



Boston Holiday Challenge at “the TRACK”

Wednesday, December 27, 2023 – 9:00AM

**the TRACK at new balance
91 Guest Street, Boston, MA 02135**

Hosted by:	Burlington High School and Martha’s Vineyard High School
Sanctioning:	<p>M.I.A.A. bordering-state sanctioning for MA, NY, CT, NH, RI, VT. Participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools. (NFHS).</p> <p>Note: The New Balance Championship 1-Mile and the New Balance Championship 400-meters, for both boys and girls, will be separately contested and sanctioned by USATF. Any high school athlete, regardless of state or school-type, will be eligible to compete—but be aware that performances may not be valid for your state’s NFHS-sanctioned championships.</p>
Sponsors:	<p>New Balance - www.newbalance.com and the Track at new balance - www.thetrackatnewbalance.com</p>
Meet Directors:	<p>Matt Carr, mstca.indoor@gmail.com and Joe Schroeder, joeml@comcast.net</p>
Meet Description:	<p>This is a multi-state high-level meet for select athletes on your team who have met the entry standards. The goal of this meet is to serve as a “pre nationals” caliber competition. All events have a required entry standard that must have been met in a prior meet performance (indoor or outdoor performances accepted with FAT verifiable times).</p>

**Mandatory
Paperwork
Entry Fees
and Forms:**

All of the following FORMS can be found on the MSTCA website by selecting “Coaches Corner” and then “MSTCA Forms,” or via this link: <https://mstca.org/forms>

Single Waiver Form:

All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets.

Emergency Contact Form:

All teams must fill out the MSTCA Emergency Contact Form for the Indoor Season.

Payment Forms:

Payment must be arranged **IN ADVANCE** of any meet that your team will attend. Regardless of payment method, please complete the Single Payment Form.

Entry Fees:

\$20 per individual event
\$50 per relay team
There is no team maximum fee

Questions regarding entry fees should be addressed to Jayson Sylvain, the MSTCA's Chief Financial Officer, at mstca.cfo@gmail.com

Checks should be made payable to the “MSTCA”

The MSTCA Tax ID# 04-3394224

Mailing Address:
MSTCA
P.O. Box 1008
Mansfield, MA 02048

NOTE TO OUT-OF-STATE TEAMS: There are several pieces of paperwork/forms and billing that must be completed BEFORE you may participate in any MSTCA meet. Our MA teams have often completed this paperwork before the season started. For you it may be new and unfamiliar. Please read carefully; complete all forms; and let us know if you have any questions.

Billing and Waiver Questions: email Jayson Sylvain at mstca.cfo@gmail.com

Meet-related questions: email Matt Carr at mstca.indoor@gmail.com

Events and Standards:

Running:	Boys	Girls		Running:	Boys	Girls
55m dash	6.90	7.80		1 Mile	4:40.00	5:40.00
60m dash	7.40	8.40		2 Mile	10:25.00	12:35.00
				Freshman 1 Mile	5:15.00	6:10.00
55m Hurdles	9.00	10.00				
60m Hurdles	9.70	10.80		Field Events:	Boys	Girls
				High Jump	5' 8"	4' 8"
200m	24.00	27.50		Long Jump	19' 0"	15' 6"
300m	39.00	46.00		Pole Vault	9' 6"	7' 6"
400m	53.00	64.00		Shot Put	42' 0"	30' 0"
				Triple Jump	40' 0"	33' 0"
400m	53.00	64.00		Weight Throw	35' 0"	27' 0"
600m	1:31.00	1:48.00				
800m	2:06.00	2:30.00		Relays	Boys	Girls
				4 x 200	1:38.00	1:54.00
800m	2:06.00	2:30.00		4 x 400	3:45.00	4:25.00
1000m	2:48.00	3:20.00		4 x 800	8:40.00	10:30.00
				1600m SMR	3:55.00	4:35.00

New Balance Championship Events	Boys	Girls
New Balance Championship 1 Mile	4:18.00	5:05.00
New Balance Championship 400 meters	50.00	59.00

- Events shaded **in green** will be contested. Distances/Standards within that event grouping can be used to qualify for that event. Meet management will determine seeding procedures for entries with standards from non-contested events.
- Entries may be rejected if proof of performance cannot be verified.
- Include entry note with meet and date of performance on Athletic.net
- Meet management reserves the right to further limit entries, if necessary.
- 2022-23 Indoor, 2023 Outdoor, or 2023-24 Indoor performances may be used.

Participation Rules:	<ul style="list-style-type: none"> ● M.I.A.A./NFHS rules will be in effect, including enforcement of the uniform rule. ● New Balance Championship mile and 400-meters contested under USATF rules. ● An athlete may participate in up to three events. ● Competitor numbers must be worn on the front of the uniform, including relays.
Entry Deadline:	<ul style="list-style-type: none"> ● Wednesday, December 20, 2023 by 8:00 p.m. ● Regular event entries should be submitted on www.athletic.net ● If interested in the New Balance Championship 1 mile or 400 meters, contact Matt Carr directly at mstca.indoor@gmail.com ● Late Entry Policy: There are NO late entries accepted for any MSTCA meets. Please be aware of this and don't miss the entry deadline.
Order of Events:	<p>FIELD EVENTS – 9:00 a.m. Shot Put: Boys followed by Girls Weight Throw: After the conclusion of the Girls Shot Put; Boys followed by Girls</p> <p>FIELD EVENTS – Upon Conclusion of Dash Finals Long Jump: Boys and girls simultaneously on separate runways. Triple Jump: On the same runway/gender as long jump at the conclusion of the long jump finals. High Jump: Boys and Girls compete simultaneously. Pole Vault: Boys and Girls compete simultaneously.</p> <p>INFIELD – 9:00 a.m. The hurdles and dash will be contested as 60-meter races. However, 55-meter FAT en route times will be provided to assist those athletes whose state meets rely on the 55-meter distance.</p> <p>Hurdles Trials: Boys followed by Girls; Fastest 8 advance to the Final. Hurdle Finals: Boys before Girls Dash Trials: Boys followed by Girls; Fastest 8 advance to the Final. Dash Finals: Boys before Girls</p> <p>OVAL – Upon Conclusion of Dash Finals – Boys followed by Girls (all oval events are finals on time, with fastest sections last) Sprint Medley Relay: 200m-200m-400m-800m run with a 3-turn stagger* Freshman One Mile Run: One Mile Run: 600 Meter Run: 2-turn stagger* 1,000 Meter Run: 300 Meter Run: In lanes the entire race* New Balance Championship 400 Meters: 2-turn stagger; no lane 1* Two Mile Run: 4 x 200 Meter Relay: 3-turn stagger* 4 x 800 Meter Relay: 4 x 400 Meter Relay: 2-turn stagger* New Balance Championship 1 Mile:</p> <p style="text-align: center;">*Lane preferences for these events: 5-6-4-3-2-1.</p>

Performance Lists and Results:	<ul style="list-style-type: none"> • Entry lists/performance lists will be posted on live.mstca.org by Friday, December 22. Live results will be available at www.lancertiming.com
Equipment:	<ul style="list-style-type: none"> • Teams must provide their own relay batons, shot puts, and weight implements. • Shot puts and weight implements will be checked on site by the officials. • Starting blocks will be provided by meet management. Athletes can not use their own. • Other than the New Balance Championship 400 meters, no blocks will be allowed for races on the oval.
High Jump:	<ul style="list-style-type: none"> • Girls Opening Height: 4' 6" • Boys Opening Height: 5' 6" • Height progression will increase by 2 inches.
Long Jump:	<ul style="list-style-type: none"> • Each jumper will be allowed three jumps. • The top 7 jumpers (+ties) will advance to the Finals for three additional jumps. • Best flights will jump last. • No runbacks are allowed. Athletes should come prepared with a mark.
Pole Vault:	<ul style="list-style-type: none"> • Girls Opening Height: 7' 0" • Boys Opening Height: 9' 0" • Height progression will increase by 6 inches.
Shot Put:	<ul style="list-style-type: none"> • Meet Officials will verify all implements. • Each thrower will be allowed three throws. • First legal throw measured, then no throws under the entry standard. • The top 7 throwers (+ties) will advance to the Finals for three additional throws. • Best flights will throw last.
Triple Jump:	<ul style="list-style-type: none"> • Each jumper will be allowed three jumps. • The top 7 jumpers (+ties) will advance to the Finals for three additional jumps. • Best flights will jump last. • No runbacks are allowed. Athletes should come prepared with a mark. • Each gender will follow after the conclusion of long jump on the same runway.
Weight Throw:	<ul style="list-style-type: none"> • Meet Officials will verify all implements. • Each thrower will be allowed four throws. • There will be no finals. • First legal throw measured, then no throws under the entry standard. • Best flights will throw last.
Spikes:	<ul style="list-style-type: none"> • Only 1/8" or 1/4" Pyramid spikes are allowed and must be approved at spike check. • Correct spikes will be sold at the Run House apparel tables. • Anyone using needle spikes or spikes longer than 1/4" will be disqualified for the remainder of the meet.

Awards:	<ul style="list-style-type: none"> ● Top 6 finishers in each event will receive medals. ● There will be a trackside awards ceremony for each event as soon as the event is done and results are available. Please make sure your athletes are present at this ceremony and in their school issued uniform. ● There are no team awards.
Inclement Weather:	<ul style="list-style-type: none"> ● Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. ● Notification regarding cancellations will be emailed through Athletic.net to your school's contact. ● <u>There is no make-up date.</u>
Parking:	<p>Limited street parking is available around the track. Paid garage parking is available under many of the complex buildings along Guest Street.</p>
MSTCA Online/Social Media:	<p>Website: www.mstca.org Entry Lists and Meet Results: live.mstca.org Live Streams of Meets: https://mstca.tv/ Instagram: https://www.instagram.com/mass_state_track/ Twitter/X: @MSTCA1 Facebook: https://www.facebook.com/groups/154532424151/ TikTok: @mstca</p>
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