



M.S.T.C.A. Winter Festival

Small Schools – Saturday, December 10, 2022 – 10:00 AM

Large Schools – Sunday, December 11, 2022 – 10:00 AM

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

Hosted by:	Small Schools – Triton Regional School District Large Schools – Wachusett Regional High School
Sanctioning:	M.I.A.A. sanctioned for all MA association member schools.
Meet Directors:	Small Schools – Joseph Colbert, Joseph.Colbert@tritonschools.org Large Schools – Mike O’Malley, wrhscoacho@gmail.com
Small/Large School Threshold:	<ul style="list-style-type: none"> • Small Schools are those with an enrollment of 999 and lower. • Large Schools are those with an enrollment of 1000 and higher. • Each school’s enrollment data is based on the 2021-23 MIAA alignments. • If you are uncertain of your school’s alignment, or believe the wrong meet is in your Direct Athletics Entry Calendar, please contact Director of Meet Operations, Matt Carr at mstca.indoor@gmail.com <p style="text-align: center;"><u>MIAA Indoor Track & Field Alignments 2021-2023</u></p>
Meet Description:	<p>These are developmental meets sponsored by the MSTCA with the objective of enhancing the track and field experience for the youth of Massachusetts.</p> <p>With only a few, modest entry standards, these meets are designed to give almost any of your athletes a chance for quality performances early in the season.</p>

<p>Mandatory Paperwork and Forms:</p>	<p><u>Single Waiver:</u></p> <ul style="list-style-type: none"> All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets. This document can be found in the “Indoor Forms” posting on the MSTCA website www.mstca.org <p><u>Emergency Contact Form:</u></p> <ul style="list-style-type: none"> All teams must fill out the MSTCA Reggie Lewis Center Emergency Contact Form online. You only need to complete this form once for the season (unless coaches or contact info changes). This document can be found in the “Indoor Forms” posting on the MSTCA website www.mstca.org <p><u>Payment:</u></p> <ul style="list-style-type: none"> Please see the “Entry Fees” section for payment information. Payment must be arranged IN ADVANCE of any meet that your team will attend. The Single Payment Form is the easiest method of payment and can be found in the “Indoor Forms” posting on the MSTCA website www.mstca.org 																											
<p>Events and Standards:</p>	<p><u>Events</u></p> <table border="0"> <tr> <td>55 M Hurdles</td> <td>One Mile Run</td> <td>4 x 200 Meter Relay</td> </tr> <tr> <td>55 M Dash</td> <td>Two Mile Run</td> <td>4 x 400 Meter Relay</td> </tr> <tr> <td>300 Meters</td> <td>Shot Put</td> <td>4 x 800 Meter Relay</td> </tr> <tr> <td>600 Meters</td> <td>High Jump</td> <td></td> </tr> <tr> <td>1000 Meters</td> <td></td> <td></td> </tr> </table> <p><u>Standards</u></p> <table border="0"> <tr> <td colspan="2"><u>Boys</u></td> <td colspan="2"><u>Girls</u></td> </tr> <tr> <td>One Mile Run</td> <td>6:00</td> <td>One Mile Run</td> <td>6:45</td> </tr> <tr> <td>Two Mile Run</td> <td>12:00</td> <td>Two Mile Run</td> <td>13:30</td> </tr> </table> <ul style="list-style-type: none"> Please submit seed times and distances. If an athlete doesn't have a seed time, please leave it blank. 	55 M Hurdles	One Mile Run	4 x 200 Meter Relay	55 M Dash	Two Mile Run	4 x 400 Meter Relay	300 Meters	Shot Put	4 x 800 Meter Relay	600 Meters	High Jump		1000 Meters			<u>Boys</u>		<u>Girls</u>		One Mile Run	6:00	One Mile Run	6:45	Two Mile Run	12:00	Two Mile Run	13:30
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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. Athletes may participate in no more than 1 running, 1 field and 1 relay event. A school may enter <u>only one relay team per relay event</u>. Competitor numbers must be worn on the front of the uniform, including relays. 																											
<p>Entry Deadline:</p>	<ul style="list-style-type: none"> Tuesday, December 6, 2022 by 8:00 p.m. All entries should be submitted on www.directathletics.com. <u>Late Entry Policy:</u> There are NO late entries accepted for any MSTCA meets. Please be aware of this and don't miss the entry deadline. 																											

**Order of
Events:**

FIELD EVENTS – 10:00 a.m.

Shot Put: Girls followed by Boys. Very Important - New procedures. See note below in the shot put section.

Long Jump: Open runway for practice. See note below in the long jump section.

High Jump: Check in begins on the infield at the conclusion of the Dash & Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.

INFIELD – 10:00 a.m. - Girls followed by Boys

Hurdles Trials: Girls followed by Boys; Seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.

Dash Trials: Girls followed by Boys; Seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.

Hurdle Finals: Girls followed by Boys.

Dash Finals: Girls followed by Boys.

OVAL – 10:45 a.m. - Girls followed by Boys

One Mile Run: Sections on time, fastest section first.

600 Meter Run: Sections on time, fastest section first.*

1,000 Meter Run: Sections on time, fastest section first.

300 Meter Dash: Sections on time, fastest section first.*

Note: The 300 meters will be run in lanes the entire race at MSTCA meets and in the MIAA Championship meets. There will be NO cut-in.

Two Mile Run: Sections on time, fastest section first.

4 x 200 Meter Relay: Sections on time, fastest section first.*

4 x 800 Meter Relay: Sections on time, fastest section first.

4 x 400 Meter Relay: Sections on time, fastest section first.*

***Lane preferences for these events: 5-6-4-3-2-1.**

<p>Entry Fees:</p>	<p>\$10 per individual event \$25 per relay \$300 maximum fee per gender</p> <p>Each school must notify Jayson Sylvain, the MSTCA's Chief Financial Officer, at mstca.cfo@gmail.com of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> • If a school is using the MSTCA's Single Payment method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment. • If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email. • If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email. • If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email. <p>Please make checks payable to MSTCA and mail (NOTE: new mailing address) to:</p> <p>MSTCA MSTCA Tax ID # 04-3394224 c/o Winter Festival Entries P.O. Box 1008 Mansfield, MA 02048</p>
<p>Entry Lists:</p>	<ul style="list-style-type: none"> • Entry lists will be posted on www.mstca.org by Thursday, December 8.
<p>Equipment:</p>	<ul style="list-style-type: none"> • Teams must provide their own relay batons. • Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them.
<p>High Jump:</p>	<ul style="list-style-type: none"> • In order to hit both the 4' 9" (Division 3) and 4' 10" (Divisions 1, 2, 4, 5) MIAA qualifying marks, the Girls' High Jump progression will be as follows: 4' 5", 4' 7", 4' 9", 4' 10", +2" • In order to hit both the 5' 8" (Divisions 2, 4, 5) and 5' 9" (Divisions 1, 3) MIAA qualifying marks, the Boys' High Jump progression will be as follows: 5' 2", 5' 4", 5' 6", 5' 8", 5' 9", +2" • The "Five Alive" rule will be used until only six jumpers remain in the competition

<p>Long Jump:</p>	<ul style="list-style-type: none"> • There will be NO long jump registration, competition, or fee for this meet. From 9:00 am until the end of the meet athletes will be able to sign-up for 30 minute sessions of access to the long jump (15-18 athletes per group). • During the 30 minutes, all of the athletes in the group will be able to utilize the long jump—whether doing run-throughs, short approach work, full jumps, or any other drills. There will be NO run backs allowed and NO measuring jumps (though a tape measure will be out to see approximations). • It being an early-season meet our aim is to allow more athletes access to the long jump area, knowing that many lack indoor jumping facilities at their schools. There will be an official on hand to coordinate and a raker, but otherwise athletes will be expected to fairly alternate amongst themselves to make effective use of their time block. • There is NO guarantee of getting a time slot. There will be sign-up sheets available for every 30-minute session on a first come, first served basis in the morning.
<p>Shot Put:</p>	<ul style="list-style-type: none"> • NOTE NEW SHOT PUT PROCEDURES for 2022-2023: Girls and Boys will no longer compete simultaneously. Whichever gender is first in the order of events will have half of their flights (the lower seeds) in the outside-the-cage sector nearest the bleachers on the home stretch and half of their flights (the higher seeds) in the cage. <p>ALL rotational throwers should contact the meet director to throw in the cage, regardless of seed.</p> <p>When the event begins, one gender will be simultaneously competing in both throwing circles. The other gender's flights will begin in the assigned circles, as soon as the previous gender is no longer competing in the relevant circle.</p> <p>Example: If 4 flights of girls shot put and 4 flights of boys shot put, the 2 best girls flights will be assigned to the cage and the other 2 flights to the outside sector. The first flight assigned to each sector (flights 1 and 3 in this scenario) would begin simultaneously.</p> <p>When the girls were finished in the cage, the first boys flight assigned to the cage would start their warm-ups, and similarly for the outside-the-cage sector.</p> <p>When an odd number of flights exist, the break between the two sectors will be determined by meet management.</p> <p>IF boys and girls entries combined total 5 or fewer flights, only the cage sector will be used, with girls followed by boys.</p> <ul style="list-style-type: none"> • Each thrower will be allowed three throws. There will be no finals.
<p>Awards:</p>	<ul style="list-style-type: none"> • There will be no awards at this meet.

Results:	<ul style="list-style-type: none"> • Results will be posted after the meet on www.mstca.org • Live results will be available at https://live.mstca.org/
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 in the gym. • Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the 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 posted on our website www.mstca.org and our Twitter account @MSTCA1 and emailed through Direct Athletics to your school's contact. • <u>There is no make-up date.</u>
Parking at Reggie Lewis Center:	<p>Parking is available for patrons attending track and field events at the Reggie Lewis Center on a first-come-space available basis 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.</p>
Version:	<p>This document was last updated on 11/06/2022</p>