



## M.S.T.C.A. Distance Classic and Pentathlon

Thursday, December 28, 2023

– Pentathlon - 8:15 AM

– Distance Classic - 10:00 AM

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

<b>Hosted by:</b>	Saint John’s Preparatory High School
<b>Sanctioning:</b>	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).
<b>Sponsors:</b>	The Run House: <a href="https://therunhouse.com/">https://therunhouse.com/</a> HOKA: <a href="https://www.hoka.com">https://www.hoka.com</a>
<b>Meet Directors:</b>	Zach Lankow, <a href="mailto:zlinkow@stjohnsprep.org">zlinkow@stjohnsprep.org</a>
<b>Meet Description:</b>	With modest entry standards due to the time needed to contest the distance events, this developmental meet is designed to accommodate most of your distance runners. Please do not enter athletes who will not be able to meet the entry standards.  The pentathlon, previously contested as part of the Boston Holiday Challenge over the holiday week, has been moved to the Distance Classic due to the expanded schedule of the Holiday Challenge meet. The pentathlon will be limited to 16 athletes (one flight) for each gender.
<b>Mandatory Paperwork Entry Fees and Forms:</b>	All of the following FORMS can be found on the MSTCA website by selecting “Coaches Corner” and then “MSTCA Forms,” or via this link: <a href="https://mstca.org/forms">https://mstca.org/forms</a>  <b><u>Single Waiver Form:</u></b>  All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets.

	<p><b><u>Emergency Contact Form:</u></b></p> <p>All teams must fill out the MSTCA Emergency Contact Form for the Indoor Season.</p> <p><b><u>Payment Forms:</u></b></p> <p>Payment must be arranged <b>IN ADVANCE</b> of any meet that your team will attend. Regardless of payment method, please complete the Single Payment Form.</p> <p><b><u>Entry Fees:</u></b></p> <p>\$12 per individual event  \$30 per relay team  \$325 maximum fee per school per gender (excluding pentathlon entries)</p> <p>\$50 per pentathlete (not subject to team maximum fees)</p> <p>Questions regarding entry fees should be addressed to Jayson Sylvain, the MSTCA's Chief Financial Officer, at <a href="mailto:mstca.cfo@gmail.com">mstca.cfo@gmail.com</a></p> <p>Checks should be made payable to the "MSTCA"</p> <p>The MSTCA Tax ID# 04-3394224</p> <p>Mailing Address:  MSTCA  P.O. Box 1008  Mansfield, MA 02048</p>		
<p><b>Events and Standards:</b></p>	<table border="0"> <tr> <td style="vertical-align: top;"> <p><b><u>Boys:</u></b></p> <p>800 meters - 2:30  1000 meters - 3:20  One Mile - 5:20  Two Mile - 12:00  4 x 800m Relay - 9:20  Shot Put - 30' 0"  Distance Medley - None</p> <p>Pentathlon - Top 16 scores</p> </td> <td style="vertical-align: top;"> <p><b><u>Girls:</u></b></p> <p>800 meters - 3:10  1000 meters - 4:00  One Mile - 6:25  Two Mile - 13:30  4 x 800m Relay - 11:20  Shot Put - 22' 0"  Distance Medley - None</p> <p>Pentathlon - Top 16 scores</p> </td> </tr> </table> <ul style="list-style-type: none"> <li>● Please submit seed times/distances when available.</li> <li>● If an athlete does not have a seed, please leave it blank.</li> </ul>	<p><b><u>Boys:</u></b></p> <p>800 meters - 2:30  1000 meters - 3:20  One Mile - 5:20  Two Mile - 12:00  4 x 800m Relay - 9:20  Shot Put - 30' 0"  Distance Medley - None</p> <p>Pentathlon - Top 16 scores</p>	<p><b><u>Girls:</u></b></p> <p>800 meters - 3:10  1000 meters - 4:00  One Mile - 6:25  Two Mile - 13:30  4 x 800m Relay - 11:20  Shot Put - 22' 0"  Distance Medley - None</p> <p>Pentathlon - Top 16 scores</p>
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<p><b>Participation Rules:</b></p>	<ul style="list-style-type: none"> <li>● MIAA/NFHS rules will be in effect.</li> <li>● Athletes entered in any events other than the pentathlon may participate in no more than <b>2 running and 1 field event</b>. Athletes over-entered will be automatically scratched from excess events by meet order.</li> <li>● A relay counts toward the running event limit. Schools may enter multiple relay teams per relay event.</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>• Friday, December 22, 2023, 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>PENTATHLON – 8:15 a.m.</b></p> <p><b>Boys: 55m Hurdles; Shot Put; Long Jump; High Jump; 1000 meters</b></p> <p><b>Girls: 55m Hurdles; Shot Put; High Jump; Long Jump; 800 meters</b></p> <p>*See notes in the Pentathlon section below.</p> <p><b>FIELD EVENTS – 10:00 a.m.</b></p> <p><b>Shot Put:</b> Boys followed by Girls.</p> <p><b>RUNNING EVENTS – 10:00 a.m. – Boys followed by Girls</b></p> <p><b>800 Meters:</b> Sections on time, fastest section first</p> <p><b>One Mile Run:</b> Sections on time, fastest section first</p> <p><b>1000 Meters:</b> Sections on time, fastest section first.</p> <p><b>Two Mile Run:</b> Sections on time, fastest section first</p> <p><b>4 x 800 Meter Relay:</b> Sections on time, fastest section first</p> <p><b>Distance Medley Relay:</b> Sections on time, fastest section first</p> <ul style="list-style-type: none"> <li>• The DMR order will be 1200/400/800/1600</li> </ul>
<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 Sunday, December 24. 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>Pentathlon:</b>	<ul style="list-style-type: none"> <li>• 55m Hurdles will be randomly seeded with 4 athletes per heat; boys before girls.</li> <li>• Boys will contest the shot put in the cage sector and girls will contest the shot put in the outside-the-cage sector, as the event must conclude in time for the open shot put competition at 10:00am.</li> <li>• Long Jump: athletes will have three attempts; no runbacks allowed.</li> <li>• High Jump: opening height determined by meet management in consultation with the athletes.</li> <li>• All field events will be measured in metric.</li> <li>• The 800m/1000m will be contested as one heat for the girls 800m and one heat for the boys 1000m at an appropriate time during the distance classic.</li> <li>• Athletes will have a minimum of 30 minutes between events.</li> </ul>

<b>Shot Put:</b>	<ul style="list-style-type: none"> <li>• Half the flights (the higher seeds) will be in the cage and half the flights (the lower seeds) will be in the corner to the left of the scoreboard.</li> <li>• All rotational throwers should still be registered via athletic.net, but coaches should also complete the form linked here to be placed in the cage regardless of seed: <a href="#">Rotational Shot Form</a></li> <li>• Boys will compete first, simultaneously in both circles. Girls will follow when the relevant circle becomes available.</li> <li>• If boys and girls entries combine for five flights or fewer, only the cage will be used.</li> <li>• Each thrower will be allowed three throws. There will be no finals.</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.</li> <li>• Spikes are allowed ONLY in the track area.</li> <li>• Correct spikes will be sold at the Run House apparel tables.</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>	There are no awards for this meet, except for the Pentathlon (Top 6 receive medals).
<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>	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.
<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>
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