



M.S.T.C.A. Speed Classic

Small Schools – Saturday, December 16, 2023 – 10:00 AM

Large Schools – Sunday, December 17, 2023 – 10:00 AM

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

Hosted by:	Small Schools – West Springfield High School Large Schools – Hopkinton High School
Sanctioning:	M.I.A.A. sanctioned for all MA association member schools.
Sponsors:	The Run House: https://therunhouse.com/ HOKA: https://www.hoka.com
Meet Directors:	Small Schools – Matt Griffin, coachgriffin@wsps.org Large Schools – Jean Cann, jcann@hopkinton.k12.ma.us
Small/Large School Threshold:	<ul style="list-style-type: none"> • Large Schools are those in MIAA Divisions 1 and 2 for Indoor Track & Field. • Small Schools are those in MIAA Divisions 3, 4, and 5 for Indoor Track & Field. • Each school’s placement is based on the 2023-25 MIAA alignments for Indoor Track & Field: <p style="text-align: center;"><u>INDOOR TRACK ALIGNMENTS For Winter 2023-24 and 2024-25</u></p> <ul style="list-style-type: none"> • If you are uncertain of your school’s alignment, or believe the wrong meet is in your athletic.net entry calendar, please contact Director of Meet Operations Matt Carr at mstca.indoor@gmail.com
Meet Description:	<p>The Speed Classic is a pair of developmental meets, sponsored by the Massachusetts State Track Coaches Association, with the objective of enhancing the track and field experience for the youth of Massachusetts.</p> <p>With no entry standards, except for the long jump (due to the limitations inherent in having only one runway/pit) these meets are designed to give almost any of your athletes a chance for quality performances early in the season.</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
\$325 maximum fee per school per gender

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:**

Events (Standards):

55m Hurdles (No Standard)
55m Dash (No Standard)
300 Meters (No Standard) 4 x 200m Relay (No Standard)
600 Meters (No Standard) 4 x 400m Relay (No Standard)

Weight Throw (No Standard)
Long Jump (Top 48 jumpers for each gender; no more than 2 per team per gender)

- Please submit seed times/distances when available.
- If an athlete does not have a seed, please leave it blank.
- The Weight Throw will be contested in the MIAA Meet of Champions. This will be an opportunity for athletes to get an official mark.

Participation Rules:	<ul style="list-style-type: none"> ● MIAA/NFHS rules will be in effect. ● Athletes may participate in no more than 2 running and 1 field event. Athletes over-entered will be automatically scratched from excess events by meet order. ● A relay counts toward the running event limit. Schools may enter multiple relay teams per relay event. ● Competitor numbers must be worn on the front of the uniform, including relays.
Entry Deadline:	<ul style="list-style-type: none"> ● Tuesday, December 12, 2023, 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 AM</p> <p>Weight Throw: Boys followed by Girls. Seeded best sections first.</p> <p>Long Jump: Boys followed by Girls. Seeded best sections first.</p> <p>RUNNING EVENTS - 10:00 AM - Boys followed by Girls</p> <p>Note: There will be NO overlap between infield and oval races. All races will be finals on time, seeded fast to slow.</p> <p>55m Hurdles 300 meters: In lanes the entire race.* 600 Meters* 55m Dash 4 x 200m Relay: Three-turn stagger.* 4 x 400m Relay*</p> <p>*Lane Preference 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, December 14. Live results will be available at the same site.</p>
Equipment:	<ul style="list-style-type: none"> ● Teams must provide their own relay batons and weight implements. ● Weight implements will be checked on site by the officials. ● Starting blocks will be provided by meet management. Teams can not use their own.
Long Jump:	<ul style="list-style-type: none"> ● Only the top 48 jumpers for each gender will be accepted. Please check the performance list once posted to see if your athlete has been accepted. ● When entering your athlete, be sure to include the name and date of the meet where the mark was achieved (any season is acceptable), or the entry may be rejected. ● No runbacks are allowed. Athletes should come prepared with a mark ● Each jumper will be allowed three jumps. There will be no finals.

Weight Throw:	<ul style="list-style-type: none"> • Each thrower will be allowed three throws. There will be no finals.
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:	There are no awards for 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:	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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