

45th Annual District E “Gerry Frew” Indoor Invitational
Sunday February 11th, 2024
Reggie Lewis Center
Division 1 & Division 2 - 11:00 a.m.

Sanctioning:
MIAA

Meet Director:
Anthony Findley – (978) 868 6111
murdocktrackandxc@gmail.com

School Participation Info:
This meet is open to all eligible student athletes of MIAA member schools in Districts 2 & 3 (District E)
All athletes must be accompanied by a coach or school representative

Entry Deadline:
Online entries must be completed by Wednesday February 7th on www.athletic.net by 8:00 p.m.
No late entries will be accepted

Team Waiver Deadline:
Team waiver forms can be found on Athletic.net with the meet info
Team waiver forms must be received by Wednesday February 8th
Mail waiver forms to: Anthony Findley, 10 Loon Road, Winchendon MA 01475 – or –
email @ murdocktrackandxc@gmail.com

Emergency Contact Form:
Emergency contact forms can be found on Athletic.net with the meet info
All coaches must fill out the District E Emergency Contact form, which can be emailed or mailed to the meet director,
or brought to the meet

Entry Fees:
\$20 per individual entry; \$40 per relay entry; \$250 max per gender per school
Purchase orders or checks should be mailed as soon as possible to:
Mike O’Malley, 68 Holden St. Apt. #1
Worcester, MA 01605
Payable to: District E Track & Field Committee, Inc.
Tax ID: 38-3846879

*** All schools must notify Mike O’Malley @ wrhscoacho@gmail.com of their payment plan for their meet entries by Friday February 9th; schools that do not take this step will not be allowed to compete
If your school has taken the Pre-Pay option for the 2023-'24 school year, no notification is needed**

**** If your school chose the Pre-Pay option during the 2023-'24 school year, and paid that fee, no additional payment may be needed for this meet; if you would like to verify your school’s remaining balance you should email
Mike O’Malley @ wrhscoacho@gmail.com**

***** If payment is not provided for the meet your school may not be allowed entry into the next District E competition**

Meet Cancellation:
In the case of inclement weather, a decision will be made by 7:30 a.m. and notification will be sent out
Anthony Findley – 978 868 6111 Charlie Butterfield – 508 886 6015

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Division 1 and Division 2 - 11:00 a.m.

Competition Info:

Division 1 and Division 2 will be competing at the same time and scored separately

Seeds will be based on verifiable performances from all facilities from the 2023-'24 indoor season only

Declare the members of your relay teams on Athletic.net, 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

Only athletes that have met the standard should be entered

Athlete & School Participation Limitation:

Athletes may compete in up to one track event, one field event, and one relay event – OR – up to one field event and two relay events

Athletes entered into more than one individual running or one individual field event will be automatically scratched from the 2nd event listed in the order of events and must compete in the 1st event listed in the order of events per NFHS T&F Rule 4-2-2

Each school may enter up to a max of 3 athletes per event

Each school may enter only one relay per event

Field Events Info:

No runbacks will be allowed in the long jump, come with an established mark

The top 7 jumps from the preliminary flights in the Long Jump will move on to a one flight Final; which will immediately follow the preliminary flights

The top 7 throws from the preliminary flights in the Shot Put will move on to a one flight Final; which will immediately follow the preliminary flights

Order of Field Events & Standards:

Field Event Order

11:00 a.m. Shot Put - (Boys followed by Girls)

11:00 a.m. Long Jump – (Girls followed by Boys)

High Jump – (Girls & Boys compete at the same time; starting after the conclusion of the Hurdle and Dash Finals)

Girls High Jump – 4'06" (1.37m) Girls Shot Put – 24'00" (7.31m)

Boys High Jump – 5'04" (1.62m) Boys Shot Put – 36'00" (10.97m)

Girls & Boys Long Jump – (Will be limited to the *Top 16 entries*)

Throwing Implements & Starting Blocks:

Shot puts and starting blocks will be provided; leave yours at home

Opening Heights & Progressions:

Girls High Jump: 4'04" – 4'06" – up by 2"

Boys High Jump: 5'02" – 5'04" – up by 2"

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Running Events Info:

Heats will be run slow to fast

All oval events will be run as a final

Order of Running Events & Standards:

* Boys will compete first in all running events, followed by Girls *

Infield: - 11:00 a.m.

55m Hurdle Trials – Serpentine seeding, fastest 8 advance to a Final

55m Dash Trials – Serpentine seeding, fastest 8 advance to a Final

55m Hurdle Final

55m Dash Final

Oval: - 11:00 a.m.

One Mile – 2 turn stagger with a barrel start

600m – Run in lanes with a 2 turn stagger

1000m – 2 turn stagger with a barrel start

300m – Run in lanes; no break

2 Mile – 2 turn stagger with a barrel start

4 x 200m Relay – Run in lanes with a 3 turn stagger

4 x 400m Relay – Run in lanes with a 2 turn stagger

4 x 800m Relay – 2 turn stagger with a barrel start

Girls Standards:

2 Mile – 13:25.0

Mile – 6:15.0

600m – 1:54.0

300m – 47.0

4 x 880yd Relay – 12:20

1000m – 3:48.0

55m – No Standard

55m Hurdles – No Standard

Boys Standards:

2 Mile – 11:20.0

Mile – 5:15.0

600m – 1:39.0

300m – 41.5

4 x 880yd Relay – 10:30

1000m – 3:20.0

55m – No Standard

55m Hurdles – No Standard

4 x 200m Relay – No Standard

4 x 400m Relay – No Standard

4 x 800m Relay – Listed above

Batons:

Will NOT be provided, teams must bring their own

Coaches Meeting:

There will be a coaches meeting held before the start of the meet

Event & Athlete Scratches:

Scratches will be taken on the infield of the track following the coaches meeting prior to the start of the meet

Athletes who will be competing in two relays, and have been entered into a running event must be scratched before the meet begins, or will not be allowed to compete in a 2nd relay event (NFHS T&F Rule 4-2-2)

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Clerking & Check In:

Field event athletes will check in at their field event by 10:40 a.m.

Check in and clerking for running events will take place in the same manner as they have been all season at the Reggie Lewis Center

Running event & relay teams should check in when they hear the 1st call for their event

Coaches & Athlete Restrictions:

Coaches & athletes will ***NOT*** be allowed on the infield

There will be coaches boxes provided at both the high jump and long jump; one coach per team allowed
Athletes should only be on the infield when competing or being clerked; all other athletes will ***NOT*** be allowed on the infield

Please refrain from playing music in the fieldhouse

No personal electronic devices of any kind are allowed inside the competition area

Entry Procedure:

Log on to www.athletic.net to enter your athletes

Enter your individual athletes in their events along with a seed time or performance

All relays will be entered with the 4 names of competing athletes, along with the names of the alternates; as well as a seed performance

Each school is limited to 3 entries max per event.

No updating of seed times or performance will be accepted after the entry deadline

Any coach wishing to lower their relay team’s seed time may do so at the meet by making a request to the meet director @ least two events prior in the event schedule

Scoring & Awards:

6 places score per event: 10-8-6-4-2-1

Team plaques will be presented to the Team Champions and Team Runner-Up at the conclusion of the meet for Division 1 and Division 2

Medals will be awarded to the 1st through 6th places

Please have athletes pick up their awards after results have been announced

Awards will be given out trackside shortly after the completion of the event

District E Track & Field Committee

Co-Directors: Charlie Butterfield & Dave Wilbur

Committee Members: Roger Anderson, Dave Boisvert, Ian Butterfield, Michelle Creaven, Anthony Findley, Nicole Fossas, Gerry Frew, Len Harmon, Sara Lamey, Pete McCauliff, Mike O’Malley, Jeremy Nute, Rich Riley, Karma Tousignant, Chris Woods