



**The Run House**  
RUN YOUR WAY

## M.S.T.C.A. Northeast Invitational

**Friday, January 10, 2025 – 4:00 PM**  
**Saturday, January 11, 2025 – 10:00 AM**  
**Sunday, January 12, 2025 – 10:00 AM**

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

<b>Hosted by:</b>	Burlington 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>	MSTCA and The Run House: <a href="https://therunhouse.com/">https://therunhouse.com/</a>
<b>Meet Directors:</b>	Matt Carr, <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a> is the overall meet director and should be your primary point of contact with questions. Friday: Sotirios Pintzopoulos, <a href="mailto:spintzopoulos@nrpsk12.org">spintzopoulos@nrpsk12.org</a> Saturday: John Monz, <a href="mailto:monz.john@gmail.com">monz.john@gmail.com</a> Sunday: Matt Carr, <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a>
<b>Meet Description:</b>	This is a multi-state competition for almost any of your athletes in almost every event available in track and field (including many of the events held at Nationals, but not a traditional part of many indoor track and field seasons). Expect numerous heats in every event and somewhat lengthy days, but everyone gets to compete. In the interest of giving coaches more certainty, we have removed most of the seeded/unseeded split-day events.  <b>PERSONALIZED BIB INFORMATION:</b> For your athletes to receive the personalized bibs with their names on them that we started last year, they will need to be entered into the meet on athletic.net by 12/30/2024. Entries will remain open until January 6, but entries after 12/30/2024 will receive a traditional numbered bib.

**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

\$1000 maximum fee per gender across all three days

Checks should be made payable to the “MSTCA”--The MSTCA Tax ID# 04-3394224  
Billing and Waiver Questions: email Jayson Sylvain at [mstca.cfo@gmail.com](mailto:mstca.cfo@gmail.com)

Mailing Address:  
MSTCA  
P.O. Box 1008  
Mansfield, MA 02048

**NOTE TO OUT-OF-STATE TEAMS:** There are several pieces of paperwork/forms and billing that must be completed BEFORE you may participate in any MSTCA meet. Our MA teams have often completed this paperwork before the season started. For you it may be new and unfamiliar. Please read carefully; complete all forms; and let us know if you have any questions.

**Events and Standards:**

**EVENTS:**

55 M Hurdles	Long Jump	4 x 200 Meter Relay
55 M Dash	Triple Jump	4 x 400 Meter Relay
200 Meters	High Jump	4 x 400 Meter Mixed Relay
300 Meters	Shot Put	4 x 800 Meter Relay
400 Meters	Weight Throw	Sprint Medley Relay
600 Meters		Distance Medley Relay
800 Meters		
1,000 Meters		
One Mile Run		
Two Mile Run		

- There are no standards for this meet. In a few events (see individual event sections below) there is an entry cap where the entries will be filled to the quota by top performing athletes with verifiable entry marks submitted through Athletic.net

<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>• Competitor numbers must be worn on the front of the uniform, including relays.</li> <li>• As per NFHS rule, an athlete may participate in a <b>maximum of 4 events total</b> (running events, field events, and relays) over the course of the three-day meet weekend.</li> </ul>
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>• Monday, January 6, 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>Late Entry Policy:</b> There are NO late entries accepted for any MSTCA meets.</li> </ul>
<b>Order of Events:</b>	<p><b><u>FRIDAY, JANUARY 10, 2025</u></b></p> <p><b>FIELD EVENTS – 4:00 p.m.</b></p> <p><b>Weight Throw:</b> Girls followed by Boys</p> <p><b>Triple Jump:</b> Boys followed by Girls</p> <p><b>Low-opening (“JV”) High Jump:</b> Girls and Boys compete simultaneously.</p> <p><b>OVAL – 4:00 p.m. – Boys followed by Girls</b></p> <p><b>One Mile Run:</b> Sections on time, fastest section first.</p> <p><b>Unseeded Two Mile Run:</b> Sections on time, fastest section first.</p> <p><b>Sprint Medley Relay:</b> Sections on time, fastest section first.*</p> <ul style="list-style-type: none"> <li>• The SMR order will be 200/200/400/800 and will be run with a 3-turn stagger.</li> </ul> <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> <p><b><u>SATURDAY, JANUARY 11, 2025</u></b></p> <p><b>FIELD EVENTS – 10:00 a.m.</b></p> <p><b>Girls Shot Put:</b> 2 circles in use simultaneously. See note in shot put section.</p> <p><b>Girls Long Jump:</b> 2 runways in use simultaneously. See note in long jump section. Coaches should be aware of the potential for overlap with hurdles.</p> <p><b>High-opening (“Varsity”) High Jump:</b> Check in begins on the infield at the conclusion of the Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.</p> <p><b>INFIELD – 10:00 a.m.</b></p> <p><b>Hurdles Trials:</b> Girls followed by Boys; Serpentine seeding; Fastest 8 advance to the Final.</p> <p><b>Hurdle Finals:</b> Girls followed by Boys</p>

<p><b>Order of Events (continued):</b></p>	<p><b>OVAL – 10:30 a.m. – Girls followed by Boys</b></p> <p><b>1,000 Meter Run:</b> Sections on time, fastest section first.  <b>600 Meter Run:</b> Sections on time, fastest section first.*  <b>300 Meter Dash:</b> Sections on time, fastest section first. In lanes.*  <b>4 x 800 Meter Relay:</b> Top 30 seeds only  <b>4 x 200 Meter Relay:</b> Sections on time, fastest section first.*  <b>4 x 400 Meter Relay:</b> Sections on time, fastest section first.*</p> <p><b>*Lane preferences for these events: 5-6-4-3-2-1.</b></p> <p><b><u>SUNDAY, JANUARY 12, 2025</u></b></p> <p><b>FIELD EVENTS – 10:00 a.m.</b></p> <p><b>Boys Shot Put:</b> 2 circles in use simultaneously. See note in shot put section.</p> <p><b>Boys Long Jump:</b> 2 runways in use simultaneously. See note in long jump section. Coaches should be aware of the potential for overlap with the dash.</p> <p><b>INFIELD – 10:00 a.m.</b></p> <p><b>Dash Trials:</b> Girls followed by Boys; Serpentine seeding; Fastest 8 advance to the Final.</p> <p><b>Dash Finals:</b> Girls followed by Boys.</p> <p><b>OVAL – 10:30 a.m. – Check in will take place in the gym, until the dash has concluded. Girls followed by Boys</b></p> <p><b>Seeded Two Mile Run:</b> Top 24 seeds only  <b>800 Meter Run:</b> Sections on time, fastest section first.  <b>400 Meter Dash:</b> Sections on time, fastest section first.*  <b>200 Meter Dash:</b> Sections on time, fastest section first.*  <b>4 x 400 Meter Mixed Relay:</b> Sections on time, fastest section first.*</p> <p><b>*Lane preferences for these events: 5-6-4-3-2-1.</b></p>
<p><b>Performance Lists and Results:</b></p>	<p>Entry lists/performance lists will be posted on <a href="http://live.mstca.org">live.mstca.org</a> by Thursday, January 9. Live results will be available at the same site.</p>
<p><b>Equipment:</b></p>	<ul style="list-style-type: none"> <li>● Teams must provide their own relay batons.</li> <li>● Teams must provide their own Weight Implements</li> <li>● Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them.</li> </ul>

<b>High Jump:</b>	<ul style="list-style-type: none"> <li>● Friday HJ will be contested with lower opening heights. Coaches should utilize the “JV HJ” entry on Athletic.net to compete Friday.</li> <li>● Saturday HJ will be contested with higher opening heights. Coaches should utilize the “Varsity HJ” entry on Athletic.net to compete Saturday.</li> <li>● Friday Girls’ Progression will be: 4’ 4”, +2”</li> <li>● Friday Boys’ Progression will be: 5’ 4”, +2”</li> <li>● Saturday Girls’ Progression will be: 4’ 8”, +2”</li> <li>● Saturday Boys’ Progression will be: 5’ 8”, +2”</li> </ul>
<b>Long Jump:</b>	<ul style="list-style-type: none"> <li>● Girls will jump on Saturday. Athletes will be seeded best to worst.</li> <li>● Boys will jump on Sunday. Athletes will be seeded best to worst.</li> <li>● Each athlete will be allowed three jumps.</li> <li>● There will be no finals.</li> <li>● Half the flights (the higher seeds) will be on standard runway and half the flights (the lower seeds) will be on the elevated runway.</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>● Girls will throw on Saturday. Athletes will be seeded best to worst.</li> <li>● Boys will throw on Sunday. Athletes will be seeded best to worst.</li> <li>● Each athlete will be allowed three throws.</li> <li>● There will be no finals.</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> </ul>
<b>Triple Jump:</b>	<ul style="list-style-type: none"> <li>● A maximum of 45 athletes per gender will be allowed to compete (3 flights per gender). Athletes will be seeded with the best jumpers in the first flight.</li> <li>● Each jumper will be allowed three jumps.</li> <li>● There will be no finals.</li> <li>● No runbacks are allowed. Athletes should come prepared with a mark.</li> </ul>
<b>Weight Throw:</b>	<ul style="list-style-type: none"> <li>● A maximum of 32 athletes per gender will be allowed to compete (2 flights per gender)</li> <li>● Meet Officials will verify all implements.</li> <li>● Each thrower will be allowed three throws.</li> <li>● 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. 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>● There will be no awards at this meet.</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>
<b>Version:</b>	<p>This document was updated on 12/12/2024 with a cut-off for Personalized Bibs to be received.</p>