



# Speed Classic

**Large Schools – Saturday, December 21, 2019 – 11:00 AM**  
**Small Schools – Sunday, December 22, 2019 – 10:00 AM**

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

<b>Hosted by:</b>	Large – West Springfield High School Small – North Reading High School
<b>Sanctioning:</b>	M.I.A.A.
<b>Meet Directors:</b>	Large – Matt Griffin, <a href="mailto:coachgriffin@wsps.org">coachgriffin@wsps.org</a> , 413-313-3640 Small – Sotirios Pintzopoulos, <a href="mailto:spintzopoulos@nrpsk12.org">spintzopoulos@nrpsk12.org</a> , 978-852-7602
<b>Sponsor:</b>	MSTCA and Marathon Sports
<b>States Invited:</b>	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).
<b>Out-of-State Entry Information:</b>	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 Speed Classic 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 2, 2019.
<b>Small/Large School Threshold</b>	<ul style="list-style-type: none"> <li>• Small Schools are those with enrollment of 1099 and lower.</li> <li>• Large Schools are those with enrollment of 1100 and higher.</li>   <li>• Each school's data is based on the 2019-2020 MIAA alignments.</li> </ul> <p style="text-align: center;"><a href="#">MIAA Indoor Track and Field Alignment</a></p>

<b>Events and Standards:</b>	<p><b><u>Events</u></b></p> <table border="0"> <tr> <td>55 M Hurdles</td> <td>Long Jump</td> </tr> <tr> <td>55 M Dash</td> <td>4 x 200 Meter Relay</td> </tr> <tr> <td>300 Meters</td> <td>4 x 400 Meter Relay</td> </tr> <tr> <td>600 Meters</td> <td></td> </tr> </table> <p><b><u>Standards</u></b></p> <table border="0"> <tr> <td><u>Boys</u></td> <td></td> <td><u>Girls</u></td> <td></td> </tr> <tr> <td>Long Jump</td> <td>17' 0"</td> <td>Long Jump</td> <td>14' 0"</td> </tr> </table>	55 M Hurdles	Long Jump	55 M Dash	4 x 200 Meter Relay	300 Meters	4 x 400 Meter Relay	600 Meters		<u>Boys</u>		<u>Girls</u>		Long Jump	17' 0"	Long Jump	14' 0"
55 M Hurdles	Long Jump																
55 M Dash	4 x 200 Meter Relay																
300 Meters	4 x 400 Meter Relay																
600 Meters																	
<u>Boys</u>		<u>Girls</u>															
Long Jump	17' 0"	Long Jump	14' 0"														
<b>Waiver &amp; Participation Rules:</b>	<ul style="list-style-type: none"> <li>All teams <b><u>MUST</u></b> submit the <b><u>MSTCA Single Waiver Form</u></b> for the Indoor Season along with a copy of their team roster, prior to their team being allowed to compete.</li> <li>Please submit your waiver form and team roster by Friday, December 13, 2019.</li> <li>Waivers and rosters can be mailed to: <ul style="list-style-type: none"> <li>Jim Hoar</li> <li>31 Campion Road</li> <li>Yarmouthport, MA 02675</li> </ul> </li> <li>M.I.A.A. rules will be in effect, including enforcement of the uniform rule.</li> <li>An athlete may participate in 2 running events and 1 field event.</li> <li>A relay counts towards the running event limit.</li> <li>Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul> <p>For out of state teams: once your team is declared by the December 2, 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 Wednesday, December 18, 2019.</p>																
<b>Entry Deadline</b>	<ul style="list-style-type: none"> <li>Out-of-State Intent to Enter: Saturday, December 2, 2019 by 11:59 p.m.</li> <li>Monday, December 16, 2019 by 11:59 p.m.</li> <li>All entries should be submitted on <a href="http://www.directathletics.com">www.directathletics.com</a>.</li> <li>There are no late entries allowed for this meet.</li> </ul>																
<b>Order of Events</b>	<p><b>FIELD EVENTS – 11:00 a.m. (Saturday) – Check in prior to 10:45 a.m. – 10:00 a.m. (Sunday) – Check in prior to 9:45 a.m.</b></p> <p><b>Long Jump:</b> Girls followed by Boys</p>																

<p><b>Order of Events</b></p>	<p><b>RUNNING EVENTS – 12:00 p.m. (Saturday) – Girls before Boys – 11:00 p.m. (Sunday) – Girls before Boys</b></p> <p><b>55 Meter Hurdles:</b> Sections on time, fastest section first  <b>300 Meters:</b> Sections on time, fastest section first  <b>600 Meters:</b> Sections on time, fastest section first  <b>55 Meter Dash:</b> Sections on time, fastest section first  <b>4 x 200 Meter Relay:</b> Sections on time, fastest section first  <b>4 x 400 Meter Relay:</b> Sections on time, fastest section first  <b>Oval race lane preference will be: 5-6-4-3-2-1.</b></p>
<p><b>Entry Fees</b></p>	<p>\$7 per individual event  \$20 per relay  \$175 maximum fee per gender</p> <p>Each school must notify the MSTCA's Finance Officer at <a href="mailto:mstca.billing@gmail.com">mstca.billing@gmail.com</a> of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> <li>• 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.</li> </ul> <p>Please make checks payable to: <b>MSTCA</b> and mail to</p> <p>MSTCA <span style="float: right;"><b>MSTCA Tax ID # 04-3394224</b></span>  c/o Sprint Classic Entries  956 Turnpike Road, Unit D  Canton, MA 02021</p>
<p><b>Entry Lists</b></p>	<ul style="list-style-type: none"> <li>• Entry lists will be posted on the MSTCA web site by Friday, December 20.</li> </ul>
<p><b>Equipment: Batons &amp; Blocks</b></p>	<ul style="list-style-type: none"> <li>• Teams must provide their own relay batons.</li> <li>• Blocks will be provided by meet management. Teams cannot use their own. Please do not bring them..</li> </ul>

<b>Long Jump</b>	<ul style="list-style-type: none"> <li>• Each jumper will be allowed three jumps. There will be no finals.</li> <li>• No runbacks are allowed. Athletes should come prepared with a mark.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>• There will be no awards at this meet.</li> </ul>
<b>Results</b>	<ul style="list-style-type: none"> <li>• Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a>, the official MSTCA web site.</li> </ul>
<b>Spikes</b>	<ul style="list-style-type: none"> <li>• Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C.</li> <li>• Spikes are allowed ONLY in the track area.</li> <li>• Correct spikes will be sold in the gym.</li> <li>• Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.</li> </ul>
<b>Emergency Contact Form</b>	<p>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. Also, all coaches must fill out the Single Season waiver form found on <a href="http://mstca.org">mstca.org</a> prior to registering your team for the meet.</p>
<b>Inclement Weather</b>	<ul style="list-style-type: none"> <li>• Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day.</li> <li>• <u>There is no make-up date.</u></li> <li>• If there is any doubt, you may call one of the following to check:</li> </ul> <p style="margin-left: 40px;"> Matt Griffin 413-313-3640  Sotirios Pintzopoulos 978-852-7602  Rick Kates 781-706-3340  Reggie Lewis Center 617-541-3535 </p>
<b>Parking at Reggie Lewis Center</b>	<p>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 &amp; 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.</p>