw: Girls followed by Boys</p> <p>Triple Jump: Girls followed by Boys</p> <p>Unseeded High Jump: Girls and Boys compete simultaneously.</p>

**Order of
Events**

FRIDAY, JANUARY 10, 2020

OVAL – 4:30 p.m. – Check-in in the gym; Girls followed by Boys

Unseeded One Mile Run: Sections on time, fastest section first.

Unseeded Two Mile Run: Sections on time, fastest section first.

Sprint Medley Relay: Sections on time, fastest section first.

Distance Medley Relay: Sections on time, fastest section first.

- The SMR order will be 200/200/400/800
- The DMR order will be 1200/400/800/1600

SATURDAY, JANUARY 11, 2020

FIELD EVENTS – 9:30 a.m. – Check in prior to 9:15 a.m.

Seeded Long Jump: Girls followed by Boys

Seeded Shot Put: Girls followed by Boys

Seeded High Jump: Check in begins on the infield at the conclusion of the Dash & Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.

INFIELD – 10:00 a.m. – Check in prior to 9:45 a.m

Seeded Hurdles Trials: Top 32 seeds only; Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.

Seeded Dash Trials: Top 32 seeds only; Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.

Hurdle Finals: Girls before Boys

Dash Finals: Girls before Boys

OVAL – 10:00 a.m. – Check-in in the gym; Girls followed by Boys

Seeded One Mile Run: Top 30 seeds only

1,000 Meter Run: Sections on time, fastest section first.

600 Meter Run: Sections on time, fastest section first.*

300 Meter Dash: Sections on time, fastest section first.*

4 x 800 Meter Relay: Top 30 seeds only

4 x 200 Meter Relay: Sections on time, fastest section first.*

4 x 400 Meter Relay: Sections on time, fastest section first.*

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

<p>Order of Events</p>	<p><u>SUNDAY, JANUARY 12, 2020</u></p> <p>FIELD EVENTS – 9:30 a.m. – Check in prior to 9:15 a.m.</p> <p>Unseeded Long Jump: Girls followed by Boys</p> <p>Unseeded Shot Put: Girls and Boys compete simultaneously.</p> <p>INFIELD – 10:00 a.m. – Check in prior to 9:45 a.m</p> <p>Unseeded Hurdles: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Unseeded Dash: Girls followed by Boys; Serpentine seeding based on entry time, fast to slow;</p> <p>OVAL – 10:00 a.m. – Check-in in the gym; Girls followed by Boys</p> <p>Seeded Two Mile Run: Top 24 seeds only 200 Meter Dash: Sections on time, fastest section first.* 400 Meter Dash: Sections on time, fastest section first.* 800 Meter Run: Sections on time, fastest section first. 4 x 400 Meter Mixed Relay: Sections on time, fastest section first.*</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p>
<p>Entry Fees</p>	<p>\$7 per individual event \$20 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. • 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>Entry Fees</p>	<p>Please make checks payable to: MSTCA and mail to</p> <p>MSTCA MSTCA Tax ID # 04-3394224 c/o Northeast Invitational Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p><u>Late Entry Policy:</u> If a school misses the Sunday 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 6: Late entry fee is \$50.00 per person or relay • After 10:00 p.m. on January 6, 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 Thursday, January 9.
<p>Equipment: Shots, Weights, Batons & Blocks</p>	<ul style="list-style-type: none"> • Teams must provide their own relay batons. • Teams must provide their own Weight Implements • 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"> • The top 24 seeded athletes in each gender will throw on Saturday. • All unseeded athletes in each gender will throw on Sunday. • Each thrower will be allowed three throws. • For the Seeded Shot Put, the top 7 throwers will advance to the Finals.
<p>Weight Throw</p>	<ul style="list-style-type: none"> • A maximum of 32 athletes per gender will be allowed to compete. • Meet Officials will verify all implements. • Each thrower will be allowed three throws.
<p>Long Jump</p>	<ul style="list-style-type: none"> • The top 24 seeded athletes in each gender will jump on Saturday. • All unseeded athletes in each gender will jump on Sunday. • Each jumper will be allowed three jumps. • For the Seeded Long Jump, the top 7 jumpers will advance to the Finals. • No runbacks are allowed. Athletes should come prepared with a mark.
<p>Triple Jump</p>	<ul style="list-style-type: none"> • A maximum of 32 athletes per gender will be allowed to compete. • Each jumper will be allowed three jumps. • No runbacks are allowed. Athletes should come prepared with a mark.

Pole Vault	<ul style="list-style-type: none"> • A maximum of 24 athletes per gender will be allowed to compete. • Girls Opening Height: 8' 0" • Boys Opening Height: 10' 0" • Height progression will increase by 6 inches. • The "Five Alive" rule will be used until only six vaulters remain in the competition.
High Jump	<ul style="list-style-type: none"> • The top 24 seeded athletes in each gender will jump on Saturday. • All unseeded athletes in each gender will jump on Friday. • Unseeded Girls Opening Height: 4' 6" • Seeded Girls Opening Height: 5' 0" • Unseeded Boys Opening Height: 5' 6" • Seeded Boys Opening Height: 5' 10" • Height progression will increase by 2 inches. • 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	<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 noon on Friday, or by 6:00 a.m. during the weekend. • If there is any doubt, you may call one of the following to check: <p style="margin-left: 40px;">Reggie Lewis Center: 617-541-3535</p> <p style="margin-left: 40px;">Rick Kates: 781-706-3340</p>