



10th Annual Boston Holiday Track & Field Challenge

Wednesday, December 27th, 2017 (8:30 AM-PENT, 12:00 Track)
Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA
1350 Tremont St., Roxbury Crossing.

Hosted by:	Notre Dame Academy, Hingham, MA		
Sanctioned by:	M.I.A.A.		
Meet Director:	Bill Jennings, jetjennings@aol.com , 774-213-9425		
Sponsored by:	Marathon Sports		
States Invited:	MA, NH, NY, RI, CT, VT - Multi state sanctioning has been requested, participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools. (NFHS).		
Entry Information:	<p>Participating teams must be from schools that are recognized members of their state associations affiliated with the National Federation of High Schools. (NFHS).</p> <p>All schools that plan to attend the Boston Holiday Challenge must send the event manager an email declaring the school's intent to participate. This is a non-binding declaration, used to inform the NFHS of potential participants. This is for the purpose of obtaining a NFHS sanction for the meet DEADLINE December 2, 2017.</p> <p>Event Manager: Rick Kates at rkates@ndahingham.com</p>		
Events & Standards:	EVENTS	GIRLS STANDARDS	BOYS STANDARDS
<p><i>Meet management reserves the right to reject entries if proof of performance cannot be verified. 2017 Outdoor performances may be used.</i></p>	55 M Dash	8.0	7.0
	55 M Hurdles	10.4	8.84
	300 Meters	48.0	42.0
	600 Meters	1:52.0	1:35.0
	1,000 Meters	3:28.0	2:55.0
	Freshman Mile Run	6:15	5:20
	One Mile Run	5:45	4:45
	Two Mile Run	12:30	10:15
	Shot Put	31' 00"	45'00"
	Weight Throw	No Standard	No Standard
	High Jump	4' 7"	5' 7"
	Long Jump	15'00"	18' 6"
	4 x 200 meter Relay	1:55	1:39
	4 x 400 meter Relay	4:25	3:45
4 x 800 meter Relay	10:30	8:40	
Pentathlon	No Standard	No Standard	
Participation Rules:	<ul style="list-style-type: none"> ➤ 3-0 rule (i.e. 3 running, 3 field, 2 running & 1 field, 2 field & 1 running) ➤ A relay counts as a running event. ➤ Uniform rules will be enforced (including relays). ➤ Pentathlon athletes may only compete in the pentathlon. ➤ NFHS Rules will be in effect. ➤ Competitor numbers must be worn on the front of the uniform, including relays. 		
DEADLINES & REGISTRATION	<p>December 2, 2017 - NFHS sanction for the meet DEADLINE</p> <p>December 18, 2017 - All entries will be due on www.directathletics.com</p> <p>December 22, 2017 - Payment must be received.</p>		
Entry Fees	<p>\$15 per individual event</p> <p>\$25 per relay</p> <p>\$50 pentathlon</p>		

\$150 team maximum per single sex team, \$300 for both teams

Make checks payable to: MSTCA.

Payment must be received by December 22, 2017 or your athletes will not be able to compete.
MSTCA IRS Tax ID number: 04-3394224

Payments in the form of a check or purchase order, **payable to MSTCA**, should be mailed as soon as possible to:

MSTCA
c/o Elaine Mooney
60 Cynthia Road
Seekonk, MA 02771

No purchase orders will be accepted from out of state teams.

For out of state teams: once your team is declared by the December 2, 2017 deadline-The event manager will send your waiver form by email, it has to be signed by your principal and/or athletic director. Your team's entry will be rejected if you do not send this document by Monday, December 18, 2017.

For in state teams: send your waivers for the entire season with team roster to Jim Hoar by Dec 14, 2017. Waivers can be FAXED to 508-398-7635 or email: hoarj@dy-regional.k12.ma.us

THERE ARE NO LATE ENTRIES INTO THIS MEET!

**ORDER OF
EVENTS
(Girls before
Boys)**

Pentathlon: 8:30 a.m.

55 M Hurdles – Shot Put – High Jump – Long Jump – 800 M Girls / 1000 M Boys

Field Events: 12:00 noon

SHOT PUT (Boys before Girls) –Top 7 to finals

WEIGHT THROW (Girls before Boys) –Top 7 to finals

LONG JUMP (Girls before Boys) –Top 7 to finals

HIGH JUMP (2 Pits) – After 55M Dash Finals on infield

Running Events (rolling):

12 noon on the infield (8 lanes).

Hurdles & Dash trials serpentine seeding based on entry time, fast to slow, fastest 8 advance to finals

55 Hurdles G/B TRIALS

55 Dash G/B TRIALS

55 Hurdles B/G FINALS

55 Dash G/B FINALS

1:00 p.m. on the oval. (Boys followed by Girls)

Freshman Mile FINAL –Sections on time, fastest section last

One Mile Run FINAL –Sections on time, fastest section last

600 Meters FINAL - Sections on time, fastest section last*

1000 Meters FINAL –Sections on time, fastest section last

300 Meters FINAL – Sections on time, fastest section last *

Two Mile Run FINAL – Sections on time, fastest section last

Relays may start AFTER the completion of the High Jumps or earlier, at the discretion of meet management:

4 x 200m Relay 3-turn stagger, Sections on time - fastest section last *

	<p>4 x 800m Relay 2-turn stagger, Sections on time - fastest section last</p> <p>4 x 400m Relay Sections on time - fastest section last *</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p>
Awards	Top SIX placers in each event. NO team awards. 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.
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
Spikes	Only 1/8" or 1/4" PYRAMID spikes allowed at R.L.C. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet. Spikes are allowed ONLY in the track area.
High Jump	<p>Two jump pits will be set up at the conclusion of the hurdles and dashes, girls at scoreboard end, boys in middle of floor. The competition will begin 30 minutes after the pits are set up to give athletes time to warm up and set their marks.</p> <p>Starting Heights: Girls - 4'07"; Boys - 5'07"</p> <p>Height progression will increase by 2 inches.</p>
Shot Put & Weight Throw	<p>Top 7 will advance to the Finals; Best flights last.</p> <p>Implements will be provided by the meet.</p> <p>Do NOT bring any shots to the meet; they will not be allowed, even for practice.</p> <p>Weight Implement will NOT be provided - Officials will verify all implements.</p>
Long Jump	<p>Top 7 will advance to the Finals; Best flights last.</p> <p>NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.</p>
Equipment: Batons, Shots, & Blocks	All will be provided by meet management. Do not bring blocks or shots to the meet.
Clerking & Warm-ups	<ul style="list-style-type: none"> ➤ Clerking will be done in the gymnasium. ➤ It is the responsibility of the athlete to be ready for competition when the event is called by the clerks. ➤ Athletes will be escorted to the track by a clerk. ➤ Warm-ups: Restricted to the gymnasium area and outside, weather permitting. ➤ There will be no warming up on the track once the meet begins!
Hotel Information	Hampton Inn & Suites: Boston Crosstown's Center, 811 Massachusetts Avenue, Boston, MA 02118, 617-445-6400, FAX 617-445-6411. Rates: Double, Queen and King \$120.00. Located 1.6 miles from the Reggie Lewis Track and Athletic Center, 1350 Tremont St., Roxbury Crossing.
Meet Information	<ul style="list-style-type: none"> ➤ Admission: \$5.00; Students/Seniors: \$3.00 ➤ Wristbands/Credentials: Coach's wristbands will be given at packet pick-up. Wristbands must be worn for the duration of the meet. No replacement bands will be issued. ➤ Packet Pick Up: Only the coach may pick up the packet, or designated coach noted by school lettered head and ID must be presented at the time of the pickup. ➤ Meet merchandise will be available the day of the meet. ➤ Heat sheets/Programs: Programs with heat sheets will be posted and sold.
Emergency Contact Form	All coaches must have filled out a MSTCA Reggie Lewis Center Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.
Inclement Weather	In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, coaches should watch TV (look for Roxbury Community College) and/or listen to radio announcements, or you may call any of the listed numbers:

Reggie Lewis Center 617-541-3535

Jim Hoar 508-776-7589

Rick Kates 781-706-3340

Frank Mooney 508-728-9921

Bill Jennings 774-213-9425