



The Run House
RUN YOUR WAY

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

Saturday, December 21, 2024 – 10:00 AM

Sunday, December 22, 2024 – 10:00 AM

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

Hosted by:	Saturday – Hopkinton High School Sunday – West Springfield 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:	Saturday – Jean Cann, jcann@hopkinton.k12.ma.us Sunday – Matt Griffin, coachgriffin@wsps.org
Small/Large School Threshold:	New this year: This meet will NOT be divided by school size this year. Schools are free to register for either day (or both). We will cap entries (first come, first served) to prevent either day from becoming unmanageable.
Meet Description:	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. With no entry standards these meets are designed to give any of your athletes a chance for quality performances early in the season.
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 <u>Single Waiver Form:</u> All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets. <u>Emergency Contact Form:</u> All teams must fill out the MSTCA Emergency Contact Form for the Indoor Season.

Order of Events:	<p>FIELD EVENTS - 10:00 AM</p> <p>Weight Throw: Girls followed by Boys. Seeded best sections first.</p> <p>Long Jump: Girls and Boys simultaneously (see note in Long Jump section). Seeded best sections first.</p> <p>RUNNING EVENTS - 10:00 AM - Girls followed by Boys</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 19. 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"> ● On Saturday, Girls will use the elevated runway and Boys will use the standard runway. ● On Sunday, Boys will use the elevated runway and Girls will use the standard runway. ● No runbacks are allowed. Athletes should come prepared with a mark ● Each jumper will be allowed three jumps. There will be no finals.
Para Events:	<p>Entries are set up to receive athletes in the 55 meters and 300 meters 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>
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. 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:	<p>There are no awards for this meet.</p>

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>