



M.S.T.C.A. Qualifier Meet

Saturday, February 10, 2024 – 10:00AM

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

Hosted by:	Durfee High School
Sanctioning:	M.I.A.A. sanctioned for all MA association member schools.
Sponsors:	The Run House: https://therunhouse.com/ OOFOS: https://www.oofos.com/
Meet Director:	Joe LeMar, Bifrunner1@aol.com
Meet Description:	<p>The purpose of this meet is to give those athletes who have not qualified for the MIAA Divisional Championships one last chance to obtain their respective standards as well as national standards. Coaches are urged to enter only those athletes who may be capable of obtaining the standards set by the MIAA for their own division.</p> <p>Coaches with athletes who are Visually Impaired or Mobility Challenged and want to compete should contact the meet director before the entry deadline.</p> <p>Coaches: <u>Please check the MSTCA's website as this meet approaches in case there are any unforeseen changes.</u></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

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:

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	<u>Girls Standards:</u>	<u>Boys Standards:</u>
55 M Dash	8.25	7.35
55 M Hurdles	10.40	9.50
300 Meters	47.50	40.40
600 Meters	1:55.00	1:36.00
1,000 Meters	3:35.00	3:00.00
One Mile Run	6:05.0	5:10.0
Two Mile Run	13:35.0	11:10.0
Shot Put	27' 0"	39' 0"
High Jump	4' 6"	5' 6"
Long Jump	14' 0"	18' 0"
4 x 200 meter Relay	1:59.00	1:45.00
4 x 400 meter Relay	4:42.00	3:57.00
4 x 800 meter Relay	11:25.00	9:20.00

NOTE: If coaches are interested in the addition of a Nationals-related event to this meet, they should email the meet director for consideration, no later than Saturday, February 3. Those events MAY be added, at the Meet Director's discretion, to the end of the meet.

Participation Rules:	<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, including relays. • An athlete may participate in no more than 2 running events and 1 field event, or 2 field events and 1 running event. • A relay counts towards the running event limit.
Entry Deadline:	<ul style="list-style-type: none"> • Tuesday, February 6, 2024, by 8:00 PM. • All entries must be submitted through www.athletic.net • <u>Late Entry Policy:</u> There are NO late entries accepted for any MSTCA meets.
Order of Events:	<p>FIELD EVENTS – 10:00 a.m.</p> <p>Shot Put: Boys followed by Girls.</p> <p>Long Jump: Boys followed by Girls</p> <p>High Jump: Check in begins on the infield at the conclusion of the Dash & Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.</p> <p>INFIELD – 10:00 a.m. – Boys followed by Girls</p> <p>Hurdles Trials: Seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Dash Trials: Seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Hurdle Finals: Boys before Girls</p> <p>Dash Finals: Boys before Girls</p> <p>OVAL – 10:45 a.m. – Boys followed by Girls</p> <p>Unseeded Two Mile Run: Sections on time, fastest section last.</p> <p>One Mile Run: Sections on time, fastest section last.</p> <p>600 Meter Run: Sections on time, fastest section last. *</p> <p>1,000 Meter Run: Sections on time, fastest section last.</p> <p>300 Meter Dash: Sections on time, fastest section last. In lanes.*</p> <p>Seeded Two Mile Run: Top 18 seeds only.</p> <p>4 x 200 Meter Relay: Sections on time, fastest section last.*</p> <p>4 x 800 Meter Relay: Sections on time, fastest section last.</p> <p>4 x 400 Meter Relay: Sections on time, fastest section last.*</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p>
Performance Lists and Results:	<p>Entry lists/performance lists will be posted on live.mstca.org by Thursday, February 8. Live results will be available at the same site.</p>
Equipment:	<ul style="list-style-type: none"> • Teams must provide their own relay batons. • 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"> Boys opening height: 5' 4", +2" Girls opening height: 4' 6", +2"
Long Jump:	<ul style="list-style-type: none"> Each jumper will be allowed three jumps. There will be no finals. NO jumps under the entry standard will be measured. 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. There will be no finals. NO throws under the entry standard will be measured. 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. All rotational throwers 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: Rotational Shot Form Boys will compete first, simultaneously in both circles. Girls will follow when the relevant circle becomes available. If boys and girls entries combine for five flights or fewer, only the cage will be used.
Spikes:	<ul style="list-style-type: none"> Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. Spikes are allowed ONLY in the track area. Correct spikes will be sold at the Run House apparel tables. Anyone using needle spikes or spikes longer than 1/4" will be disqualified for the remainder of the meet.
Awards:	<ul style="list-style-type: none"> There will be no awards at this meet.
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:	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 Center Street.
MSTCA Online/Social Media:	<p>Website: www.mstca.org</p> <p>Entry Lists and Meet Results: live.mstca.org</p> <p>Live Streams of Meets: https://mstca.tv/</p> <p>Instagram: https://www.instagram.com/mass_state_track/</p> <p>Twitter/X: @MSTCA1</p> <p>Facebook: https://www.facebook.com/groups/154532424151/</p> <p>TikTok: @mstca</p>
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