



**The Run House**  
RUN YOUR WAY

## M.S.T.C.A. Freshman-Sophomore Championship

**Large Schools – Saturday, January 4, 2025 – 10:00 AM**

**Small Schools – Sunday, January 5, 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 – Pentucket Regional High School Large Schools – Saint John’s Preparatory 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 – Steve Derro, <a href="mailto:derro@prsd.org">derro@prsd.org</a> Large Schools – Lou Tozzi, <a href="mailto:lp.tozz@gmail.com">lp.tozz@gmail.com</a> and Zach Lankow, <a href="mailto:zlankow@stjohnsprep.org">zlankow@stjohnsprep.org</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>This meet is NOT a developmental meet, but rather is intended as a QUALIFIERS only meet for high-quality 9th and 10th graders. Athletes in younger grades (e.g. 7th and 8th grade) should not be entered into this meet.</p> <p>All events have entry standards and no athlete should be entered who has not met the standards.</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	8.60	7.60
55 M Hurdles	11.70	11.00
300 Meters	49.00	43.00
600 Meters	2:05.00	1:48.50
1,000 Meters	3:55.00	3:20.00
One Mile Run	6:30.00	5:25.00
Two Mile Run	14:00.00	11:50.00
Shot Put	21' 6"	30' 0"
High Jump	4' 4"	5' 0"
Long Jump	12' 9"	15' 0"
4 x 200 meter Relay	2:05	1:50
4 x 400 meter Relay	5:00	4:20

<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>8.60</td> <td>7.60</td> </tr> <tr> <td>55 M Hurdles</td> <td>11.70</td> <td>11.00</td> </tr> <tr> <td>300 Meters</td> <td>49.00</td> <td>43.00</td> </tr> <tr> <td>600 Meters</td> <td>2:02.00</td> <td>1:44.00</td> </tr> <tr> <td>1,000 Meters</td> <td>3:50.00</td> <td>3:10.00</td> </tr> <tr> <td>One Mile Run</td> <td>6:20.00</td> <td>5:20.00</td> </tr> <tr> <td>Two Mile Run</td> <td>13:45.00</td> <td>11:35.00</td> </tr> <tr> <td>Shot Put</td> <td>21' 0"</td> <td>30' 0"</td> </tr> <tr> <td>High Jump</td> <td>4' 4"</td> <td>5' 0"</td> </tr> <tr> <td>Long Jump</td> <td>12' 9"</td> <td>15' 0"</td> </tr> <tr> <td>4 x 200 meter Relay</td> <td>2:00</td> <td>1:48</td> </tr> <tr> <td>4 x 400 meter Relay</td> <td>4:50</td> <td>4:10</td> </tr> </tbody> </table>		<u>Girls (Large)</u>	<u>Boys (Large)</u>	55 M Dash	8.60	7.60	55 M Hurdles	11.70	11.00	300 Meters	49.00	43.00	600 Meters	2:02.00	1:44.00	1,000 Meters	3:50.00	3:10.00	One Mile Run	6:20.00	5:20.00	Two Mile Run	13:45.00	11:35.00	Shot Put	21' 0"	30' 0"	High Jump	4' 4"	5' 0"	Long Jump	12' 9"	15' 0"	4 x 200 meter Relay	2:00	1:48	4 x 400 meter Relay	4:50	4:10
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<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>• <b>Athletes may participate in no more than 1 running, 1 field and 1 relay event.</b></li> <li>• A school may enter <b>only one relay team per relay event</b>, provided they meet the entry standard.</li> <li>• Competitor numbers must be worn on the front of the uniform, including relays.</li> <li>• Only athletes who are enrolled as Freshmen or Sophomores (9th and 10th grades) may participate in this meet. NO athletes from earlier grades.</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> </ul>																																							
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>• Tuesday, December 31, 2024, 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>Late Entry Policy:</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 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>INFIELD – 10:00 a.m.</b></p> <p><b>Hurdles Trials:</b> Girls followed by Boys; Serpentine seeding; Fastest 8 to the Final.  <b>Dash Trials:</b> Girls followed by Boys; Serpentine seeding; Fastest 8 to the Final.</p> <p><b>Hurdle Final:</b> Girls followed by Boys.  <b>Dash Final:</b> Girls followed by Boys.</p> <p><b>OVAL – At the conclusion of the infield races.</b> Girls followed by Boys.</p> <p><b>One Mile Run:</b> Sections on time, fastest section last.  <b>600 Meter Run:</b> Sections on time, fastest section last.*  <b>1,000 Meter Run:</b> Sections on time, fastest section last.  <b>300 Meter Dash:</b> Sections on time, fastest section last. In lanes the entire race*  <b>Two Mile Run:</b> Sections on time, fastest section last.  <b>4 x 200 Meter Relay:</b> Sections on time, fastest section last.*  <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 2. 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>● Girls Opening Height: 4' 4"</li> <li>● Boys Opening Height: 5' 0"</li> <li>● Height progression will increase by 2 inches.</li> </ul>
<b>Long Jump:</b>	<ul style="list-style-type: none"> <li>● Boys will use the elevated runway and Girls 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>● All first legal jumps will be measured. Then, only jumps of 13' and over (girls) and 15' 6" and over (boys) will be measured.</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).</p> <p>Athletes wishing to be entered in other events, should contact the meet director.</p>

<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 (Finals will be held in the cage—see note below)</li> <li>• All first legal throws will be measured. Then, only throws of 21' and over (girls) and 30' and over (boys) will be measured</li> <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>• <b>All rotational throwers</b> 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>• Girls will compete first, simultaneously in both circles. Boys 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> </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>	<p>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></p>
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