



**The Run House**  
RUN YOUR WAY

**46<sup>th</sup> Annual Girls' & 60<sup>th</sup> Annual Boys'**  
**M.S.T.C.A. Coaches' Invitational**

**Small Schools – Saturday, January 25, 2025 – 10:00 AM**  
**Large Schools – Sunday, January 26, 2025 – 10:00 AM**

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

<b>Hosted by:</b>	Small Schools – Wareham High School Large Schools – Somerville High School
<b>Sanctioning:</b>	M.I.A.A. sanctioned for all MA association member schools.
<b>Sponsors:</b>	MSTCA and The Run House: <a href="https://therunhouse.com/">https://therunhouse.com/</a>
<b>Meet Directors:</b>	Small Schools – Chris Gardner, <a href="mailto:cgardner@wareham.k12.ma.us">cgardner@wareham.k12.ma.us</a> Large Schools – Charlie O'Rourke, <a href="mailto:charlieorourke@gmail.com">charlieorourke@gmail.com</a>
<b>Small/Large School Threshold:</b>	<ul style="list-style-type: none"> <li>• Large Schools are those in MIAA Divisions 1 and 2 for Indoor Track &amp; Field.</li> <li>• Small Schools are those in MIAA Divisions 3, 4, and 5 for Indoor Track &amp; Field.</li> <li>• Each school's placement is based on the 2023-25 MIAA alignments for Indoor Track &amp; Field:</li> </ul> <p style="text-align: center;"><b><u><a href="#">INDOOR TRACK ALIGNMENTS For Winter 2023-24 and 2024-25</a></u></b></p> <ul style="list-style-type: none"> <li>• 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 <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a></li> </ul>
<b>Meet Description:</b>	<p>The de facto individual championship for the MSTCA. All events for this meet have hard entry standards—meaning athletes who have not achieved this standard in a previous meet are not eligible to compete. Please do not enter athletes who have not met the standard as this is a Championship-caliber meet.</p> <p>Sunday's meet will include a 15 minute break for the annual MSTCA Athletes' Hall of Fame induction ceremony.</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:**

\$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](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

**Events and Standards for SMALL Schools:**

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	<u>Girls (Small)</u>	<u>Boys (Small)</u>
55 M Dash*	8.00	7.00
55 M Hurdles*	10.05	8.90
300 Meters	46.00	39.00
600 Meters	1:49.50	1:33.00
1,000 Meters	3:25.00	2:52.00
One Mile Run	5:50.00	4:52.00
Two Mile Run	12:55.00	10:40.00
Shot Put	28’ 0”	39’ 0”
High Jump	4’ 8”	5’ 8”
Long Jump	14’ 9”	18’ 6”
Triple Jump	Top 12 entries	Top 12 entries
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.

<b>Events and Standards for LARGE Schools:</b>	<p><b><u>Events and Standards:</u></b></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>6.95</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>38.00</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>5:40.00</td> <td>4:45.00</td> </tr> <tr> <td>Two Mile Run</td> <td>12:40.00</td> <td>10:20.00</td> </tr> <tr> <td>Shot Put</td> <td>29' 6"</td> <td>40' 6"</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>Triple Jump</td> <td>Top 12 entries</td> <td>Top 12 entries</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	6.95	55 M Hurdles*	9.90	8.75	300 Meters	45.50	38.00	600 Meters	1:49.00	1:31.00	1,000 Meters	3:20.00	2:49.00	One Mile Run	5:40.00	4:45.00	Two Mile Run	12:40.00	10:20.00	Shot Put	29' 6"	40' 6"	High Jump	4' 10"	5' 8"	Long Jump	15' 0"	19' 0"	Triple Jump	Top 12 entries	Top 12 entries	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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<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>• M.I.A.A. rules will be in effect, including enforcement of the uniform rule.</li> <li>• Competitor numbers must be worn on the front of the uniform, including relays.</li> <li>• <b>An athlete may participate in a maximum of three events including relays.</b></li> <li>• All athletes must have achieved the qualifying marks in a previous competition. Athletic.net will automatically recommend an athlete's best confirmed mark that is in the system. If providing an override seed, it MUST include a link to the performance. Entries without verifiable seed times/distances will not be accepted.</li> <li>• <b>New This Year:</b> We have removed the 2 athletes per school per event cap. Athletes MUST have made the standard in previous competition to be entered in this meet. Entries not from an Athletic.net imported performance MUST include all relevant meet information including a link to the results. We will not accept athletes in analogous events (e.g. an athlete with a 2-mile qualifying time who hasn't run a qualifying time in the mile, can NOT be entered in the mile).</li> <li>• A school may enter only one relay team per relay event.</li> </ul>																																													
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>• Tuesday, January 21, 2025, by 8:00 PM.</li> <li>• All entries must be submitted through <a href="http://www.athletic.net">www.athletic.net</a></li> <li>• <b><u>Late Entry Policy:</u></b> There are NO late entries accepted for any MSTCA meets.</li> </ul>																																													
<b>Order of Events:</b>	<p><b>FIELD EVENTS – 10:00 a.m.</b></p> <p><b>Shot Put:</b> Girls followed by Boys.</p> <p><b>Long Jump:</b> Girls and Boys will compete simultaneously.</p> <p><b>High Jump:</b> Check in begins on the infield at the conclusion of the Dash &amp; Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.</p>																																													

<b>Order of Events (continued):</b>	<p><b>Triple Jump:</b> Girls before boys on the standard runway after the completion of the boys long jump finals.</p> <p><b>INFIELD – 10:00 a.m. – Girls followed by Boys.</b></p> <p><b>Hurdles Trials:</b> Serpentine seeding based on entry time; Fastest 8 advance to the Final.</p> <p><b>Dash Trials:</b> Serpentine seeding based on entry time; Fastest 8 advance to the Final.</p> <p><b>Hurdle Finals:</b> Girls followed by Boys</p> <p><b>Dash Finals:</b> Girls followed by Boys.</p> <p><b>OVAL – At the conclusion of the infield – Girls followed by Boys.</b></p> <p><b>Unseeded Two Mile Run:</b> Sections on time, fastest section last.</p> <p><b>One Mile Run:</b> Sections on time, fastest section last.</p> <p><b>600 Meter Run:</b> Sections on time, fastest section last. *</p> <p><b>1,000 Meter Run:</b> Sections on time, fastest section last.</p> <p><b>300 Meter Dash:</b> Sections on time, fastest section last. In lanes.*</p> <p><b>Seeded Two Mile Run:</b> Top 18 seeds only.</p> <p><b>4 x 200 Meter Relay:</b> Sections on time, fastest section last.*</p> <p><b>4 x 800 Meter Relay:</b> Sections on time, fastest section last.</p> <p><b>4 x 400 Meter Relay:</b> Sections on time, fastest section last.*</p> <p><b>*Lane preferences for these events: 5-6-4-3-2-1.</b></p>
<b>Performance Lists and Results:</b>	<p>Entry lists/performance lists will be posted on <a href="http://live.mstca.org">live.mstca.org</a> by Thursday, January 23. Live results will be available at the same site.</p>
<b>Equipment:</b>	<ul style="list-style-type: none"> <li>● Teams must provide their own relay batons.</li> <li>● Shot Puts and starting blocks will be provided by meet management. Teams can not use their own.</li> </ul>
<b>High Jump:</b>	<ul style="list-style-type: none"> <li>● Opening height will be 2” below the qualifying standard.</li> <li>● Height progression will increase by 2 inches.</li> </ul>
<b>Long Jump:</b>	<ul style="list-style-type: none"> <li>● Girls will use the elevated runway and Boys will use the standard runway.</li> <li>● Each jumper will be allowed three jumps.</li> <li>● The top 9 jumpers will advance to the Finals for three additional jumps.</li> <li>● <b>NO jumps one foot (1’) or more under the standard will be measured.</b></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>Para-athlete standards are as follows:</p> <table border="1" data-bbox="331 380 1066 625"> <thead> <tr> <th>Event</th> <th>GIRLS</th> <th>BOYS</th> </tr> </thead> <tbody> <tr> <td>55 meters</td> <td>15.00</td> <td>13.00</td> </tr> <tr> <td>300 meters</td> <td>1:30.00</td> <td>1:20.00</td> </tr> <tr> <td>1000 meters</td> <td>4:00.00</td> <td>3:20.00</td> </tr> <tr> <td>Shot Put</td> <td>15' 0"</td> <td>20' 0"</td> </tr> </tbody> </table> <p>Athletes wishing to be entered in other events, should contact the meet director.</p>	Event	GIRLS	BOYS	55 meters	15.00	13.00	300 meters	1:30.00	1:20.00	1000 meters	4:00.00	3:20.00	Shot Put	15' 0"	20' 0"
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<b>Shot Put:</b>	<ul style="list-style-type: none"> <li>• Each thrower will be allowed three throws.</li> <li>• The top 9 throwers will advance to the Finals for three additional throws.</li> <li>• <b>NO throws two feet (2') or more under the standard will be measured.</b></li> <li>• All throws will take place in the cage.</li> </ul>															
<b>Triple Jump:</b>	<ul style="list-style-type: none"> <li>• Each Jumper will be allowed three jumps.</li> <li>• There will be no finals.</li> <li>• All jumps will take place on the standard runway at the conclusion of the long jump.</li> </ul>															
<b>Spikes:</b>	<ul style="list-style-type: none"> <li>• Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. Anyone using needle spikes or spikes longer than 1/4" will be disqualified for the remainder of the meet.</li> <li>• Spikes are allowed ONLY in the track area—not the hallways or basketball gym.</li> <li>• Correct spikes will be sold at the Run House store.</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>	<p>Parking is available in Parking Lot 2 on weekdays and Lots 2 &amp; 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 Centre Street.</p>															

<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 10/31/2024