



Needham Youth Track Club

Have Fun, Get Exercise, Improve Skills

Summer Track Fall Track / Cross Country Winter Track Spring Track Indoor Classic Great Bear Run
Youth Classic All-Star Meet Team Invitational

Northeast Indoor Classic Meet Information – Sunday, March 1, 2020

Age Groups	6 and under (Sub-Primary), 7-8 (Primary), 9-10 (Bantam), 11-12 (Midget), 13-14 (Youth), 15-18 (High School) Age groups based on age as of meet day – March 1, 2020
Events	55 Meter, 200 Meter, 400 Meter, 800 Meter, 1500 Meters, 55 Meter Hurdles, 800 Meter Race Walk 4 x 200 Meter Relay, Long Jump, High Jump, Shot Put, Standing Long Jump
Event Limits	Included with Registration – 3 events – at most 2 running You may pay for up to 2 additional events LIMIT of THREE individual running events
Directions (by auto)	Reggie Lewis Track and Athletic Center ~ 1350 Tremont St. ~ Boston MA From Southeast Expressway Take Mass. Ave. / Roxbury exit – straight off ramp – through lights (Mass Ave.) on to Melnea Cass Blvd. Follow to end and go left onto Tremont Street. RLAC is ¼ mile on left. From South of Boston Route 93 North to Southeast Expressway. Follow directions above. From North of Boston Route 93 South / Route 1 to Southeast Expressway. Follow directions above. From West of Boston Mass. Pike East to the last exit which is Southeast Expressway. Follow directions above.
Public Transportation	Take the Orange Line to Roxbury Crossing. RLAC is across the street from the station.
Parking	Parking is permitted on both sides of Malcolm X Boulevard which borders RLAC. Roxbury Community College's parking lot #2 near Cedar Street and Columbus Avenue is also available. DO NOT park in unauthorized areas. Cars have been towed in the past
Sanction	USA Track & Field
Sponsor	Needham Track Club Meet Director: John Hrones Meet Consultant: Steve Vaitones
Awards	1 st Place – Trophies for all events, 2 nd – 8 th Place – Medals, Events 9 th & lower – Ribbons Ribbons for heat finishes and for all places for age 5-6 Team trophies for top finishing teams
Event Qualification	The best 8 times in the 55 meter. All other events are finals, resolved by time if multiple sections are held.
Team Scoring	Trophies awarded to top 10 finishing teams. No scoring for relays or age 5-6 events. Scoring: 1 st – 10, 2 nd – 8, 3 rd – 6, 4 th – 5, 5 th – 4, 6 th – 3, 7 th – 2, 8 th – 1 Relays, Race Walk, and age 5-6 events do not count toward team scores.
Affiliation	An athlete who enters with a club affiliation may not change to another club during the meet. Clubs may not combine together in the scoring.

Registration Fee	\$25 per athlete age 7-18 (includes 3 individual events, at most 2 running). (register by February 23) \$30 (register by February 27) \$35 (register by February 29) \$18 per athlete age 4-6 (includes 3 individual events, at most 2 running) (register by February 23) \$20 (register by February 29)\$20 per relay team (relay <u>not</u> included in event limits). \$12 for EACH extra event (maximum of 2 extra events, at most one running) You can register online. Follow this web link: http://www.northeastindoorclassic.org
Admission Fee	\$8 for each spectator age 14+ (may be bought in advance or on day of meet) \$3 for each child 5-13 who is not a registered athlete Free admission for children under age 5
Facilities	200 meter track. Fully automatic timing. Bathrooms available. Concession stand open during meet.
E-mail	If you e-mail changes, be sure to include the athlete's name, town, club, and age. If substituting an athlete, you must return a completed registration for the new athlete.
Equipment	Runners must use batons and shot puts provided by the meet. ¼ inch pyramid or Christmas tree spikes are permitted (in track area only). Bring non-spiked shoes for use outside of the track area. Starting blocks are provided and can be used in the 55 Meter Dash and 55 Meter Hurdles only.
Event Conflicts	Athletes at field events should notify the field event official if they have to leave to check in and/or compete at a running event. If an athlete misses an attempt at a field event (or height for high jump), the field event official may, at their discretion, provide accommodation if it does not disrupt the logistics and time schedule of the event.
Runner Numbers	Runner numbers should be placed on the front of the jersey. Hip numbers should go on the LEFT hip for events on the track oval. Hip numbers should go on the RIGHT hip for the 55 meter and hurdles.
Relays	All runners on a relay team must be the same sex. Each athlete must not exceed the age requirement for the age group of the relay they are competing in. However, younger age athletes may compete on relays for older age groups. Relay teams may mix runners from different teams and unattached athletes.
Age 5-6 Events	All age 5-6 events will be non-competitive. Ribbons (no trophies or medals) will be awarded. No times or places will be recorded. There are no penalties for event changes for age 5-6 year olds.
Sportsmanship	Athletes and/or teams may be ejected from the meet for unsportsmanlike conduct of coaches, athletes, parents, family, or friends. Parents and coaches are responsible for their athletes' conduct.
Changes from previous meet	Limit of THREE (3) individual running events per athlete
Additional Information	Contact John Hrones, needhamtrackclub@gmail.com See our web site at www.needhamtrack.org As a last resort, call the meet director at 781-856-4088

ENTRIES MUST BE RECEIVED BY SATURDAY, FEBRUARY 29, 2020

ESTIMATED RUNNING EVENT SCHEDULE

(Competition will be in age order from the younger to older age groups, girls before boys)

(Events may run as much as 45 minutes prior to the times listed)

Time	Event	Order of Heats
9:30	200 Meter Run	(Ages 5-6 -> 7-8 -> 9-10 -> 11-12 -> 13-14 -> 15-18)
10:45	55 Meter Dash (heats)	(Ages 5-6 -> 7-8 -> 9-10 -> 11-12 -> 13-14 -> 15-18)
11:15	1500 Meter Run	(Ages 7-8 -> 9-10 -> 11-12 -> 13-14 -> 15-18)
12:30	800 Meter Race Walk	(two races – all girls, all boys – age 7-8 -> 15-18)

12:45	55 Meter Dash (finals)	(Ages 7-8 -> 9-10 -> 11-12 -> 13-14 -> 15-16)
1:00	400 Meter Run	(Ages 5-6 -> 7-8 -> 9-10 -> 11-12 -> 13-14)
2:00	55 Meter Hurdles	(Ages 5-6 -> 7-8 -> 9-10 -> 11-12 -> 13-14)
3:00	800 Meter Run	(Ages 7-8 -> 9-10 -> 11-12 -> 13-14 -> 15-16)
4:00	4 x 200 Meter Relay	(Ages 7-8 -> 9-10 -> 11-12 -> 13-14 -> 15-16)

ESTIMATED FIELD EVENT TIMES & SPECIFICATIONS

Age Group	Shot Put			Long Jump		High Jump			Standing LJ	
	Times	Shot Weight	Attempts	Times	Attempts	Times	Starting Heights	Attempts Per Height	Times	Attempts
Age 5 - 6									10:45	3
Age 7 - 8	12:30	4 lb.	3	2:00	3	9:45	2' 8" or higher	3	10:45	3
Age 9 - 10	2:00	6 lb.	3	9:30	3	10:45	3' 0" or higher	3	11:45	3
Age 11 - 12	11:00	6 lb.	3	12:30	3	1:30	3' 2" – girls 3' 4" – boys or higher	3	9:45	3
Age 13 - 14	9:30	6 lb. – girls 4 kg. - boys	3	11:00	3	12:00	3' 6" – girls 3' 8" – boys or higher	3		
Age 15 - 18	12:30	4 kg. – girls 12 lb. - boys	3	2:00	3	12:00		3		

55 METER HURDLES

Age Groups	Number of Hurdles	Hurdle Height	Distance to 1 st Hurdle	Distance Between Hurdles	Distance to Finish
Age 5 – 6	5	12"	12 meters	7.5 meters	13 meters
Age 7 – 8	5	18"	12 meters	7.5 meters	13 meters
Age 9 – 10	5	24"	12 meters	7.5 meters	13 meters
Age 11 – 12	5	30"	12 meters	7.5 meters	13 meters
Age 13 – 14	5	30" – Girls 33" - Boys	13 meters	8 meters – Girls 8.5 meters – Boys	10 meters – Girls 8 meters - Boys
Age 15-16	5	33" – Girls 39" – Boys	13 meters	8.5 meters	8 meters

FREQUENTLY ASKED QUESTIONS

Why do I have to specify the events that I will be competing in prior to the meet?

No, not this year.

Any restrictions on relay teams?

All members on a team must be of the same sex and of the designated age for that relay. Team members may be mixed by club affiliation. Children may move up age groups, but may participate in only one relay race.

Advance registration is recommended, but teams can form and register on race day up to one hour before the race. Children age 5-6 can enter a relay only if they have an age 7-8 runner number.

Who is eligible to compete?

Any boy or girl who was born on March 2, 2001 or later.

What are the age groups?

2-year age groups (age 5-6, 7-8, 9-10, 11-12, 13-14, 15-18). Age as of March 1, 2020

Can I compete in a different age group from where my age is?

You may compete in an older age group IF you indicate that in your registration form. You may not compete in multiple age groups.

Can I use my own shot put, baton, or starting blocks?

No, all of these will be supplied.

Can I use spikes and starting blocks?

You can use ¼” pyramid or Christmas tree spikes, but only in the track area. Pin spikes are **not permitted**. Change into flat shoes when moving elsewhere in the building.

Will the meet be held if there is inclement weather?

We will always try to hold the meet. In the very rare occasion when dangerous weather conditions do cause us to change the meet schedule, you will find that update on www.needhamtrack.org on meet day morning.

We will also try to e-mail that update to those on our mailing list.

[Registration](#)

[Meet Schedule](#)

[Meet Details](#)

[FAQs](#)

[Directions to Reggie Lewis](#)

[Results](#)

[Meet Records](#)

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