



The Run House
RUN YOUR WAY

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

Saturday, February 8, 2025 – 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:	MSTCA and The Run House: https://therunhouse.com/
Meet Director:	Joe LeMar, jlemar@achillesinternational.org
Meet Description:	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 should only enter those athletes who have a legitimate chance of obtaining the standards set by the MIAA for their own division.
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>Entry Fees: \$12 per individual event \$30 per relay team There is no team maximum fee</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" The MSTCA Tax ID# 04-3394224</p> <p>Mailing Address: MSTCA P.O. Box 1008 Mansfield, MA 02048</p>																																										
<p>Events and Standards:</p>	<p>Events and Standards:</p> <table border="0"> <thead> <tr> <th></th> <th style="text-align: center;"><u>Girls Standards:</u></th> <th style="text-align: center;"><u>Boys Standards:</u></th> </tr> </thead> <tbody> <tr><td>55 M Dash</td><td style="text-align: center;">8.15</td><td style="text-align: center;">7.25</td></tr> <tr><td>55 M Hurdles</td><td style="text-align: center;">10.40</td><td style="text-align: center;">9.50</td></tr> <tr><td>300 Meters</td><td style="text-align: center;">47.00</td><td style="text-align: center;">40.30</td></tr> <tr><td>600 Meters</td><td style="text-align: center;">1:54.00</td><td style="text-align: center;">1:35.00</td></tr> <tr><td>1,000 Meters</td><td style="text-align: center;">3:35.00</td><td style="text-align: center;">3:00.00</td></tr> <tr><td>One Mile Run</td><td style="text-align: center;">6:05.0</td><td style="text-align: center;">5:10.0</td></tr> <tr><td>Two Mile Run</td><td style="text-align: center;">13:40.0</td><td style="text-align: center;">11:10.0</td></tr> <tr><td>Shot Put</td><td style="text-align: center;">27' 0"</td><td style="text-align: center;">38' 0"</td></tr> <tr><td>High Jump</td><td style="text-align: center;">4' 6"</td><td style="text-align: center;">5' 6"</td></tr> <tr><td>Long Jump</td><td style="text-align: center;">14' 0"</td><td style="text-align: center;">18' 0"</td></tr> <tr><td>4 x 200 meter Relay</td><td style="text-align: center;">1:59.00</td><td style="text-align: center;">1:43.00</td></tr> <tr><td>4 x 400 meter Relay</td><td style="text-align: center;">4:40.00</td><td style="text-align: center;">3:55.00</td></tr> <tr><td>4 x 800 meter Relay</td><td style="text-align: center;">11:25.00</td><td style="text-align: center;">9:20.00</td></tr> </tbody> </table> <p>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 1, 2025. Those events MAY be added, at the Meet Director's discretion, to the end of the meet order of events.</p>		<u>Girls Standards:</u>	<u>Boys Standards:</u>	55 M Dash	8.15	7.25	55 M Hurdles	10.40	9.50	300 Meters	47.00	40.30	600 Meters	1:54.00	1:35.00	1,000 Meters	3:35.00	3:00.00	One Mile Run	6:05.0	5:10.0	Two Mile Run	13:40.0	11:10.0	Shot Put	27' 0"	38' 0"	High Jump	4' 6"	5' 6"	Long Jump	14' 0"	18' 0"	4 x 200 meter Relay	1:59.00	1:43.00	4 x 400 meter Relay	4:40.00	3:55.00	4 x 800 meter Relay	11:25.00	9:20.00
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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, including relays. ● An athlete may be entered 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. 																																										
<p>Entry Deadline:</p>	<ul style="list-style-type: none"> ● Tuesday, February 4, 2025, by 8:00 PM. ● All entries must be submitted through www.athletic.net ● Late Entry Policy: There are NO late entries accepted for any MSTCA meets. 																																										

Order of Events:	<p>FIELD EVENTS – 10:00 a.m.</p> <p>Shot Put: Girls followed by Boys.</p> <p>Long Jump: Boys and Girls compete simultaneously.</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. – Girls followed by Boys</p> <p>Hurdles Trials: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Dash Trials: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>Hurdle Finals: Girls followed by Boys</p> <p>Dash Finals: Girls followed by Boys</p> <p>OVAL – 10:30 a.m. – Girls followed by Boys</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 6. 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"> ● Boys will use the elevated runway and Girls will use the standard runway. ● 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.

Para Events:	<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>
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 ● Girls will compete first, simultaneously in both circles. Boys 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. 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"> ● 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:	<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 10/25/2024</p>