



# 11<sup>th</sup> Annual Boston Holiday Track & Field Challenge

Friday, December 28<sup>th</sup>, 2018 (8:30 AM-PENT, 12:00 Track)

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

<b>Hosted by:</b>	Notre Dame Academy, Hingham, MA																																																				
<b>Sanctioned by:</b>	M.I.A.A.																																																				
<b>Meet Director:</b>	Rick Kates rkates@ndhingham.com																																																				
<b>Sponsored by:</b>	Marathon Sports																																																				
<b>States Invited:</b>	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).																																																				
<b>Entry Information:</b>	<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 7, 2018.</p> <p>Event Manager: Rick Kates at <a href="mailto:rkates@ndahingham.com">rkates@ndahingham.com</a></p>																																																				
<b>Events &amp; Standards:</b>	<table border="1"> <thead> <tr> <th><u>EVENTS</u></th> <th><u>GIRLS STANDARDS</u></th> <th><u>BOYS STANDARDS</u></th> </tr> </thead> <tbody> <tr> <td>55 M Dash</td> <td>8.0</td> <td>7.0</td> </tr> <tr> <td>55 M Hurdles</td> <td>10.4</td> <td>8.84</td> </tr> <tr> <td>300 Meters</td> <td>48.0</td> <td>42.0</td> </tr> <tr> <td>600 Meters</td> <td>1:52.0</td> <td>1:35.0</td> </tr> <tr> <td>1,000 Meters</td> <td>3:28.0</td> <td>2:55.0</td> </tr> <tr> <td>Freshman Mile Run</td> <td>6:15</td> <td>5:20</td> </tr> <tr> <td>One Mile Run</td> <td>5:45</td> <td>4:45</td> </tr> <tr> <td>Two Mile Run</td> <td>12:30</td> <td>10:15</td> </tr> <tr> <td>Shot Put</td> <td>31' 00"</td> <td>45'00"</td> </tr> <tr> <td>Weight Throw</td> <td>No Standard</td> <td>No Standard</td> </tr> <tr> <td>High Jump</td> <td>4' 7"</td> <td>5' 7"</td> </tr> <tr> <td>Long Jump</td> <td>15'00"</td> <td>18' 6"</td> </tr> <tr> <td>4 x 200 meter Relay</td> <td>1:55</td> <td>1:39</td> </tr> <tr> <td>4 x 400 meter Relay</td> <td>4:25</td> <td>3:45</td> </tr> <tr> <td>4 x 800 meter Relay</td> <td>10:30</td> <td>8:40</td> </tr> <tr> <td>Pentathlon</td> <td>No Standard</td> <td>No Standard</td> </tr> </tbody> </table> <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>		<u>EVENTS</u>	<u>GIRLS STANDARDS</u>	<u>BOYS STANDARDS</u>	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
<u>EVENTS</u>	<u>GIRLS STANDARDS</u>	<u>BOYS STANDARDS</u>																																																			
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																																																			
<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>➤ 3-0 rule (i.e. 3 running, 3 field, 2 running &amp; 1 field, 2 field &amp; 1 running)</li> <li>➤ A relay counts as a running event.</li> <li>➤ Uniform rules will be enforced (including relays).</li> <li>➤ Pentathlon athletes may only compete in the pentathlon.</li> <li>➤ NFHS Rules will be in effect.</li> <li>➤ Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul>																																																				
<b>DEADLINES &amp; REGISTRATION</b>	<p>December 8, 2018 - NFHS sanction for the meet DEADLINE</p> <p>December 23, 2018 - All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a></p> <p>December 26, 2018 - Payment must be received.</p>																																																				
<b>Entry Fees</b>	<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 26, 2018 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**

Boston Holiday Challenge  
956 Turnpike Road, Unit D  
Canton, MA 02021

POs can be sent **electronically** to:

[mstca.billing@gmail.com](mailto:mstca.billing@gmail.com)

**If payment is not received before meet day, you may bring payment to the meet, but you must notify the meet director of your plan to do so. If payment is not received, your team will not be allowed to participate.**

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

For out of state teams: once your team is declared by the December 8, 2018 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 23, 2018.

For in state teams: send your waivers for the entire season with team roster to Jim Hoar by Dec 14, 2018. Waivers can be FAXED to 508-398-7635 or email: [hoarj@dy-regional.k12.ma.us](mailto: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

	<p><b>1:00 p.m. on the oval. (Girls followed by Boys)</b></p> <p>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</p> <p><b><u>Relays may start AFTER the completion of the High Jumps or earlier, at the discretion of meet management:</u></b></p> <p>4 x 200m Relay 3-turn stagger, Sections on time - fastest section last *  4 x 800m Relay 2-turn stagger, Sections on time - fastest section last  4 x 400m Relay Sections on time - fastest section last *</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p>
<b>Awards</b>	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.
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.
<b>Spikes</b>	Only 1/8" or 1/4" PYRAMID spikes allowed at R.L.C. <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b> Spikes are allowed ONLY in the track area.
<b>High Jump</b>	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.  Starting Heights: Girls - 4'07"; Boys - 5'07" Height progression will increase by 2 inches.
<b>Shot Put &amp; Weight Throw</b>	Top 7 will advance to the Finals; Best flights last. Implements will be provided by the meet. Do NOT bring any shots to the meet; they will not be allowed, even for practice. Weight Implement will NOT be provided - Officials will verify all implements.
<b>Long Jump</b>	Top 7 will advance to the Finals; Best flights last. NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.
<b>Equipment: Shots, &amp; Blocks</b>	All will be provided by meet management. Do not bring blocks or shots to the meet. <b>All teams will supply their own batons!</b>
<b>Clerking &amp; Warm-ups</b>	<ul style="list-style-type: none"> <li>➤ Clerking will be done in the gymnasium.</li> <li>➤ It is the responsibility of the athlete to be ready for competition when the event is called by the clerks.</li> <li>➤ Athletes will be escorted to the track by a clerk.</li> <li>➤ Warm-ups: Restricted to the gymnasium area and outside, weather permitting.</li> <li>➤ <b>There will be no warming up on the track once the meet begins!</b></li> </ul>
<b>Hotel Information</b>	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.
<b>Meet Information</b>	<ul style="list-style-type: none"> <li>➤ Admission: \$5.00; Students/Seniors: \$3.00</li> <li>➤ 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.</li> </ul>

	<ul style="list-style-type: none"> <li>➤ 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.</li> <li>➤ Meet merchandise will be available the day of the meet.</li> <li>➤ Heat sheets/Programs: Programs with heat sheets will be posted and sold.</li> </ul>
<b>Emergency Contact Form</b>	All coaches must have filled out a MSTCA Reggie Lewis Center <b>Emergency Contact Form</b> online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.
<b>Inclement Weather</b>	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



SINGLE WAIVER FORM FOR Indoor Track & Field 2018-2019

I attest that all the athletes that will be participating from our school in the MSTCA Indoor Track & Field meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participation in this sport and waives releases and holds harmless the MSTCA organization, its officers, sponsors and representatives, as well as the host facility from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events.

This waiver acknowledges I have read and understand the following policies:

1. All payments either purchase order or check must be received prior to competition date.
2. School/Coach has read/understands MSTCA Coaches Emergency Action Plan  
[http://www.mstca.org/Winter\\_Season/Winter%202018/Emergency%20Action%20Plan%2012%2010%202016.pdf](http://www.mstca.org/Winter_Season/Winter%202018/Emergency%20Action%20Plan%2012%2010%202016.pdf)
3. Head Coach is listed as contact person on [www.directathletics.com](http://www.directathletics.com)

School's Name \_\_\_\_\_

Boys' Team \_\_\_\_\_ Girl's Team \_\_\_\_\_ Both \_\_\_\_\_

Principal/OR Athletic Director's Signature \_\_\_\_\_

Print Principal/OR Athletic Director's Name: \_\_\_\_\_

Coaches Signature: \_\_\_\_\_

Print Coaches Name: \_\_\_\_\_

School's Phone Number \_\_\_\_\_

Date \_\_\_\_\_

**Please attach your Indoor Track & Field teams' roster**

Mail it immediately to: Jim Hoar 31 Champion Road Yarmouthport, MA 02675

Or scan/email to: [hoarj@dy-regional.k12.ma.us](mailto:hoarj@dy-regional.k12.ma.us)

OR DY fax 508-398-7635

**THIS MUST BE RECEIVED NO LATER THAN DECEMBER 14, 2018.**

