



## **Boston Holiday Challenge at “the TRACK”**

**Saturday, December 28, 2024 – 9:30AM**

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

<b>Hosted by:</b>	Burlington High School and Martha’s Vineyard High School
<b>Sanctioning:</b>	<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>
<b>Sponsors:</b>	<p>New Balance - <a href="http://www.newbalance.com">www.newbalance.com</a> and the Track at new balance - <a href="http://www.thetrackatnewbalance.com">www.thetrackatnewbalance.com</a></p>
<b>Meet Directors:</b>	<p>Matt Carr, <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a> and Joe Schroeder, <a href="mailto:joeml@comcast.net">joeml@comcast.net</a></p>
<b>Meet Description:</b>	<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](mailto: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](mailto:mstca.cfo@gmail.com)

Meet-related questions: email Matt Carr at [mstca.indoor@gmail.com](mailto:mstca.indoor@gmail.com)

**Events (with entry cap) and Standards:**

<b>Running:</b>	<b>Boys</b>	<b>Girls</b>		<b>Field Events:</b>	<b>Boys</b>	<b>Girls</b>
<b>55m Hurdles (80)</b>	9.00	10.00		<b>High Jump (48)</b>	5' 8"	4' 8"
<b>55m Dash (96)</b>	6.90	7.80		<b>Long Jump (80)</b>	19' 0"	15' 6"
<b>200m (20)</b>	23.50	27.00		<b>Pole Vault (30)</b>	9' 6"	7' 6"
<b>300m (75)</b>	39.00	46.00		<b>Shot Put (48)</b>	42' 0"	30' 0"
<b>400m (25)</b>	52.00	62.00		<b>Triple Jump (32)</b>	40' 0"	33' 0"
<b>600m (60)</b>	1:31.00	1:48.00		<b>Weight Throw (32)</b>	35' 0"	27' 0"
<b>800m (30)</b>	2:05.00	2:28.00		<b>Para Shot Put (12)</b>	20' 0"	15' 0"
<b>1000m (48)</b>	2:48.00	3:20.00		<b>Relays:</b>	<b>Boys</b>	<b>Girls</b>
<b>1 Mile (48)</b>	4:40.00	5:40.00		<b>4 x 200m (30)</b>	1:38.00	1:54.00
<b>2 Mile (36)</b>	10:25.00	12:35.00		<b>4 x 400m (30)</b>	3:45.00	4:25.00
<b>Freshman 1 Mile (18)</b>	5:15.00	6:10.00		<b>4 x 800m (15)</b>	8:40.00	10:30.00
<b>Para 55m (12)</b>	13.00	15.00		<b>1600m SMR (12)</b>	3:55.00	4:35.00
<b>Para 300m (9)</b>	1:20.00	1:30.00				
<b>Para 1000m (10)</b>	3:20.00	4:00.00				

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

- The number in ( ) after each event is the entry cap for that event. We will take all entries that meet the standard, with a verified mark, until the cap is reached. Thereafter, entries will be wait-listed and accepted if space becomes available.
- Entries not from an Athletic.net imported performance MUST include all relevant meet information including a link to the results. Entries without proof of performance will be rejected.
- Meet management reserves the right to further limit entries, if necessary.
- 2023-24 Indoor, 2024 Outdoor, or 2024-25 Indoor performances may be used.

<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>• M.I.A.A./NFHS rules will be in effect, including enforcement of the uniform rule.</li> <li>• New Balance Championship mile and 400-meters contested under USATF rules.</li> <li>• An athlete may participate in up to four events.</li> <li>• Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul>
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>• Sunday, December 22, 2024 by 8:00 p.m.</li> <li>• Regular event entries should be submitted on <a href="http://www.athletic.net">www.athletic.net</a></li> <li>• If interested in the New Balance Championship 1 mile or 400 meters, contact Matt Carr directly at <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a></li> <li>• <b>Late Entry Policy:</b> There are NO late entries accepted for any MSTCA meets. Please be aware of this and don't miss the entry deadline.</li> </ul>
<b>Order of Events:</b>	<p><b>FIELD EVENTS – 9:30 a.m.</b>  <b>Shot Put:</b> Girls followed by Boys  <b>Weight Throw:</b> After the conclusion of the Boys Shot Put; Girls followed by Boys  <b>Pole Vault:</b> Girls followed by Boys</p> <p><b>FIELD EVENTS – Upon Conclusion of Dash Finals</b>  <b>Long Jump:</b> Boys and girls simultaneously on separate runways.  <b>Triple Jump:</b> On the same runway/gender as long jump at the conclusion of the long jump finals.  <b>High Jump:</b> Boys and Girls compete simultaneously.</p> <p><b>INFIELD – 10:00 a.m.</b>  <b>Hurdles Trials:</b> Girls followed by Boys; Fastest 8 advance to the Final.  <b>Hurdle Finals:</b> Girls followed by Boys  <b>Dash Trials:</b> Girls followed by Boys; Fastest 8 advance to the Final.  <b>Dash Finals:</b> Girls followed by Boys</p> <p><b>OVAL – Upon Conclusion of Dash Finals – Girls followed by Boys (all oval events are finals on time, with fastest sections last)</b>  <b>Sprint Medley Relay:</b> 200m-200m-400m-800m run with a 3-turn stagger*  <b>Freshman One Mile Run:</b>  <b>One Mile Run:</b>  <b>New Balance Championship 1 Mile:</b>  <b>600 Meter Run:</b> 2-turn stagger*  <b>1,000 Meter Run:</b>  <b>300 Meter Run:</b> In lanes the entire race*  <b>New Balance Championship 400 Meters:</b> 2-turn stagger; no lane 1*  <b>400 Meter Run:</b> 2-turn stagger*  <b>800 Meter Run:</b>  <b>200 Meter Dash:*</b>  <b>Two Mile Run:</b>  <b>4 x 200 Meter Relay:</b> 3-turn stagger*  <b>4 x 800 Meter Relay:</b>  <b>4 x 400 Meter Relay:</b> 2-turn stagger*</p> <p style="text-align: center;">*Lane preferences for these events: 5-6-4-3-2-1.</p>

<b>Performance Lists and Results:</b>	<ul style="list-style-type: none"> <li>• Entry lists/performance lists will be posted on <a href="http://live.mstca.org">live.mstca.org</a> by Tuesday, December 24. Live results will be available at <a href="http://www.lancertiming.com">www.lancertiming.com</a></li> </ul>
<b>Equipment:</b>	<ul style="list-style-type: none"> <li>• Teams must provide their own relay batons, shot puts, and weight implements.</li> <li>• Shot puts and weight implements will be checked on site by the officials.</li> <li>• Starting blocks will be provided by meet management. Athletes can not use their own.</li> <li>• Other than the New Balance Championship 400 meters, no blocks will be allowed for races on the oval.</li> </ul>
<b>High Jump:</b>	<ul style="list-style-type: none"> <li>• Girls Opening Height: 4' 6"</li> <li>• Boys Opening Height: 5' 6"</li> <li>• Height progression will increase by 2 inches.</li> </ul>
<b>Long Jump:</b>	<ul style="list-style-type: none"> <li>• Each jumper will be allowed three jumps.</li> <li>• The top 9 jumpers (+ties) will advance to the Finals for three additional jumps.</li> <li>• Best flights will jump last.</li> <li>• No runbacks are allowed. Athletes should come prepared with a mark.</li> </ul>
<b>Para Events:</b>	<p>Entries are set up to receive athletes in the 55 meters, 300 meters, 1000 meters, and shot put, as these are the events designated by the MIAA for athletes in the three para categories (Blind/Visually Impaired; Para-Ambulatory; Wheelchair). Para athletes will be merged into non-para heats/flights where appropriate unless para athlete entries allow for independent heats/flights.</p> <p>Athletes wishing to be entered in other events, should contact the meet director.</p>
<b>Pole Vault:</b>	<ul style="list-style-type: none"> <li>• Girls Opening Height: 7' 0"</li> <li>• Boys Opening Height: 9' 0"</li> <li>• Height progression will increase by 6 inches.</li> </ul>
<b>Shot Put:</b>	<ul style="list-style-type: none"> <li>• Meet Officials will verify all implements.</li> <li>• Each thrower will be allowed three throws.</li> <li>• First legal throw measured, then no throws under the entry standard.</li> <li>• The top 9 throwers (+ties) will advance to the Finals for three additional throws.</li> <li>• Best flights will throw last.</li> </ul>
<b>Triple Jump:</b>	<ul style="list-style-type: none"> <li>• Each jumper will be allowed three jumps.</li> <li>• The top 9 jumpers (+ties) will advance to the Finals for three additional jumps.</li> <li>• Best flights will jump last.</li> <li>• No runbacks are allowed. Athletes should come prepared with a mark.</li> <li>• Each gender will follow after the conclusion of long jump on the same runway.</li> </ul>
<b>Weight Throw:</b>	<ul style="list-style-type: none"> <li>• Meet Officials will verify all implements.</li> <li>• Each thrower will be allowed four throws.</li> <li>• There will be no finals.</li> <li>• First legal throw measured, then no throws under the entry standard.</li> <li>• Best flights will throw last.</li> </ul>

<b>Spikes:</b>	<ul style="list-style-type: none"> <li>● Only 1/8" or 1/4" Pyramid spikes are allowed and must be approved at spike check.</li> <li>● Anyone using needle spikes or spikes longer than 1/4" will be disqualified for the remainder of the meet.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>● Top 8 finishers in each event will receive medals.</li> <li>● 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.</li> <li>● There are no team awards.</li> </ul>
<b>Inclement Weather:</b>	<ul style="list-style-type: none"> <li>● Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day.</li> <li>● Notification regarding cancellations will be emailed through Athletic.net to your school's contact.</li> <li>● <u>There is no make-up date.</u></li> </ul>
<b>Parking:</b>	Limited street parking is available around the track. Paid garage parking is available under many of the complex buildings along Guest Street.
<b>MSTCA Online/Social Media:</b>	Website: <a href="http://www.mstca.org">www.mstca.org</a> Entry Lists and Meet Results: <a href="http://live.mstca.org">live.mstca.org</a> Live Streams of Meets: <a href="https://mstca.tv/">https://mstca.tv/</a> Instagram: <a href="https://www.instagram.com/mass_state_track/">https://www.instagram.com/mass_state_track/</a> Twitter/X: <a href="https://twitter.com/MSTCA1">@MSTCA1</a> Facebook: <a href="https://www.facebook.com/groups/154532424151/">https://www.facebook.com/groups/154532424151/</a> TikTok: <a href="https://www.tiktok.com/@mstca">@mstca</a>
<b>Version:</b>	This document was updated on 12/03/2024 to correct the schedule of events. This document was updated on 12/10/2024 to adjust pole vault schedule of events due to only one pit now available at the Track.