

**ROXBURY COMMUNITY COLLEGE**  
**Tigers All Comers Track & Field Meet**

**Saturday, January 7, 2012**

**Reggie Lewis Track & Athletic Center**

**USATF Sanctioned**

**Time: 3:30pm Registration, Open Meet Starts @ 5:00 pm**

**Contact: Alyson Scott 617-541-3535**

**Email: [ascott@rcc.mass.edu](mailto:ascott@rcc.mass.edu)**

Competition: Open (age 15 and up) and Masters

Youth may not compete in open events.

How to Enter: Online Entries Preferred!

- Log on to [www.directathletics.com](http://www.directathletics.com)
- Click on the link to Roxbury Community College Tigers All Comers

Open Entries: On-Time entries due by January 3, 2012

Entry fees:

- \$200.00 per Team/per Gender maximum
- \$20.00 per Relay Team
- \$10.00 per Event for individuals

**Late Entries: Day of Event**

**\$250 per Team/per Gender**

**\$25 per Relay Team**

**\$15 per individual event**

**Youth Events – age 14 and under - 200 / 800 / 4 x 200 relay**

**Entry:** Day of event only, \$5 per competitor. Must have waiver /entry signed by parent

Request waiver form from [office@usatfne.org](mailto:office@usatfne.org)

Make Checks payable and Mail entries to:

Roxbury Community College Track

Reggie Lewis Center

1350 Tremont Street

Roxbury, MA 02120

Order of Events:

**4:30 pm – Youth races – 200m, 800m, 4 x 200m relay**

**5:00 pm – Track - Rolling Schedule (Women followed by Men)**

- |                  |   |
|------------------|---|
| ➤ 55m Hurdles    | <b>&gt;Field Events Start @ 5:00pm</b>                      |
| ➤ 55m Dash       | >women's long jump followed by men                          |
| ➤ 1 Mile Run     | > triple jump follows LJ, women then men                    |
| ➤ 400m Dash      | >men's weight followed by women                             |
| ➤ 800m Run       | >women's shot put followed by men (wood circle)             |
| ➤ 200m Dash      | >women's pole vault followed by men                         |
| ➤ 3000m Run (w)  | <b>Entry standards for vault only – men 14', women 9'5</b>  |
| ➤ 5000m Run (m)  | <b>Masters must provide their own age group shot/weight</b> |
| ➤ 4 x 400m Relay |   |