**DISTRICT E INDOOR INVITATIONAL**

**TRACK MEET**

**Saturday, February 7, 2015** at Fitchburg High School

 Division I: 9:00 AM

 Division II: 2:00 PM

**Order of events:** girls first in all events except the Shot Put and Hurdle Semi-Final

 Shot Put, High Jump, Two Mile Run (one section)

 55 m Hurdles Trials **twelve fastest times to the semis**

 55 m Dash Trials **twelve fastest times to the semis**

 55m Hurdle Semis **Heat winners and four fastest times to the final**

 55m Dash Semis  **Heat winners and four fastest times to the final**

 One Mile Run Final (one section)

 300 m Dash Final (sections on time; slow to fast)

 55 m Hurdle Final

 55 m Dash Final

 600 m Run Final (sections on time; slow to fast)

 1000 m Run Final (sections on time; slow to fast)

 880 Yd. Relay Final

 Two Mile Relay Final (one section) Please, no boys over 11:00 no girls over 12:00

 One mile Relay Final

**Notice to Track Coaches:**

 \* The National Federation Track and Field Rules will govern the meet.

 \* Teams should station themselves and their equipment, i.e. carry bags in the cafeteria

 during the meet. Spectators, coaches and athletes not competing or being checked

 in for an upcoming event are not allowed in the infield.

 \* Coaches are asked to make their competitors aware of the order of events so they can

 report promptly when their event is called. The marshaling area for circular events

 will be in the infield of the track, straightaway events in the front entry foyer.

 \* **Any athlete who does not report within two minutes of the last call for an event will**

 **be scratched and ineligible to compete in more than one relay.**

 \* The decision of the starter, judges and referee will be final. If needed, a Jury of Appeals

 will be formed consisting of three officials and two coaches.

 \* Please refrain from playing music in the Field House and no personal electronic

 devices of any kind are allowed in the competition area.

 \* Refreshments will be available at the concession stand in the lobby, but

 **no food or beverages are allowed in the Field House**.

 **\* No spikes** or plastic face plates will be allowed.

 \* The uniform rule will be strictly enforced.

 \* An admission charge of $5.00 per adult and $3.00 per student or grandparent will be

 charged at the door.

 \* Buses are asked to drop competitors and coaches at the front door and park in the lot

 behind the school.

\* Coaches are asked to remind their athletes that they are the guests of the City of

 Fitchburg and should treat the facility with respect.

**Note Entry Procedures:**

This meet is broken into two divisions by enrollment, Division I will consist of schools with a total enrollment of 800 or more, Division II, less than 800.

 A team may enter two competitors in each individual event. Only those athletes listed on the direct athletics entry may compete in individual events, no substitutions.

 **A competitor may be entered in one track event, one field event and one relay or two relays and one field event.** If an athlete is mistakenly entered in more than one individual running or field event, Meet Management will assign the athlete to the first event in the order of events in which he or she is entered. (NFHS T&F Rule 4-2-2)

  **\* Seeds will be based exclusively on performances at Central Mass facilities.**

 **Relay entries must be accompanied by seed times.**

Declare the members of your relay teams on Direct Athletics, if you change your team and it wins, a coach must report to the meet director to fill out a card listing the athletes names for publication.

 **\* Coaches must make scratches at the scratch meeting prior to the meet.**

Any athlete not scratched from an individual running event prior to the meet will not

 be eligible to compete in a second relay*.*

**The following events have qualifying standards:**

 **Division I BOYS GIRLS**

 **Shot Put** 34’ 0” 23’ 0”

 **High Jump**  5’ 6” 4’ 8”

 **300** :42.0 :50.0

  **600** 1:41.0 1:58.0

 **1 mile** 5:00.0 6:05.0

 **2 mile** 11:05.0 13:35.0

**Division II BOYS GIRLS**

 **Shot Put** 34’ 0” 23’ 0”

 **High Jump** 5’ 6” 4’ 6”

 **300** :42.5:49.0

 **600** 1:45.0 1:58.0

 **1mile** 5:15.0 6:20.0

 **2 mile** 11:40.0 13:20.0

Please enter competitive teams in the Two mile (4x880) Relay. Teams lapped in the first mile may be asked to leave the track.

**Insurance waivers** which include Team Roster with required signatures, Coaches name, phone number and e-mail address must be post marked no later than **11:59 PM, Monday, February 2, 2015. Athletes must be listed on the waiver to be eligible to compete in the meet.** Please feel free to make as many copies of the roster form as you might need. Coaches must use our Direct Athletics Account to enter athletes and relay teams.

The deadline for submission is **11:59 PM Wednesday, February 4, 2015.**

**The entry fee schedule is as follows:**

 $15.00 for individual entries

 $15.00 for relay teams

 $125.00 maximum for a full team

A late entry fee of fifty dollars per athlete will be charged

Separate entries must be paid for Boys’ and Girls’ teams, even if both genders compete as members of the same team or under the same coach. One check per school to cover both entries is permissible.

***If your school has pre-paid for this District E Track and Field Committee***

 ***sponsored meet, do not pay a second entry fee at this time.***

**Please make checks or purchase orders payable to:**

 **District E Track & Field**

**Mail Insurance waivers and checks or purchase orders to:**

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