



**The Run House**  
RUN YOUR WAY

**28<sup>th</sup> Annual Boys' & Girls'**  
**M.S.T.C.A. Indoor Individual Pentathlon**

**BOYS – Tuesday, February 27, 2024 – 3:30 PM**

**GIRLS – Wednesday, February 28, 2024 – 3:30 PM**

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

<b>Hosted by:</b>	Shrewsbury High School
<b>Sanctioning:</b>	M.I.A.A. sanctioned for all MA association member schools.
<b>Sponsors:</b>	The Run House: <a href="https://therunhouse.com/">https://therunhouse.com/</a>
<b>Meet Director:</b>	Ian Butterfield, <a href="mailto:ibutterfield@shrewsbury.k12.ma.us">ibutterfield@shrewsbury.k12.ma.us</a>
<b>Meet Description:</b>	In this meet, each athlete must complete all 5 events and their performance in each is scored according to World Athletic Council tables. The winner is the athlete with the highest overall combined score from the 5 events. You may also enter a 3-athlete team. Each athlete competes in all 5 events and a team score is derived.
<b>Mandatory Paperwork Entry Fees and Forms:</b>	<p>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></p> <p><b><u>Single Waiver Form:</u></b></p> <p>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> <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>Mandatory Paperwork Entry Fees and Forms (continued):</b></p>	<p><b><u>Entry Fees:</u></b></p> <p>\$50 per individual or \$125 per team of 3 athletes.</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" style="width: 100%;"> <tr> <td style="text-align: center; vertical-align: top;"> <p><u>GIRLS EVENTS</u></p> <p>55 meter Hurdles High Jump Shot Put Long Jump 800 meter Run</p> </td> <td style="text-align: center; vertical-align: top;"> <p><u>BOYS EVENTS</u></p> <p>55 meter Hurdles High Jump Shot Put Long Jump 1,000 meter Run</p> </td> </tr> </table> <ul style="list-style-type: none"> <li>• There are no standards for this meet.</li> </ul>	<p><u>GIRLS EVENTS</u></p> <p>55 meter Hurdles High Jump Shot Put Long Jump 800 meter Run</p>	<p><u>BOYS EVENTS</u></p> <p>55 meter Hurdles High Jump Shot Put Long Jump 1,000 meter Run</p>
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<p><b>Participation Rules:</b></p>	<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.</li> <li>• A school may enter a maximum of three athletes for each gender.</li> </ul>		
<p><b>Entry Deadline:</b></p>	<ul style="list-style-type: none"> <li>• Thursday, February 22, 2024, by 8:00 p.m.</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>		
<p><b>Order of Events:</b></p>	<p>55m Hurdles - all athletes begin with the hurdles. Heats will be randomly assigned.</p> <p>At the conclusion of the hurdles, athletes will self-rotate through the three field events (Shot Put, High Jump, Long Jump)</p> <p>800m (Girls)/1000m (Boys) - After completing all 3 field events, athletes will finish with the final event on the track.</p> <p>Athletes in the top 12 at the end of the field events, will have the right to run in the final section of the 800m/1000m.</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 Sunday, February 25. Live results will be available at the same site.</p>		

<b>Equipment:</b>	<ul style="list-style-type: none"> <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 determined by the Meet Director. There will be multiple pits with a range of opening height options.</li> <li>• Each competitor will be allowed no more than six attempts in the competition.</li> <li>• Each competitor must declare an opening height.</li> </ul>
<b>Long Jump:</b>	<ul style="list-style-type: none"> <li>• Each jumper will be allowed three jumps.</li> <li>• No runbacks are allowed. Athletes should come prepared with a mark.</li> </ul>
<b>Shot Put:</b>	<ul style="list-style-type: none"> <li>• Each thrower will be allowed three throws.</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>	<ul style="list-style-type: none"> <li>• Plaques will be given to the top five individuals and the top three teams.</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 Center 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 11/9/2023</p>