



**The Run House**  
RUN YOUR WAY

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

**GIRLS – Tuesday, February 25, 2025 – 3:30 PM**

**BOYS – Wednesday, February 26, 2025 – 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>	MSTCA and 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>Entry Fees:</b></p> <p>\$50 per individual or \$125 per team of 3 athletes.</p> <p>Please note these are entry fees, not participation fees. Once the entries close, each school is responsible for paying the total fee for its entries, regardless of how many athletes or relay teams actually compete.</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="text-align: center;"><u>GIRLS EVENTS</u></td> <td style="text-align: center;"><u>BOYS EVENTS</u></td> </tr> <tr> <td style="text-align: center;">55 meter Hurdles</td> <td style="text-align: center;">55 meter Hurdles</td> </tr> <tr> <td style="text-align: center;">High Jump</td> <td style="text-align: center;">High Jump</td> </tr> <tr> <td style="text-align: center;">Shot Put</td> <td style="text-align: center;">Shot Put</td> </tr> <tr> <td style="text-align: center;">Long Jump</td> <td style="text-align: center;">Long Jump</td> </tr> <tr> <td style="text-align: center;">800 meter Run</td> <td style="text-align: center;">1,000 meter Run</td> </tr> </table> <ul style="list-style-type: none"> <li>• There are no standards for this meet.</li> </ul>	<u>GIRLS EVENTS</u>	<u>BOYS EVENTS</u>	55 meter Hurdles	55 meter Hurdles	High Jump	High Jump	Shot Put	Shot Put	Long Jump	Long Jump	800 meter Run	1,000 meter Run
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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 20, 2025, 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>Late Entry Policy:</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>												

<b>Performance Lists and Results:</b>	Entry lists/performance lists will be posted on <a href="http://live.mstca.org">live.mstca.org</a> by Sunday, February 23. Live results will be available at the same site.
<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. 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>• 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>	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 Centre Street.
<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>	This document was updated on 10/18/2024