

Boston Holiday Track & Field Challenge

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

Friday, December 27, 2013

Team Pentathlon 9:30am

Individual Pentathlon 9:30am

Open Invitational Holiday Qualifier Noon

Saturday, December 28, 2013

Holiday Challenge-9:30am

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).

Sponsored by: Notre Dame Academy, Hingham, MA
Event Manager/Sanctioning: Rick Kates rkates@ndahingham.com

Meet Directors:

Jim Hoar	hoari@dy-regional.k12.ma.us	Team Pentathlon Friday, Dec 27 –AM Events
Rick Kates	rkates@ndahingham.com	Individual Pentathlon Friday, Dec 27-AM Events
Jack Lang	jelxc41@gmail.com	All Events, Friday, Dec 27 –PM Events
Bill Jennings	jetjennings@aol.com	All Events- Saturday, Dec 28 Events

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).

All schools that plan to attend the Boston Holiday Challenge, Team Pentathlon, Individual pentathlon, Holiday Qualifier must send the event manager an email declaring the 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 sanction for the meet.

Please email Rick Kates at rkates@ndahingham.com . Once you have done this your school will be able to complete entries on www.directathletics.com Deadline for all entries will be due by December 21, 2013.

TEAM & INDIVIDUAL PENTATHLON

Friday, December 27 Team Pentathlon Start Time 9:30am MUST by Check in at 9am

The Team Pentathlon is an event where a school team must be made up of five athletes, each athlete participating in only one event. Basically, you select your best athlete in each event and enter the five as a team. A school may enter only one boys' team and one girls' team. You should also have one or more alternates available. 'B' teams allowed if space permits and with permission of the meet director.

EVENTS

**55 METER HURDLES - HIGH JUMP - SHOT PUT - LONG JUMP -
800 METERS (WOMEN) / 1,000 METERS (MEN)**

The order of events will be as follows:

The 55 meter hurdles, then High Jump, shot put, and long jump. If necessary there will be several H.J. pits, two S.P. areas, and two L.J. pits in use. The H.J./L.J./S.P. will be conducted at the same time. At the conclusion of the three field events the heats for the 800 (women) or 1,000 (men) will be set up based on point totals.

Events for Individual & Team Pentathlon 55 M HH, SP, HJ, LJ, 800[Girls]/1000 Meters[Boys]

AWARDS: Points will be awarded for performances in each event, and the boys' and girls' school scoring the highest number of points will be declared Team Pentathlon Champion.

Top 3 in both Boys & Girls Individual Pentathlon will receive awards.

Team plaques will be awarded to the first five teams in the competition based on total points. The top three teams will receive T-shirts.

FEE: The cost of entering is \$40.00 per team. Separate fees for boys and girls teams, as well as, A and B teams.

The cost of entering is \$40 per individual in the pentathlon

If you enter a team your school is responsible for payment even if your team does not compete.

Out of State Teams: Checks only, No Purchase orders

Entry Process : **For only the team pentathlon** –coaches need to email Jim Hoar their team, and names of each athlete, with a seed time/distance for each event at hoarj@dy-regional.k12.ma.us . Substitutes and changes/final declaration will be done day of competition by 9am. This is the only event that will not be registered by directathletics, due to its unique format.

Individual pentathletes will enter on directathletics. Meet will be listed as Boston Holiday Challenge Day 1 Events on Directathletics

Entry deadline: December 21, 2013.

OPEN INVITATIONAL HOLIDAY QUALIFIER

Friday, December 27, 2013 at NOON

Order of Events: Girls/Boys

Long Jump
55 Meter Hurdles
300 Meters
600 Meters
55 Meter Dash
4 x 200 Meter Relay

Event Limitations: 2 running, 1 field event-No Qualifying standard

Athletes who competed in the Individual pentathlon, are not eligible to compete in the afternoon events.

Athletes who competed in the team pentathlon, may compete in 1 running/1 field event in the Open Invitational.

Awards: NONE

Cost \$5 per athlete \$15 per relay Maximum Limit \$100 per single sex team or \$175 per school.

Entry Deadline on www.directathletics.com December 21, 2013. No late entries or changes.

Out of State teams: Checks only, No Purchase Orders will be accepted.

Meet will be listed as Boston Holiday Challenge Day 1 Events on www.directathletics.com

Admission for Spectators: \$5.00; Students/Seniors: \$5.00

Meet -Tshirts will be on sale

BOSTON HOLIDAY CHALLENGE

Saturday, December 28, 2013

Individual Events:

- 1 \$15 per individual event
- 2 \$30 per relay
- 3 \$150 team maximum per single sex team, \$300 for both teams

Make checks payable to: MSTCA.

Payment must be received by December 23, 2013 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

Information :

PLEASE READ CAREFULLY – Multiple DEADLINES to Adhere to for Schools

Entry DECLARATION Deadline: **December 6, 2013**, NFHS sanctioning rules state that all teams must be declared 20 days prior for a 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 21, 2013.
- 2 Meet will be listed as Boston Holiday Challenge Day 2 Events on Directathletics
- 3 A school will be rejected if they don't comply with these meet regulations.
For out of state teams-Send your waiver form signed by your principal and/or athletic director . Once your team has declared, a waiver will be emailed to you, this must be completed and sent back to Jim Hoar. Your team's entry will be rejected if you do not send this document by December 21, 2013. **No purchase orders will be accepted from out of state teams.** All Checks are to be sent to Elaine Mooney 60 Cythnia Rd Seekonk, MA 02771
- 4
- 5 For In state team- Send your waivers for the entire season to Jim Hoar by Dec 15, 2013 All Checks and PO's are to be sent to Elaine Mooney 60 Cythnia Rd Seekonk, MA 02771
- 6 **If you are an out of state school, a waiver form will be emailed to you when you declare your team by December 6, 2013 by the Event Manager-Rick Kates**

Event Limitations: maximum of 2 running events and 2 field events per athlete. A relay is considered a running event. Only 1/4" 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 21, 2013. –No LATE ENTRIES

MEET INFORMATION

Admission: \$5.00; Students/Seniors: \$3.00

Wristbands/Credentials:

- 1 Each athlete will receive a wristband.
- 2 Coach's wristband (1 per 5 athletes) will be given at packet pick-up.
- 3 Wristbands must be worn for the duration of the meet.
- 4 No replacement bands will be issued.

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.

Heat sheets/Programs: Programs with heat sheets will be posted and sold.

HOTEL INFORMATION

- 1 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.

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 Clerks will have an initial check-in, then hand out heat and lane assignments and distribute hip numbers.
- 3 Athletes will be escorted to the track by a clerk.

Spikes

- 1 Only ¼" 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.

Starting Heights

- 1 High Jump: Girls - 4'07"; Boys - 5'08"
- 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-turn stagger, sections based on seed time, fastest section last.

4 x 800 Meter Relay

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

600 M, 1000M, Mile, 2 Mile

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

MEET STANDARDS and GUIDELINES

MEET MANAGEMENT RESERVES THE RIGHT TO REJECT ENTRIES IF PROOF OF
PERFORMANCE CAN NOT BE VERIFIED.
2013 OUTDOOR PERFORMANCES MAY BE USED.

Important: Read and observe the standards that appear below.

Event	Girls	Boys
55 M Dash	8.0	7.0
55 M Hurdles	10.0	8.74
300 Meter Dash	48.0	42.0
600 Meter Dash	1:52.0	1:35.0
1000 Meter Run	3:28.0	2:55.0
Freshman Mile	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	4'09"	5'09"
Long Jump	15'0"	19'0"
4 x 200 Meter Relay	1:55	1:39
4 x 400 Meter Relay	4:20	3:40
4 x 800 Meter Relay	10:30	8:30

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.

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.

55M Hurdle Trials	Girls, Boys
55M Dash Trials	G/B
55 M Hurdle Finals	B/G
55 M Dash Finals	G/B
Freshman Mile	Girls/B 10:15am
One Mile	G/B
600 Meters	G/B
1000 Meters	G/B
300 Final	G/B
Two Mile	G/B
4x200 Relay	G/B
4 x 800 Relay	G/B
4x400 Relay	G/B

Field Events 9:30 a.m.

Long Jump	Boys, Girls
Shot Put	Girls, Boys
Weight Throw	Boys, Girls-after Shot Put
High Jump	Boys/Girls Same time after 55M Dash Finals

Entry Form Tally Sheet & Entry Fees Worksheet to be completed.

Please Print !

To be mailed to Elaine Mooney 60 Cythnia Rd Seekonk, MA 02771
by December 22, 2013.

SCHOOL: _____

Coach's Name: _____

Home Phone: _____ Cell Phone: _____

[Do not put down school number, school will be closed for Winter Break]

Email: _____

Purchase order # _____ Check # _____ Single Payment Yes or NO

Team Pentathlon #of Teams # Boys _____ #Girls _____ x \$40 each _____

Individual Pentathlon # Boys _____ #Girls _____ x \$40 each _____

Open Invitational Holiday Qualifier #Boys _____ #Girls _____ x \$5 each _____

#Boys Relays _____ #Girls Relays _____ x \$15 each _____

[Fill in total of either \$100 for single sex, or combination of \$175 if applicable]

Boston Holiday Challenge

#Boys Events _____ #Girls Events _____ x \$15 each _____

#Boys Relays _____ #Girls Relays _____ x \$30 each _____

[Fill in total of either \$150 for single sex, for maximum fee of \$300 per school if applicable.]

TOTAL _____

Checks made payable to: MSTCA

Payment or Purchase order must be received by December 22, 2013 or your athletes *will not be able to compete.*

MSTCA IRS Tax ID number: 04-3394224