



Boston Holiday Track & Field Challenge

Sponsored by Massachusetts State Track Coaches Association & Marathon Sports
Reggie Lewis Track & Athletic Center,
Roxbury Community College, Boston, Mass.
Sunday, December 27, 2015

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
Meet Director: Bill Jennings jetjennings@aol.com 774-213-9425
Event Manager/Sanctioning: Rick Kates rkates@ndahingham.com 781-706-3340

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 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 5, 2015.

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 20, 2015

Individual Events:

\$15 per individual event

\$25 per relay

\$50 pentathlon

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

Make checks payable to: MSTCA.

Payment must be received by December 22, 2015 or your athletes *will not be able to compete*.

MSTCA IRS Tax ID number: 04-3394224

For out of state teams-Once your team is declared by the December 5, 2015 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 21, 2015. **No purchase orders will be accepted from out of state teams.** All Checks are to be sent to Elaine Mooney
60 Cynthia Rd Seekonk, MA 02771

For In state team- Send your waivers for the entire season with team roster to Jim Hoar by Dec 14, 2015
Waivers can be FAXED to 508-398-7635 or email: hoarj@dy-regional.k12.ma.us

Event Limitations: maximum of any three events. A relay is considered a running event.

Pentathlon athletes may only compete in the pentathlon.

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, 2015. -No LATE ENTRIES

MEET INFORMATION

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

Wristbands/Credentials:

1 Coach's wristband 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.

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.

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.

- 1 The order of events is a rolling schedule.
2. It is the responsibility of the athlete to be ready for competition when the event is called by the clerks.

Competitor Numbers:

Must be worn on the front of the uniform, **INCLUDING RELAYS.**

Athletes must adhere to the NFHS rules regarding uniforms including relays.

Batons will be provided by meet management.

Clerking will be done in the gymnasium.

Clerks will have an initial check-in, then hand out heat and lane assignments and distribute hip numbers.

Athletes will be escorted to the track by a clerk.

Shot puts will be provided

Weight Implement will not be provided-Officials will verify all implements.

Spikes

Only ¼" pyramid spikes are allowed, use of any other spikes will result in disqualification.

Warm-ups

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

Starting Heights

High Jump: Girls - 4'07"; Boys - 5'07"
Height progression will increase by 2 inches.

Shot Put & Long Jump

Top 8 will advance to the Finals.
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

MEET MANAGEMENT RESERVES THE RIGHT TO REJECT ENTRIES IF PROOF OF PERFORMANCE
CAN NOT BE VERIFIED,
2015 OUTDOOR PERFORMANCES MAY BE USED.

Important: Read and
observe the standards
that appear below.

<u>Event</u>	Girls	Boys
55 M Dash	8.0	7.0
55 M Hurdles	10.4	8.84
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	4'07"	5'07"
Long Jump	15'0"	18'06"
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

Order of Events

Start Time 8:30am- Pentathlon

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

Start Time 12PM -55M Hurdle Trials Girls, Boys

55M Dash Trials G/B
55 M Hurdle Finals B/G
55 M Dash Finals G/B

Start Time 1PM-Freshman Mile Girls/B 1PM

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 Noon
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