



Boston Holiday Track & Field Challenge

Sponsored by Massachusetts State Track Coaches Association
At The Reggie Lewis Track & Athletic Center, Roxbury Community College,
Boston, Mass.

Saturday, December 29, 2012

This meet is designed as a "Pre-National" Invitational to give an opportunity to student-athletes to compete on one of the best indoor track facilities in the country.

States Invited: All states has been requested sanctioning, your school must be a member of the NFHS, this meet is sanctioned by the MIAA

Sponsored by: Notre Dame Academy, Hingham, MA

Meet Directors: Bill Jennings, e-mail: jetjennings@aol.com
Rick Kates rkates@ndahingham.com

ENTRY INFORMATION

Participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools. (NFHS).

Individual Events:

- 1 \$15 per individual event
- 2 \$30 per relay

Make checks payable to: MSTCA. **No purchase orders will be accepted except Massachusetts Schools**

Payment must be received by December 22, 2012 or your athletes *will not be able to compete*.

MSTCA IRS Tax ID number: 04-3394224

Registration is accomplished on line through Direct Athletics at directathletics.com

Late Fee: If a school misses the Direct Athletics deadline of December 22, 2012 and your school still wants to compete, the coach will have to contact the meet director. The meet director is the only one to deal with this problem. The fee structure is \$50 per person/relay the next day before 10:00 p.m. it goes up to \$100 per person/relay the second day if notified before 10:00 p.m. After this deadline, no entries are permitted. Late fees must be paid or a PO handed with the late fee included on the PO to the meet director the day of the meet or the athletes will not compete.

Information

Each school must create a user name and password; if you need help contact DA at support@directathletics.com.

PLEASE READ CAREFULLY – Multiple DEADLINES to Adhere to for Schools

Entry DECLARATION Deadline: December 8, 2012, NFHS sanctioning rules state that all teams must be declared 20 days prior to the multi-state event competition. There are no exceptions or Late Entries. You must email Rick Kates at rkates@ndahingham.com by this date, so we can submit your school to the NFHS.

- 1 Your entry can be updated online until December 22, 2012.
- 2 A school will be rejected if they don't comply with these meet regulations.
- 3 For out of state teams-Send your waiver form signed by your principal and/or athletic director along with entry fees to Bill Jennings, 602 Lantern Lane, Middleboro, MA 02346 Phone: 774-213-9425 (Please, no calls later than 9:30 p.m.) Your team's entry will be rejected if you do not send this document by December 22, 2012. **No purchase orders will be accepted except from Massachusetts schools.**
- 4 For In state team- Send your waivers for the entire season to Jim Hoar by Dec 15 All Checks and PO's are to be sent to Elaine Mooney 60 Cythnia Rd Seekonk, MA 02771
- 5 **If you are an out of state school, a waiver form will be emailed to you when you declare your team by December 8, 2012 by the meet director.**

Event Limitations: maximum of 2 running events and 2 field events per athlete. A relay is considered a running event. Only ¼" spikes are allowed on the track!

Entry Registration Process: All entries must be done on www.directathletics.com. **NO FAX OR MAIL ENTRIES ACCEPTED**. Deadline is December 22, 2012. -See above for late entry process.

MEET INFORMATION

Admission: \$8.00; Students/Seniors: \$5.00

Packet Pick Up: Only the coach or designated coach by school lettered head and ID must be presented at the time of the pick up.

Meet merchandise will be available the day of the meet.

HOTEL INFORMATION

- 1 Hampton Inn & Suites, Boston Crosstown's Center, 811 Massachusetts Avenue, Boston, MA 02118, 617-445-6400, FAX 617-445-6411. Located 1.6 miles from the Reggie Lewis Track and Athletic Center, 1350 Tremont St., Roxbury Crossing.

FACILITY – Sprint and oval track have a MONDO surface.

Lane preferences: 300m, 600m, 4x200m - 5-6-4-3-2-1

Infield: 8 lanes

High Jump: Will be contested on the infield, **boys** in center, **girls** under scoreboard.

Meet Management:

- 1 The schedule is tentative and the meet may run up to 30 minutes ahead of schedule.
- 2 It is the responsibility of the athlete to be ready for competition when the event is called by the clerks.

Competitor Numbers:

- 1 Must be worn on the front of the uniform INCLUDING RELAYS.
- 2 Athletes must adhere to the NFHS rules regarding uniforms including relays.

Batons will be provided by meet management.

Clerking

- 1 Will be done in the gymnasium.
- 2 **NO SPIKES** are to be worn in the gymnasium.
- 3 Clerks will have an initial check-in, then hand out heat and lane assignments and distribute hip numbers.
- 4 Athletes will be escorted to the track by a clerk.

Spikes

- 1 Only $\frac{1}{4}$ " pyramid spikes are allowed, use of any other spikes will result in disqualification.

Warm-ups

- 1 Restricted to the gymnasium area and outside, weather permitting.
- 2 There will be no warming up on the track once the meet begins.

Protests

- 1 All protests must be made in writing to the referee within 15 minutes of the announcements of any results.
- 2 All protests must be accompanied by \$25.00 in cash.
- 3 If protest is upheld your money will be returned.

Starting Heights

- 1 High Jump: Girls - 4'09"; Boys - 5'09"
- 2 Height progression will increase by 2 inches.

Shot Put, Long Jump

- 1 Top 8 will advance to the Finals.
- 2 Best flights last.

4 x 200 Meter Relay

- 3 3-turn stagger, sections based on seed time, fastest section last.

4 x 800 Meter Relay

- 4 2-turn stagger, sections based on seed time, fastest section last.

600 M, 1000M, Mile, 2 Mile

- 7 2-turn stagger, sections based on seed time, fastest

MEET STANDARDS and GUIDELINES

MEET MANAGEMENT RESERVES THE RIGHT TO REJECT ENTRIES IF PROOF OF PERFORMANCE CAN NOT BE VERIFIED.
2012 OUTDOOR PERFORMANCES MAY BE USED.

Important: Read and observe the standards that appear below.
Do not enter athletes who are not capable of meeting these standards

Event	Girls	Boys
55 M Dash	8.0	7.0
55 M Hurdles	10.0	8.80
300 Meter Dash	47.0	41.0
600 Meter Dash	1:52.0	1:34.0
1000 Meter Run	3:28.0	2:55.0
Freshman Mile	6:30	5:30
One Mile Run	5:45	4:40
Two Mile Run	12:30	10:15
Shot Put	31'00"	42'00"
Weight Throw	No Standard	No Standard
High Jump	4'09"	5'09"
Long Jump	15'0"	18'6"
4 x 200 Meter Relay	1:55	1:39
4 x 400 Meter Relay	4:24	3:44
4 x 800 Meter Relay	10:25	8:25

Award Presentation: Athletes who finish in the top six places are requested to report immediately after their events to the awards area. If not sure, they should stay in the area. Awards presentations will proceed regardless of missing athletes.

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Running Events

55 Meter Dash
55 Meter Hurdles
300 Meter Run
600 Meter Run
1000 Meter Run
Mile Run
2 Mile Run
4 x 200
4 x 400
4 x 800

Field Events

High Jump
Long Jump

Shot Put
Weight Throw

Limitations: 2 Running – 2 Field. Relay is considered a running event.

Awards: 6 medals per event

Order of Events

Running Events 9:30 a.m.

Hurdle Trials Girls then Boys
Dash Trials Girls then Boys
Hurdle Final Boys then Girls
Dash Final Girls then Boys

Freshman Mile @10am Girls then Boys

One Mile
600 Meters
1000 Meters
300 Final
Two Mile
4x200 Relay
4x800 Relay
4x400 Relay

Field Events 9:30 a.m.

Long Jump Girls, Boys
High Jump Boys, Girls –after infield Running events [10:15 am]
Shot Put Girls, Boys
Weight Throw Boys, Girls-after Shot Put