



The Run House
RUN YOUR WAY

29th 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**

Hosted by:	Shrewsbury High School
Sanctioning:	M.I.A.A. sanctioned for all MA association member schools.
Sponsors:	MSTCA and The Run House: https://therunhouse.com/
Meet Director:	Ian Butterfield, ibutterfield@shrewsbury.k12.ma.us
Meet Description:	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.
Mandatory Paperwork Entry Fees and Forms:	<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: https://mstca.org/forms</p> <p><u>Single Waiver Form:</u></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><u>Emergency Contact Form:</u></p> <p>All teams must fill out the MSTCA Emergency Contact Form for the Indoor Season.</p> <p><u>Payment Forms:</u></p> <p>Payment must be arranged IN ADVANCE of any meet that your team will attend. Regardless of payment method, please complete the Single Payment Form.</p>

<p>Mandatory Paperwork Entry Fees and Forms (continued):</p>	<p><u>Entry Fees:</u></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 mstca.cfo@gmail.com</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>Events and Standards:</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"> • There are no standards for this meet. 	<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>Participation Rules:</p>	<ul style="list-style-type: none"> • M.I.A.A./NFHS rules will be in effect, including enforcement of the uniform rule. • Competitor numbers must be worn on the front of the uniform. • A school may enter a maximum of three athletes for each gender. 		
<p>Entry Deadline:</p>	<ul style="list-style-type: none"> • Thursday, February 20, 2025, by 8:00 p.m. • All entries must be submitted through www.athletic.net • <u>Late Entry Policy:</u> There are NO late entries accepted for any MSTCA meets. 		
<p>Order of Events:</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>Performance Lists and Results:</p>	<p>Entry lists/performance lists will be posted on live.mstca.org by Sunday, February 23. Live results will be available at the same site.</p>		

Equipment:	<ul style="list-style-type: none"> • Shot puts and starting blocks will be provided by meet management. Teams can not use their own.
High Jump:	<ul style="list-style-type: none"> • Opening Height will be determined by the Meet Director. There will be multiple pits with a range of opening height options. • Each competitor will be allowed no more than six attempts in the competition. • Each competitor must declare an opening height.
Long Jump:	<ul style="list-style-type: none"> • Each jumper will be allowed three jumps. • No runbacks are allowed. Athletes should come prepared with a mark.
Shot Put:	<ul style="list-style-type: none"> • Each thrower will be allowed three throws.
Spikes:	<ul style="list-style-type: none"> • 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. • Spikes are allowed ONLY in the track area—not the hallways or basketball gym. • Correct spikes will be sold at the Run House store.
Awards:	<ul style="list-style-type: none"> • Plaques will be given to the top five individuals and the top three teams.
Inclement Weather:	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. • Notification regarding cancellations will be emailed through Athletic.net to your school's contact. • <u>There is no make-up date.</u>
Parking:	<p>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.</p>
MSTCA Online/Social Media:	<p>Website: www.mstca.org Entry Lists and Meet Results: live.mstca.org Live Streams of Meets: https://mstca.tv/ Instagram: https://www.instagram.com/mass_state_track/ Twitter/X: @MSTCA1 Facebook: https://www.facebook.com/groups/154532424151/ TikTok: @mstca</p>
Version:	<p>This document was updated on 10/18/2024</p>