



45th Annual Girls' & 59th Annual Boys'

M.S.T.C.A. Coaches' Invitational

Large Schools – Saturday, January 27, 2024 – 10:00 AM

Small Schools – Sunday, January 28, 2024 – 10:00 AM

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

Hosted by:	Small Schools – Wareham High School Large Schools – Somerville High School
Sanctioning:	M.I.A.A. sanctioned for all MA association member schools.
Sponsors:	The Run House: https://therunhouse.com/ HOKA: https://www.hoka.com
Meet Directors:	Small Schools – Chris Gardner, cgardner@wareham.k12.ma.us Large Schools – Charlie O'Rourke, charlieorourke@gmail.com
Small/Large School Threshold:	<ul style="list-style-type: none"> • Large Schools are those in MIAA Divisions 1 and 2 for Indoor Track & Field. • Small Schools are those in MIAA Divisions 3, 4, and 5 for Indoor Track & Field. • Each school's placement is based on the 2023-25 MIAA alignments for Indoor Track & Field: <p style="text-align: center;"><u>INDOOR TRACK ALIGNMENTS For Winter 2023-24 and 2024-25</u></p> <ul style="list-style-type: none"> • If you are uncertain of your school's alignment, or believe the wrong meet is in your athletic.net entry calendar, please contact Director of Meet Operations Matt Carr at mstca.indoor@gmail.com
Meet Description:	The de facto individual championship for the MSTCA. All events for this meet have entry standards. Please do not enter athletes who have not met the standard as this is a Championship-caliber meet.

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:

\$12 per individual event
 \$30 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

Events and Standards for SMALL Schools:

Events and Standards:

	<u>Girls (Small)</u>	<u>Boys (Small)</u>
55 M Dash*	8.10	7.10
55 M Hurdles*	10.00	8.85
300 Meters	46.00	39.00
600 Meters	1:48.00	1:33.00
1,000 Meters	3:25.00	2:52.00
One Mile Run	5:50.0	4:50.0
Two Mile Run	12:50.0	10:40.0
Shot Put	28’ 0”	40’ 0”
High Jump	4’ 8”	5’ 8”
Long Jump	15’ 0”	18’ 6”
4 x 200 meter Relay	1:56.00	1:40.00
4 x 400 meter Relay	4:40.00	3:50.00
4 x 800 meter Relay	10:58.00	8:55.00

*Qualifying times for the 55m hurdles and dash MUST come from FAT-timed races.

Events and Standards for LARGE Schools:	<p><u>Events and Standards:</u></p> <table border="1"> <thead> <tr> <th></th> <th><u>Girls (Large)</u></th> <th><u>Boys (Large)</u></th> </tr> </thead> <tbody> <tr> <td>55 M Dash*</td> <td>8.00</td> <td>7.00</td> </tr> <tr> <td>55 M Hurdles*</td> <td>9.90</td> <td>8.75</td> </tr> <tr> <td>300 Meters</td> <td>45.50</td> <td>38.50</td> </tr> <tr> <td>600 Meters</td> <td>1:49.00</td> <td>1:31.00</td> </tr> <tr> <td>1,000 Meters</td> <td>3:20.00</td> <td>2:49.00</td> </tr> <tr> <td>One Mile Run</td> <td>5:40.0</td> <td>4:45.0</td> </tr> <tr> <td>Two Mile Run</td> <td>12:40.0</td> <td>10:20.0</td> </tr> <tr> <td>Shot Put</td> <td>29' 0"</td> <td>40' 0"</td> </tr> <tr> <td>High Jump</td> <td>4' 10"</td> <td>5' 8"</td> </tr> <tr> <td>Long Jump</td> <td>15' 0"</td> <td>19' 0"</td> </tr> <tr> <td>4 x 200 meter Relay</td> <td>1:55.00</td> <td>1:39.00</td> </tr> <tr> <td>4 x 400 meter Relay</td> <td>4:38.00</td> <td>3:45.00</td> </tr> <tr> <td>4 x 800 meter Relay</td> <td>10:50.00</td> <td>8:45.00</td> </tr> </tbody> </table> <p>*Qualifying times for the 55m hurdles and dash MUST come from FAT-timed races.</p>		<u>Girls (Large)</u>	<u>Boys (Large)</u>	55 M Dash*	8.00	7.00	55 M Hurdles*	9.90	8.75	300 Meters	45.50	38.50	600 Meters	1:49.00	1:31.00	1,000 Meters	3:20.00	2:49.00	One Mile Run	5:40.0	4:45.0	Two Mile Run	12:40.0	10:20.0	Shot Put	29' 0"	40' 0"	High Jump	4' 10"	5' 8"	Long Jump	15' 0"	19' 0"	4 x 200 meter Relay	1:55.00	1:39.00	4 x 400 meter Relay	4:38.00	3:45.00	4 x 800 meter Relay	10:50.00	8:45.00
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Participation Rules:	<ul style="list-style-type: none"> • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • Competitor numbers must be worn on the front of the uniform, including relays. • An athlete may participate in a maximum of three events including relays. • For the One Mile Run, Two Mile Run, and Long Jump, a school may enter up to <u>two</u> athletes per event as long as both athletes have met the qualifying standards listed. If coaches have an outstanding 3rd athlete they want considered, they should contact the meet director via email no later than Saturday, January 20, by 8:00 p.m. • For all remaining individual events, a school may enter up to <u>three</u> athletes per event as long as all athletes have met the qualifying standards listed. • All athletes must have achieved the qualifying marks in a previous competition. Entries without seed times/distances will not be accepted. • All submitted performances will be checked and verified by the Meet Director, who will contact coaches if any discrepancies are found. If a coach has an unusual situation with an athlete, the coach should contact the Meet Director. • A school may enter only one relay team per relay event. 																																										
Entry Deadline:	<ul style="list-style-type: none"> • Tuesday, January 23, 2024, by 8:00 PM. • All entries must be submitted through www.athletic.net • <u>Late Entry Policy:</u> There are NO late entries accepted for any MSTCA meets. 																																										

Order of Events:	<p>FIELD EVENTS – 10:00 a.m.</p> <p>Shot Put: Boys followed by Girls.</p> <p>Long Jump: Boys followed by Girls</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>INFIELD – 10:00 a.m. – Boys followed by Girls</p> <p>Hurdles Trials: Seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Dash Trials: Seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Hurdle Finals: Boys before Girls</p> <p>Dash Finals: Boys before Girls</p> <p>OVAL – 10:45 a.m. – Boys followed by Girls</p> <p>Unseeded Two Mile Run: Sections on time, fastest section last.</p> <p>One Mile Run: Sections on time, fastest section last.</p> <p>600 Meter Run: Sections on time, fastest section last. *</p> <p>1,000 Meter Run: Sections on time, fastest section last.</p> <p>300 Meter Dash: Sections on time, fastest section last. In lanes.*</p> <p>Seeded Two Mile Run: Top 18 seeds only.</p> <p>4 x 200 Meter Relay: Sections on time, fastest section last.*</p> <p>4 x 800 Meter Relay: Sections on time, fastest section last.</p> <p>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>
Performance Lists and Results:	<p>Entry lists/performance lists will be posted on live.mstca.org by Thursday, January 25. Live results will be available at the same site.</p>
Equipment:	<ul style="list-style-type: none"> ● Teams must provide their own relay batons. ● Shot puts and starting blocks will be provided by meet management. Teams can not use their own.
High Jump:	<ul style="list-style-type: none"> ● Opening height will be 2” below the qualifying standard. ● 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 will advance to the Finals for three additional jumps. ● NO jumps 1 foot or more under the standard will be measured. ● 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 will advance to the Finals for three additional throws. • NO throws 2 feet or more under the standard will be measured. • All throws will take place in the cage.
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. • 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>Parking is available 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>
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>
Version:	<p>This document was updated on 11/9/2023</p>