



14th Annual Boston Holiday Challenge

**Tuesday, December 27, 2022 – 8:15 AM Pentathlon
– 12:00 PM Track & Field**

**Robert McIntyre Track at Reggie Lewis Track and Athletic Center
1350 Tremont St., Roxbury, MA**

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| Hosted by: | Burlington High School and Martha's Vineyard Regional High School |
| Sanctioning: | M.I.A.A. multi-state sanctioning for MA, NH, NY, RI, CT, VT. Participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools. (NFHS). |
| Meet Director: | Matt Carr, mstca.indoor@gmail.com and Joe Schroeder, joeml@comcast.net |
| Out-of-State Entry Information: | Participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools (NFHS). All non-Massachusetts schools that plan to attend the Boston Holiday Challenge must send the meet director an email declaring the school's intent to participate. This is a non-binding declaration used to inform the sanctioning bodies of potential participants. The deadline for this declaration is December 9, 2022. |
| Meet Description: | This is a multi-state high-level meet for selected athletes on your team who have met the entry standards. All events other than the weight throw and the pentathlon have a required entry standard that must have been met in a prior meet performance. |

Mandatory Paperwork and Forms:

Single Waiver:

- All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets.
- This document can be found in the “Indoor Forms” posting on the MSTCA website www.mstca.org

Emergency Contact Form:

- All teams must fill out the MSTCA Reggie Lewis Center Emergency Contact Form online. You only need to complete this form once for the season (unless coaches or contact info changes).
- This document can be found in the “Indoor Forms” posting on the MSTCA website www.mstca.org

Payment:

- Please see the “Entry Fees” section for payment information. Payment must be arranged IN ADVANCE of any meet that your team will attend.
- The Single Payment Form is the easiest method of payment and can be found in the “Indoor Forms” posting on the MSTCA website www.mstca.org

Events & Standards:

| <u>Girls</u> | | <u>Boys</u> | |
|---------------------|--------|---------------------|--------|
| 55 M Dash | 8.0 | 55 M Dash | 7.0 |
| 55 M Hurdles | 10.4 | 55 M Hurdles | 8.84 |
| 300 Meters | 48.0 | 300 Meters | 42.0 |
| 600 Meters | 1:52 | 600 Meters | 1:35 |
| 1,000 Meters | 3:28 | 1,000 Meters | 2:55 |
| Freshman One Mile | 6:15 | Freshman One Mile | 5:20 |
| One Mile Run | 5:45 | One Mile Run | 4:45 |
| Two Mile Run | 12:30 | Two Mile Run | 10:15 |
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| <u>Girls</u> | | <u>Boys</u> | |
| Weight Throw | None | Weight Throw | None |
| Shot Put | 31' 0" | Shot Put | 45' 0" |
| Long Jump | 15' 0" | Long Jump | 18' 6" |
| High Jump | 4' 7" | High Jump | 5' 7" |
| 4 x 200 Meter Relay | 1:55 | 4 x 200 Meter Relay | 1:39 |
| 4 x 400 Meter Relay | 4:25 | 4 x 400 Meter Relay | 3:45 |
| 4 x 800 Meter Relay | 10:30 | 4 x 800 Meter Relay | 8:40 |
| Pentathlon | None | Pentathlon | None |

- **Meet management reserves the right to reject entries if proof of performance cannot be verified.**
- **Include entry note with meet and date of performance on Direct Athletics entry.**
- **2022 Outdoor performances may be used.**

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| Participation Rules: | <ul style="list-style-type: none"> ● M.I.A.A./NFHS rules will be in effect, including enforcement of the uniform rule. ● An athlete may participate in no more than <u>2 running events and 1 field event.</u> ● A relay counts towards the running event limit. ● Competitor numbers must be worn on the front of the uniform, including relays. | | |
| Entry Deadlines: | <ul style="list-style-type: none"> ● Out-of-State Intent to Enter: December 9, 2022 by 8:00 p.m. ● Thursday, December 22, 2022 by 8:00 p.m. ● All entries should be submitted on www.directathletics.com. ● <u>Late Entry Policy:</u> 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>PENTATHLON - 8:15 a.m.</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p><u>Girls:</u> 55 M Hurdles High Jump Long Jump Shot Put 800 Meters</p> </td> <td style="vertical-align: top; padding-left: 20px;"> <p><u>Boys:</u> 55 M Hurdles Long Jump Shot Put High Jump 1000 Meters</p> </td> </tr> </table> <p>FIELD EVENTS – 12:00 p.m.</p> <p>Shot Put: Girls followed by Boys</p> <p>Long Jump: Girls followed by Boys</p> <p>High Jump: Check in begins on the infield at the conclusion of the Dash & Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.</p> <p>Weight Throw: Check in begins by the cage at the conclusion of the Shot Put; Girls followed by Boys</p> <p>INFIELD – 12:00 p.m.</p> <p>Hurdles Trials: Girls followed by Boys; Seeded based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Dash Trials: Girls followed by Boys; Seeded based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Hurdle Finals: Girls before Boys</p> <p>Dash Finals: Girls before Boys</p> | <p><u>Girls:</u> 55 M Hurdles High Jump Long Jump Shot Put 800 Meters</p> | <p><u>Boys:</u> 55 M Hurdles Long Jump Shot Put High Jump 1000 Meters</p> |
| <p><u>Girls:</u> 55 M Hurdles High Jump Long Jump Shot Put 800 Meters</p> | <p><u>Boys:</u> 55 M Hurdles Long Jump Shot Put High Jump 1000 Meters</p> | | |

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| <p>Order of Events (continued):</p> | <p>OVAL – 1:00 p.m. – Check-in in the gym; Girls followed by Boys</p> <p>Freshman One Mile Run: Sections on time, fastest section last One Mile Run: Sections on time, fastest section last 600 Meter Run: Sections on time, fastest section last* 1,000 Meter Run: Sections on time, fastest section last 300 Meter Dash: Sections on time, fastest section last* Note: The 300 meters will be run in lanes the entire race at MSTCA meets and in the MIAA Championship meets. There will be NO cut-in.</p> <p>Two Mile Run: Sections on time, fastest section last 4 x 200 Meter Relay: Sections on time, fastest section last.* 4 x 800 Meter Relay: Sections on time, fastest section last. 4 x 400 Meter Relay: Sections on time, fastest section last.*</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p> <ul style="list-style-type: none"> • The Meet Director may delay the relays until after the high jump concludes. • The 4 x 200m Relay will have a 3-turn stagger. • The 4 x 800m Relay will have a 2-turn stagger. |
| <p>Entry Fees:</p> | <p>\$10 per individual event; \$25 per relay; \$50 per pentathlon entry</p> <p>Each school must notify Jayson Sylvain, the MSTCA's Chief Financial Officer, at mstca.cfo@gmail.com of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> • If a school is using the MSTCA's Single Payment method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment. • If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email. • If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email. • If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email. <p>Please make checks payable to MSTCA and mail (NOTE: new mailing address) to:</p> <p>MSTCA c/o BHC Entries P.O. Box 1008 Mansfield, MA 02048</p> <p style="text-align: right;">MSTCA Tax ID # 04-3394224</p> |

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| Entry Lists: | <ul style="list-style-type: none"> ● Entry lists will be posted on www.mstca.org by Friday, December 23. |
| Equipment: | <ul style="list-style-type: none"> ● Teams must provide their own relay batons. ● Teams must provide their own Weight Implements ● Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them. |
| 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. ● The "Five Alive" rule will be used until only six jumpers remain in the competition. |
| 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. |
| Shot Put: | <ul style="list-style-type: none"> ● Each thrower will be allowed three throws. ● The top 7 throwers (+ties) will advance to the Finals for three additional throws. ● Best flights will throw last. |
| Weight Throw: | <ul style="list-style-type: none"> ● Meet Officials will verify all implements. ● Each thrower will be allowed three throws. ● The top 7 throwers (+ties) will advance to the Finals for three additional throws. ● Best flights will throw last. |
| 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. |
| Results: | <ul style="list-style-type: none"> ● Results will be posted after the meet on www.mstca.org ● Live results will be available at https://live.mstca.org/ |
| Spikes: | <ul style="list-style-type: none"> ● Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. ● Spikes are allowed ONLY in the track area. |

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| | <ul style="list-style-type: none">• Correct spikes will be sold in the gym.• Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet. |
| 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 posted on our website www.mstca.org and our Twitter account @MSTCA1 and emailed through Direct Athletics to your school's contact.• <u>There is no make-up date.</u> |
| Parking at Reggie Lewis Center: | <p>Parking is available for patrons attending track and field events at the Reggie Lewis Center on a first-come-space available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.</p> |
| Version: | <p>This document was last updated on 11/06/2022</p> |