



The Run House
RUN YOUR WAY

3rd Annual M.S.T.C.A. Rising Championship

Tuesday, February 11, 2025 – 4:00 PM

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

Hosted by:	Shepherd Hill Regional High School and Wachusett Regional High School
Sanctioning:	M.I.A.A. sanctioned for all MA association member schools.
Sponsors:	MSTCA and The Run House: https://therunhouse.com/
Meet Directors:	Nicole Fossas, nfossas@dcrsd.org and Mike O'Malley, wrhscoacho@gmail.com
Meet Description:	<p>This meet is intended ONLY for athletes who will not be participating in the M.I.A.A. Divisional Championships on February 12-16, 2025. Athletes who will be participating in any event in the M.I.A.A. meets (including relays AND alternates) should not be entered. Competition in this meet makes an athlete INELIGIBLE to participate in this season's MIAA tournament (by MIAA sanctioning rule).</p> <p>PLEASE NOTE: There is a very quick turnaround from the Qualifier Meet to the Rising Championship and MIAA Tournament entry deadlines and the posting of accepted athletes. These overlapping deadlines and performance list posting dates will make entries complicated for both coaches and the MSTCA.</p> <p>Please make every effort to remove entered athletes who will clearly make the MIAA Tournament. We understand that inevitably some athletes will be on the bubble and may end up entered in both meets. In that case they will be removed from the Rising Championship to make room for another athlete.</p> <ol style="list-style-type: none"> MSTCA Qualifier meet ends Saturday (February 8) afternoon. M.I.A.A. entries due Sunday (February 9) 6:00pm Rising Championship entries due Sunday (February 9) 8:00pm Preliminary M.I.A.A. performance list posted Monday (February 10) 3pm Rising Championship performance list posted Monday (February 10) 5pm M.I.A.A. courtesy scratches until Monday (February 10) 8:00pm Final M.I.A.A. performance list posted Tuesday (February 11) 12pm Rising Championship, Tuesday (Feb 11) 4pm

<p>Mandatory Paperwork Entry Fees and Forms:</p>	<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><u>Entry Fees:</u></p> <p>\$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”</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>	<p>55-meter Hurdles - Top 40 entries for each gender 55-meter Dash - Top 40 entries for each gender 300-meter Run - Top 40 entries for each gender 600-meter Run - Top 40 entries for each gender 1000-meter Run - Top 40 entries for each gender One Mile Run- Top 40 entries for each gender Two Mile Run - Top 30 entries for each gender High Jump - Top 30 entries for each gender Long Jump - Top 30 entries for each gender Shot Put - Top 30 entries for each gender 4 x 200-meter Relay - Top 20 entries for each gender 4 x 400-meter Relay - Top 20 entries for each gender</p> <p>NOTE: Entry marks must be accompanied by meet and date information and MUST be from the 2024-2025 Indoor Season only.</p>

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 a maximum of 3 events (any combination). • All athletes must have achieved their qualifying marks in a previous competition during the 2024-25 Indoor Season only. Entries without seed times/distances, and meet location and date, will not be accepted.
Entry Deadline:	<ul style="list-style-type: none"> • Sunday, February 9, 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 – 4:00 p.m.</p> <p>Shot Put: Girls followed by Boys (only the cage will be used)</p> <p>Long Jump: Girls followed by Boys (only the standard runway will be used)</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 – 4:30 p.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 – 5:15 p.m. – Girls followed by Boys</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>Two Mile Run: One Section each gender,</p> <p>4 x 200 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> <p>In the 300m lane 1 will not be used.</p> <p>In the 4 x 200 meter relay lanes 1 and 6 will not be used.</p>
Performance Lists and Results:	<p>Entry lists/performance lists will be posted on live.mstca.org by Monday, February 10. 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. • The top 9 jumpers will advance to the Finals for three additional jumps. • No runbacks are allowed. Athletes should come prepared with a mark.
Para Events:	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).
Shot Put:	<ul style="list-style-type: none"> • Each thrower will be allowed three throws. • The top 9 throwers will advance to the Finals for three additional 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"> • Top 8 finishers in each event will receive medals. • There will be a trackside awards ceremony for each event as soon as the event is done and results are available. Please make sure your athletes are present at this ceremony and in their school issued uniform. • No team awards.
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 Centre Street.
MSTCA Online/Social Media:	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
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