

METROPOLIS TC.

PRESENTS

THE EAST COAST INDOOR INVITATIONAL

SUNDAY FEBRUARY 25th, 2018

REGGIE LEWIS CENTER

BOSTON, MA 02120

AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

8 & UNDER (born 2010 +)
9 & 10 (born 2008 - 2009)
11 & 12 (born 2006- 2007)
13 & 14 (born 2004- 2005)
15 & 18 (born 2000- 2003)

ENTRY FEES

Athlete: \$20.00 per athlete (including relays)

USATF membership is recommended but not required*

Coaches: 2 Passes

Admission: \$5.00 per person \$2.00 (Senior Citizen 65+) Age 0-5 (Free)

Registration

Online www.coacho.com **FULLY AUTOMATIC TIMING PROVIDED**

Deadline 11:59pm Eastern Time on 02/21/2018

Payments Online with credit card

Refunds Not permitted.

If the meet is delayed or cancelled, you will be issued a refund.

Decisions will be made at 7:30am on 2/25/2018 via email or text

Awards

Trophies to the Top Three Athletes in each event.

Medals to 4, 5 and 6 Place * Trophies to the 1st place relays only.*

Spotlight Events: 400m (8 and under) Long Jump (9 and 10) 55mH (11 and 12)
3000m (13 and 14) 200m (15 and 16)

Regular Events Contested: 3000m, 55mdash, 55mhurdles, 400m, 800m, 200m, LJ
HJ, Shot Put, 4x 2 Relay

FIELD EVENT ROLLING SCHEDULE

Sunday February 25th, 2018

8:45am: (High Jump may be combined with same gender but scored separately)

High Jump	15-18 through 9-10
Long Jump	7-8 Girls through 15-18 Boys
Shot Put	7-8 Girls through 15-18 Boys

IN ALL RUNNING EVENTS THE ORDER WILL BE FROM 8 AND UNDER UP TO 15-18 ALTERNATING GIRLS AND BOYS. THE 3000M MAY BE COMBINED BY GENDER ONLY. THE ONLY EXCEPTION WILL BE HURDLES RACES, IN WHICH ALL RACES WILL BE RUN BY HEIGHT AND DIVISION.

Running Rolling Schedule

9:00am

3000m	Finals on Time
55mhurdles	Finals on Time
55mdash	Finals on Time
400m	Finals on Time
800m	Finals on Time
200m	Finals on Time
Pee Wee Race (Free)	Finals on Time (Age 0-5) 2013+
4x2 Relay	Finals on Time

USA
TRACK & FIELD