



2021-2022

Indoor Track

Information

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- Tournament Dates



2021-2022 Indoor Track Tournament Format

ALL MEETS WILL TAKE PLACE AT THE REGGIE LEWIS TRACK & ATHLETIC CENTER, ROXBURY, MA

IMPORTANT Entry Information – School's Responsibilities (Pre-Meet)

It is the athletic director and/or coaches' responsibility to correctly submit all tournament entries. Tournament directors will make courtesy calls identifying errors whenever possible. However, this in NO WAY places the responsibility for the entry correctness with the tournament director. If there is an undetected error, the Athletic Director/Coach will accept the responsibility, even if the error means athlete(s) is/are ineligible to compete in the championship meet.

Each school must have a Direct Athletics account valid for all three seasons - cross-country, indoor track, and outdoor track. A contact who is very accessible by phone or the current head coach must be listed as the contact on the Direct Athletics account. It is **critical** for the Direct Athletics contact to be easily accessible at all times – day, night and weekends - to confirm information and answer questions. The account information should include the contact's/coach's current e-mail and phone number(s). For information on setting up a Direct Athletics account, or to update account information, go to https://www.directathletics.com/new_coach_validate.html

Rosters need to be updated throughout the season. Updated rosters make the entry process smoother at the deadline time.

Electronic entry via the Direct Athletics website certifies that you have read and agree to the following: *We have read, understand, and will abide by the MIAA Handbook as well as the rules for Indoor Track. Further, we have received and read the entire Indoor Track Format and agree to abide by all the requirements contained therein. We alone are responsible for Schedule/Rule violations and we realize that rule violations will result in Tournament Disqualification.*

1. Entry Process: Entries done on Direct Athletics Website: www.directathletics.com

- Schools may enter athletes who qualify on Direct Athletics as soon as they like. Our goal is to have full fields in all events.
- Entries will need to list performance, date & meet from the current indoor season only.
- **FAT-only** seed times are required for entries in the 55m dash, 55m hurdles and 300m dash.
- When entering a hand-timed performance in an event longer than 300m, **an "h" must be placed after time.** Example: 1000m hand time of 2:42.9, enter 2:42.9h. If an athlete has an FAT time in the event, that time **MUST** be used.
- If an athlete has met the Qualifying Standard posted in this format, that athlete has qualified and will automatically compete if entered and declared.
- If the field is not filled in an event, the tournament director will fill the field up to:
 - 36 in 600m, 1000m and Mile (plus ties)
 - 32 in all other running events (plus ties)
 - 24 in field events (plus ties)
 - 24 in relays (plus ties)
- **Coaches should enter all athletes who have legitimate chance for acceptance in top 36, 32 or 24.** Example: Girls 300m - if only 10 entries have met the Qualifying Standard, the next 22 entered on www.directathletics.com will become entered into the tournament.
- How do coaches know if their athlete will make it in or not? All entries are immediately visible on www.directathletics.com for each meet, as they are entered. Provided all entries are verified, those athletes meeting the above criteria will be selected.
- Updates and adjustments to entries may be edited up to the deadline of 11:59 pm on Sunday, February 13, 2022.



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2. Entry Limitations and Participation Rules-

- Individual Entry Limitations - Each athlete may be entered in no more than three individual events plus relays.
- Individual Participation Rule - Prior to the start of the meet, athletes must be declared for the meet and may participate in a maximum of 3 events, including relays. If a contestant is entered in more than the allowable number of events, Meet Management shall scratch the contestant from the excess events by following the listed order of events, per NFHS Rule 4.2.2.
- Relay Entry Limitations - A school may enter up to 8 individual names for each relay team, listing the first 4 in order, followed by as many as 4 alternates. Any athlete may be entered in a relay.
- Relay Participation Rule - An athlete's **actual participation** in a relay event is subject to the Individual Participation Rule above. Example: Joe Jones entered in: 1 Mile, 2 Mile, 1000 meter, 4x200, 4x400 and 4x800 – If Joe is to run any relay, the coach would have to scratch Joe from either the 1 mile, 2 mile, or 1000m prior to the first running event. If Joe scratches from one of his individual events, he can run one relay; from two individual events, he can run 2 relays. Scratched from all individual events, he can run in 3 relays.

3. Entry Deadline and Changes: Once entries are completed they must be rechecked for accuracy. Updates and edits can be made up to the deadline. After the deadline, the MIAA late entry fee process that is listed in this MIAA Indoor Track Format (\$300/athlete/event) will be in effect. Entry deadline is 11:59 PM on Sunday, February 13, 2022.

4. Preliminary Scratches: Scratches are to be made by 11:59 PM on Monday, February 14, 2022. Once scratches are received, tournament directors will add athletes to fill out the fields.

5. Preliminary Performance Lists will be posted on <http://www.miaa.net> by 3:00 PM Monday, February 14, 2022.

Late Entries: Any corrections (on time/distance) or omissions (additional entries) must be accompanied with PO# (or check to MIAA) for \$300 per athlete per event and done with the Tournament Director. All corrections must be completed by 8:00 AM on Tuesday, February 15, 2022 and done with the Tournament Director. No changes will be allowed on the switching of events for any athlete. If there is a change to a performance the new performance must have been attained by the cut-off date. FINAL Performance List will be posted by 12:00 PM on Tuesday, February 15, 2022.

IMPORTANT Check-in Information – School's Responsibilities (Day of Meet)

1. Arrival-

- Coaches and athletes are required to enter and leave the Reggie Lewis facility via the Athletes' Entrance at all times.
- Coaches entering facility without athletes will need to show identification to be admitted.
- Coaches check-in immediately at MIAA Indoor Divisional & All-State Meets. Coach will walk in to the warm-up gym and be given her/his declaration sheet. Coach will, at that time, scratch any athlete who is not competing in an event in which s/he is entered, and will return the declaration sheet to the check-in official.
 - NEW: All running and field event scratches must be made on the declaration sheet at check in.
- Emergency contact form must be completed and turned in during check-in at the RLC to receive team packet and bib numbers (see last page of this format for the form).

2. Certification of Athletes and Performances-

- Individual athletes must be bona fide members of your high school team as recognized by the MIAA and must achieve the qualifying standards as published in this format.
- 1 Qualifying performance must be obtained in a sanctioned MIAA high school track meet, officiated by certified track officials during the current indoor track season.
- Any qualifying performances can be challenged throughout the meet.



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- A violation of qualifying criteria will involve follow up with school administration and may involve a hearing before the MIAA Cross Country and Track Committee.

3. Student-Athlete Supervision-

- All competitors must be accompanied by a coach or school representative. **If non-school personnel accompany an athlete, they must bring signed approval from the high school principal to chaperone and represent the competing athlete.** All school representatives must remain at the meet or the competitor(s) may be disqualified.
- Running on the streets of Boston, prior or after an athlete's event is not recommended. Coaches are responsible for all athletes they bring to the meet.

IMPORTANT Games Committee & Meet Management Information – (In-Meet)

1. **ALL MIAA RULES WILL BE FOLLOWED:** *High School Track and Field in Massachusetts for both boys and girls is governed by the National Federation (NFHS) latest edition of Track and Field Rules 2021-22.*
2. **RULES OF NOTE:**
 - **UNIFORM RULE** – refer to NFHS Rules 4.3.1, 4.3.2, and 4.3.3
 - **ELECTRONIC DEVICES** – refer to NFHS 3.2.8...Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.
 - Electronic devices shall not be used to transmit information to the competitor during the race or trial.
 - Electronic devices shall not be used for any review of an official's decision.
3. **ADVANCING TO FINALS** - *In shot put and long jump, the top 9 qualifying performances and ties from the trials will proceed to the finals. In the 55 and 55H, the top 8 times will advance to a final. Order for preliminaries & finals of hurdles & dash; prelims: B-H, G-H, B-D, G-D finals: B-H, G-H, B-D, G-D. At All-State, heat winners & next best time for field of 8 will qualify for Finals.*
4. **300 METER RUN** - *the Divisional Championships and the All-State Championship will have the 300 Meter Run as a 'Final' event.*
5. **HIGH JUMP MARKS** - *The only acceptable material for making these marks shall be white athletic tape. Each athlete may use a maximum of two marks with each mark no greater than 6 inches x 1 ½ inches. No mark may be within 2 meters of either standard. Athletes will be asked to remove any illegal marks and failure to remove them will result in removal by the event official. Meet management also requests coaches to tell their athletes to remove marks when the athlete is no longer in the competition.*
6. **FIELD EVENTS: Sign-in** - *All Field Event competitors MUST sign in at the beginning of the event – NOT the beginning of their flight.*
7. **FIELD EVENTS: Competition order changes & excused time** - *Only reason for changing the order is for a multi-event competitor in conflicts with another event.*
 - A competitor's personal convenience or other reasons are not acceptable and will not be accommodated.
 - Maximum excused time will be 15 minutes.



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8. **STARTING HEIGHT HIGH JUMP** - High Jump will go up 1" to get to even inches if starting at odd inch increment, then will go up by 2" increments. High Jump will start at height of lowest qualifier.
9. **RESTRICTED AREAS** - Non-competitors and coaches will NOT be allowed inside the track, with the exception of the designated Coaches' Box (see below). All warming up prior to running events must be done in the Gymnasium. Individual competitors or teams may be disqualified for failure to adhere to this rule. Hurdles are provided in the gym.
10. **COACHES' BOX** – will be in a designated area on the infield and may be used as follows:
 - Only 1 coach per school
 - No Competitors in Coaching Box
11. **RUNNING SHOES/SPIKES** - Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. The only spikes allowed at the Reggie Lewis Track are ¼" pyramid. Use of illegal spikes may result in disqualification.
12. **SCORING/AWARDS** - In the Divisional meet, scoring will be 10-8-6-5-4-3-2-1. Medals will be awarded for 8 scoring places in each event. Trophies will be awarded to Division winning teams and finalists.
13. **FINALITY OF DECISIONS** – The referee's decision in all matters shall be final and without appeal except in those meets for which a Jury of Appeals has been established for that special purpose. The Jury of appeals then will have the final authority. In order to have an appeal processed, a coach must submit the appeal in writing to the referee within thirty (30) minutes after the announcement of event results.
14. **JURY OF APPEALS**: Will be composed of three (3) officials and two (2) coaches.
15. **HEARING IMPAIRED ATHLETES** who are entered in any running event, CANNOT be in the outside lane in case of a false start. These athletes need to see others in the race stop since they are unable to hear a second gun fired. Hearing impaired athletes will be using a light connected to the starter's gun that will allow them an even start.
16. **PROCESS FOR DETERMINING QUALIFYING STANDARDS** – Tournament Director will use the top 36 results for the 600m, 1000m and Mile running events; the top 32 results for all other running events; and the top 24 for field events and relays. The Tournament Director will use an automatic standard place from previous 3 years of results of 20th for running events and 12th place for field and relay events, then add remaining number from Direct Athletics. For hand times, .24 will be added to the time.
17. **SEEDING COMMITTEES** – Indoor Track Tournament Directors will use seeding committees consisting of a minimum of 6 coaches per division to assist with vetting of entry performances as follows:
 - Each member will review events assigned by the TD, and monitor respective entries beginning at least 10 days prior to the MIAA meet entry deadline.
 - Any questionable entries, infractions or other violations found prior to the deadline will be reported to the TD - who will maintain a log and contact the school in question.
 - TD's will make all final decisions and report to MIAA Liaison.

Note: Tournament Directors will seek active coaches who would like to nominate themselves for these committees by MIAA Divisions - Indoor: 1, 2, 3, 4, & 5. Tournament Directors will serve as respective chair of each Divisional Seeding Committee. Any coach interested in volunteering should contact their Divisional TD, via email, by January 1, 2022.



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Final selection of the seeding committees will be done by TDs & MIAA Liaison and communicated at least two weeks prior to the entry deadline.

- 18. OFFICIALS** – will be assigned by the Official’s Commissioner and approved by Tournament Director.
- 19. MIAA DRONE POLICY** - Prohibits the Use of Drones (Unmanned Aircraft Systems or UAS’s). This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the MIAA event, including the spectator stands and parking areas.

2022 PARA INDOOR TRACK & FIELD COMPETITION

LINK TO PARA ATHLETICS RULES & REGULATIONS: <https://www.paralympic.org/athletics/events/rules-and-regulations>

Schools entering the Indoor Trak and Field Competition should also inform the TD directly.

Divisional Tournament Rotation (2022 Tournament dates: 2/16-2/20)

2022	2023	2024	2025	2026
3	4	5	1	2
4	5	1	2	3
5	1	2	3	4
1	2	3	4	5
2	3	4	5	1



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BOYS' QUALIFYING STANDARDS – 2022

EVENT	DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4	DIVISION 5
	FAT*	FAT*	FAT*	FAT*	FAT*
55M Hurdles	8.36	8.58	8.58	8.74	9.06
55M Dash	6.88	6.97	6.93	6.98	7.06
300 Meter	37.63	38.48	38.57	38.19	38.76
600 Meter	1:29:59	1:29:70	1:31:25	1:30:74	1:32:44
1000 Meter	2:44:63	2:53:92	2:51:86	2:47:78	2:53:83
One-Mile	4:43.45	4:42.20	4:52.29	4:45.72	4:52.61
Two-Mile	10:09.45	10:17.73	10:38.50	10:37.99	10:56.87
Shot Put	45'4.5"	42' 2"	41' 8.5"	42' 6"	41' 0"
High Jump	5' 10"	5' 10"	5' 8"	5' 8"	5' 8"
Long Jump	19' 9"	19' 5.5"	19' 3.25"	19' 5"	18' 11"
4x200M Relay	1:35.12	1:36.43	1:38.56	1:37.64	1:39.61
4x400M Relay	3:35.39	3:40.22	3:42.91	3:40.42	3:47.44
4x800M Relay	8:27.14	8:43.17	8:54.77	8:53.74	9:04.32

GIRLS' QUALIFYING STANDARDS – 2022

EVENT	DIVISION 1	DIVISION 2	DIVISION 3	DIVISION 4	DIVISION 5
	FAT*	FAT*	FAT*	FAT*	FAT*
55M Hurdles	9.54	9.66	9.47	9.54	9.78
55M Dash	7.85	7.76	7.77	7.84	7.84
300 Meter	45.22	45.21	44.98	45.08	44.80
600 Meter	1:51.57	1:46.39	1:49.04	1:49.63	1:49.55
1000 Meter	3:25.66	3:19.69	3:21.70	3:20.00	3:22.42
One-Mile	5:54.68	5:46.24	5:43.76	5:50.91	5:50.66
Two-Mile	12:44.25	12:29.40	12:47.68	12:51.56	13:13.99
Shot Put	31' 7"	30' 9"	30' 4.5"	31' 4"	30' 10"
High Jump	4' 10"	4' 10"	4' 10"	4' 10"	4' 10"
Long Jump	15' 4"	15' 2.75"	15' 5.75"	15' 10"	15' 6"
4x200M Relay	1:52.05	1:51.52	1:54.04	1:52.55	1:55.02
4x400M Relay	4:22.63	4:32.00	4:19.30	4:22.55	4:31.32
4x800M Relay	10:39.33	10:31.38	10:54.07	10:54.59	10:58.72

* When entering a performance with a hand time on Direct Athletics you need to put an "h" after time. Hand time is to the tenth only.

Example: 1000m hand time of 2:42.9 - enter 2:42.9h



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ORDER OF EVENTS FOR DIVISIONAL CHAMPIONSHIPS

Times are approximate and each meet will vary according to the number of participants.

Event Schedule

Event	2/16/22 <i>Division 3</i>	2/17/22 <i>Division 4</i>	2/18/22 <i>Division 5</i>	2/19/22 <i>Division 1</i>	2/20/22 <i>Division 2</i>	Notes
Long Jump, Shot Put Trial & Finals Hurdles/Dash Mobility & Visually Impaired Exhibition Events	4:30pm	4:30pm	4:30pm	10:30am	1:00pm	Boys followed by Girls All Sprint Finals will use 8 lanes
High Jump						Starts at conclusion of Mobility Events
ONE MILE RUN FINAL	5:00pm	5:00pm	5:00pm	11:00am	1:30pm	
600M RUN FINAL	5:30pm	5:30pm	5:30pm	11:30am	2:00pm	
1000M RUN FINAL	5:45pm	5:45pm	5:45pm	11:45am	2:45pm	
300M RUN FINAL	6:00pm	6:00pm	6:00pm	12:00pm	3:00pm	
TWO MILE RUN FINAL	6:15pm	6:15pm	6:15pm	12:15pm	3:15pm	
TWO MILE RUN FINAL	6:40pm	6:40pm	6:40pm	12:40pm	3:40pm	
4x200M RELAY FINAL	7:05pm	7:05pm	7:05pm	1:05pm	4:05pm	Will follow completion of the girls 2-mile
4x800M RELAY FINAL	7:25pm	7:25pm	7:25pm	1:25pm	4:25pm	Report no later than the start of the boys 2 mile
4x400M RELAY FINAL	7:55pm	7:55pm	7:55pm	1:55pm	4:55pm	Report no later than the start of the girls 2 mile

*** All awards will be given at conclusion of event and when final results posted.**

ALL TRACK EVENTS: Boys followed by Girls (flip flopped yearly – 2023 will be G-B)
 LONG JUMP AND SHOT PUT: Boys followed by Girls (flip flopped yearly – 2023 will be G-B)
 HIGH JUMP: *Girls and Boys compete simultaneously*

* One Mile Run Final will begin at the conclusion of the Dash Finals.

Heat and Lane Assignment

- The Seeded Heat will run last
- On circular races run in lanes, seeding will be lanes: 5 – 6 – 4 – 3 – 2 - 1
- Straightway races seeding will be lanes: 5 – 4 – 6 – 3 – 7 – 2 – 8 – 1
- 300M RUN FINAL will be heats of 5 max – Lane 1 will not be used
- 4x200M Relay - 3 Turn Stagger in Lanes – heats of 4 lanes only
- 4x400M Relay - 2 Turn Stagger in Lanes – slowest heat may be a barrel start
- 4x800M Relay - 2 Turn Stagger - Barrel start

Entry Deadline and Changes: Once entries are completed they must be rechecked for accuracy. Updates and edits can be made up to the deadline. After the deadline, the MIAA late entry fee process that is listed in this MIAA Indoor Track Format (\$300/athlete/event) will be in effect. Entry deadline is 11:59 PM on Sunday, February 13, 2022.



2021-2022 Indoor Track Tournament Format

MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC.

36th ANNUAL MIAA ALL-STATE INDOOR TRACK & FIELD CHAMPIONSHIPS

Reggie Lewis Track and Athletic Center, Roxbury, MA

Saturday, February 26, 2022 @ 10:30 AM

Qualifiers

First three (3) place winners (Divisions 1, 2, 3, 4, 5) and the next top **9** performances in the finals, including the relays, are eligible for the competition at the All-State Meet. In the High Jump, competitors must score in the top 6, to advance to the All-State Meet. ***Student-Athletes can only compete in the All-State if they qualify via their Divisional Tournament or they hold a SuperMax qualification standard (see below).***

There will not be any individual notification made for athletes who have qualified to compete in the MIAA All-State Meet. The performance list of the All-State Meet qualifiers will be posted on the MIAA website (www.miaa.net) on the day after the last divisional championship. If an athlete has qualified to compete in the MIAA All-State Meet there are no other entry requirements

Additional Qualifiers

Beginning in 2022, an athlete may be entered into an event at the All-State meet if s/he has met the SuperMax qualification standard, at any time during the current indoor season, for her/his respective event as listed below. SuperMax qualification standards have been determined based on the average of the 12th place All-State finisher for the previous three years. Coaches must notify the All-State Tournament Director of any athlete using the SuperMax qualifier by Sunday February 20th at 11:59 pm.

<u>Boys Event</u>	<u>2022 Std.</u>	<u>Girls Event</u>	<u>2022 Std.</u>
Hurdles	7.95	Hurdles	8.84
Dash	6.69	Dash	7.47
300	36.23	300	41.95
600	1:24.24	600	1:39.13
1000	2:34.98	1000	3:02.58
Mile	4:28.54	Mile	5:16.86
Two Mile	9:43.26	Two Mile	11:24.52
Shot Put	47'6"	Shot Put	34'8"
High Jump	6'4"	High Jump	5'4"
Long Jump	21'2"	Long Jump	17'4.5"

All running events qualifying times must be FAT

Running shoes with spikes can only be worn inside the Reggie Lewis track, not the foyers, hallways or gymnasium. ***The only spikes allowed at the Reggie Lewis Track are ¼" pyramid.***



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**MIAA All-State Meet: Reggie Lewis Track and Athletic Center, Roxbury, MA
Saturday, February 26, 2020 @ 10:30 AM**

ORDER OF EVENTS

Event	Notes	Time
Long Jump, Shot Put, Trial & Finals Hurdles/Dash Mobility & Visually Impaired Exhibition Events	Boys followed by Girls All Sprint Finals will use 8 lanes	10:30am
High Jump	Starts at conclusion of Mobility Events Starts at conclusion of Mobility Events	
ONE MILE RUN FINAL		11:10am
600M RUN FINAL		11:35am
1000M RUN FINAL		11:50am
300M RUN FINAL		12:05pm
TWO MILE RUN FINAL		12:20pm
TWO MILE RUN FINAL		12:45pm
4x200M RELAY FINAL	Will follow completion of the girls 2-mile	1:10pm
4x800M RELAY FINAL	Report no later than the start of the boys 2 mile	1:40pm
4x400M RELAY FINAL	Report no later than the start of the girls 2 mile	2:15pm

*** All awards will be given at conclusion of event and when final results posted.**

Heat and Lane Assignment

- The Seeded Heat will run last
- On circular races run in lanes, seeding will be lanes: 5 – 6 – 4 – 3 – 2 - 1
- Straightway races seeding will be lanes: 5 – 4 – 6 – 3 – 7 – 2 – 8 – 1
- 300M RUN FINAL will be heats of 5 max – Lane 1 will not be used
- 4x200M Relay - 3 Turn Stagger in Lanes – heats of 4 lanes only
- 4x400M Relay - 2 Turn Stagger in Lanes – slowest heat may be a barrel start
- 4x800M Relay - 2 Turn Stagger - Barrel start

NEW ENGLAND INDOOR TRACK MEET INFORMATION

NEW ENGLAND INDOOR TRACK & FIELD CHAMPIONSHIP MEET to be held on Saturday, March 5, 2022 – beginning at 10:30 a.m. at the Reggie Lewis Center

The New England Council voted on October 10, 2018 that all entries into the New England Indoor Meet must come from the MIAA All-State Indoor Meet. We now will go back to the entry process that we used in prior years and you WILL NOT enter athletes via Direct Athletics for the New England Meet.

The top 6 in each event will automatically qualify, and if someone in the top six is unable to attend, then places 7 & 8 will replace in that order. All declarations MUST be made by the conclusion of the All-State Meet. No changes/additions will be allowed after the Meet. The New England Entries will be posted on the New England Web-site.



2021-2022 Indoor Track Tournament Format

SCHOOL NAME: _____



MIAA Indoor Track & Field

Emergency Contact Form

	Full Name	Cell Phone #
Girls Head Coach		
Boys Head Coach		
Assistant Coach		
Assistant Coach		
Assistant Coach		

What is your school's Rally point in case of evacuation?

1. Boston Police headquarters
2. Boston Police headquarters parking lot
3. Mosque across Malcom X Blvd
4. RCC parking Lot
5. Madison Park HS Main Entrance
6. Behind the Health Center

Is your school allowed to warm up/down outside? _____ YES _____ NO

IF YES IS ANSWERED: ALL ATHLETES MUST ADHERE TO THE FOLLOWING AREAS PER ORDER OF THE BOSTON POLICE:

**MALCOLM X BLVD UP TO MADISON PARK HS
OR
TREMONT ST UP TO BOSTON POLICE HEADQUARTERS**