



# 12<sup>th</sup> Annual Boston Holiday Challenge

Friday, December 27, 2019 – 8:15 AM Pentathlon  
 – 12:00 PM Track & Field

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

<b>Hosted by:</b>	Notre Dame Academy - Hingham																																						
<b>Sanctioning:</b>	M.I.A.A.																																						
<b>Meet Director:</b>	Rick Kates, <a href="mailto:rkates2005@gmail.com">rkates2005@gmail.com</a> , 781-706-3340																																						
<b>Sponsor:</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>Out-of-State 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). All non-Massachusetts schools that plan to attend the Boston Holiday Challenge must send the meet director 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. The deadline for this declaration is December 7, 2019.</p>																																						
<b>Events &amp; Standards:</b>	<p><b><u>Events and Standards</u></b></p> <table border="0"> <thead> <tr> <th colspan="2"><u>Girls</u></th> <th colspan="2"><u>Boys</u></th> </tr> </thead> <tbody> <tr> <td>55 M Dash</td> <td>8.0</td> <td>55 M Dash</td> <td>7.0</td> </tr> <tr> <td>55 M Hurdles</td> <td>10.4</td> <td>55 M Hurdles</td> <td>8.84</td> </tr> <tr> <td>300 Meters</td> <td>48.0</td> <td>300 Meters</td> <td>42.0</td> </tr> <tr> <td>600 Meters</td> <td>1:52</td> <td>600 Meters</td> <td>1:35</td> </tr> <tr> <td>1,000 Meters</td> <td>3:28</td> <td>1,000 Meters</td> <td>2:55</td> </tr> <tr> <td>Freshman One Mile Run</td> <td>6:15</td> <td>Freshman One Mile Run</td> <td>5:20</td> </tr> <tr> <td>One Mile Run</td> <td>5:45</td> <td>One Mile Run</td> <td>4:45</td> </tr> <tr> <td>Two Mile Run</td> <td>12:30</td> <td>Two Mile Run</td> <td>10:15</td> </tr> </tbody> </table>			<u>Girls</u>		<u>Boys</u>		55 M Dash	8.0	55 M Dash	7.0	55 M Hurdles	10.4	55 M Hurdles	8.84	300 Meters	48.0	300 Meters	42.0	600 Meters	1:52	600 Meters	1:35	1,000 Meters	3:28	1,000 Meters	2:55	Freshman One Mile Run	6:15	Freshman One Mile Run	5:20	One Mile Run	5:45	One Mile Run	4:45	Two Mile Run	12:30	Two Mile Run	10:15
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<b>Events &amp; Standards:</b>	<u>Girls</u>		<u>Boys</u>	
	Weight Throw	None	Weight Throw	None
	Shot Put	31' 00"	Shot Put	45' 00"
	Long Jump	15' 00"	Long Jump	18' 06"
	High Jump	4' 7"	High Jump	5' 7"
	4 x 200 Meter Relay	1:55	4 x 200 Meter Relay	1:39
	4 x 400 Meter Relay	4:25	4 x 400 Meter Relay	3:45
	4 x 800 Meter Relay	10:30	4 x 800 Meter Relay	8:40
	Pentathlon	None	Pentathlon	None
	<ul style="list-style-type: none"> <li>• Meet management reserves the right to reject entries if proof of performance cannot be verified.</li> <li>• 2018 Outdoor performances may be used.</li> </ul>			

<b>Waiver &amp; Participation Rules:</b>	<ul style="list-style-type: none"> <li>• All teams <b><u>MUST</u></b> submit the <b><u>MSTCA Single Waiver Form</u></b> for the Indoor Season along with a copy of their team roster, prior to their team being allowed to compete.</li> <li>• Please submit your waiver form and team roster by Friday, December 13, 2019.</li> <li>• Waivers and rosters can be mailed to:  Jim Hoar  31 Champion Road  Yarmouthport, MA 02675</li> </ul> <ul style="list-style-type: none"> <li>• M.I.A.A. rules will be in effect, including enforcement of the uniform rule.</li> <li>• An athlete may participate in a maximum of 3 events.</li> <li>• Pentathlon athletes may only compete in the pentathlon.</li> <li>• Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul> <p>For out of state teams: once your team is declared by the December 7, 2019 deadline, the meet director will send your waiver form by email. This form must be signed by your principal and/or athletic director. Your team's entry will be rejected if you do not return this document to the meet director by Monday, December 23, 2019.</p>
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<b>Entry Deadlines</b>	<ul style="list-style-type: none"> <li>• Out-of-State Intent to Enter: Saturday, December 7, 2019 by 11:59 p.m.</li> <li>• Entries: Sunday, December 22, 2019 by 11:59 p.m.</li> <li>• All entries should be submitted on <a href="http://www.directathletics.com">www.directathletics.com</a>.</li> <li>• There are no late entries allowed for this meet.</li> </ul>
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**Order of  
Events**

**PENTATHLON – 8:15 a.m.**

**55 M Hurdles**  
**Shot Put**  
**High Jump**  
**Long Jump**  
**800m (G) / 1,000m (B)**

**FIELD EVENTS – 12:00 p.m. – Check in prior to 11:45 a.m.**

**Shot Put:** Girls followed by Boys

**Long Jump:** Girls followed by Boys

**High Jump:** Check in begins on the infield at the conclusion of the Dash & Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.

**Weight Throw:** Check in begins by the cage at the conclusion of the Shot Put; Girls followed by Boys

**INFIELD – 12:00 p.m. – Check in prior to 11:45 a.m.**

**Hurdles Trials:** Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.

**Dash Trials:** Girls followed by Boys; Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.

**Hurdle Finals:** Boys before Girls

**Dash Finals:** Girls before Boys

**OVAL – 1:00 p.m. – Check-in in the gym; Girls followed by Boys**

**Freshman One Mile Run:** Sections on time, fastest section last

**One Mile Run:** Sections on time, fastest section last

**600 Meter Run:** Sections on time, fastest section last\*

**1,000 Meter Run:** Sections on time, fastest section last

**300 Meter Dash:** Sections on time, fastest section last\*

**Two Mile Run:** Sections on time, fastest section last

**4 x 200 Meter Relay:** Sections on time, fastest section last.\*

**4 x 800 Meter Relay:** Sections on time, fastest section last.

**4 x 400 Meter Relay:** Sections on time, fastest section last.\*

**\*Lane preferences for these events: 5-6-4-3-2-1.**

- The Meet Director may delay the relays until after the high jump concludes.
- The 4 x 200m Relay will have a 3-turn stagger.
- The 4 x 800m Relay will have a 2-turn stagger.

<p><b>Entry Fees</b></p>	<p>\$15 per individual event          \$25 per relay          \$175 maximum fee per gender</p> <p>\$50 per pentathlon entry – This fee is not subject to the maximum fee per gender.</p> <p>Each school must notify the MSTCA's Finance Officer at <a href="mailto:mstca.billing@gmail.com">mstca.billing@gmail.com</a> of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> <li>• If a school is using the MSTCA's Single Payment method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment.</li> <li>• If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email.</li> <li>• If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email.</li> <li>• If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email.</li> </ul> <p>Please make checks payable to: <b>MSTCA</b> and mail to</p> <p>MSTCA <span style="float: right;"><b>MSTCA Tax ID # 04-3394224</b></span>          c/o Boston Holiday Challenge Entries          956 Turnpike Road, Unit D          Canton, MA 02021</p>
<p><b>Entry Lists</b></p>	<ul style="list-style-type: none"> <li>• Entry lists will be posted on the MSTCA web site by Thursday, December 26.</li> </ul>
<p><b>Equipment:          Shots,          Weights,          Batons &amp;          Blocks</b></p>	<ul style="list-style-type: none"> <li>• Teams must provide their own relay batons.</li> <li>• Teams must provide their own Weight Implements</li> <li>• Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them.</li> </ul>
<p><b>Shot Put</b></p>	<ul style="list-style-type: none"> <li>• Each thrower will be allowed three throws.</li> <li>• The top 7 throwers will advance to the Finals.</li> <li>• Best flights will throw last.</li> </ul>
<p><b>Weight Throw</b></p>	<ul style="list-style-type: none"> <li>• Meet Officials will verify all implements.</li> <li>• Each thrower will be allowed three throws.</li> <li>• The top 7 throwers will advance to the Finals.</li> <li>• Best flights will throw last.</li> </ul>

<p><b>Long Jump</b></p>	<ul style="list-style-type: none"> <li>• Each jumper will be allowed three jumps.</li> <li>• The top 7 jumpers will advance to the Finals.</li> <li>• Best flights will jump last.</li> <li>• No runbacks are allowed. Athletes should come prepared with a mark.</li> </ul>
<p><b>High Jump</b></p>	<ul style="list-style-type: none"> <li>• Girls Opening Height: 4' 7"</li> <li>• Boys Opening Height: 5' 7"</li> <li>• Height progression will increase by 2 inches.</li> <li>• The "Five Alive" rule will be used until only six jumpers remain in the competition.</li> </ul>
<p><b>Awards</b></p>	<ul style="list-style-type: none"> <li>• Top 6 finishers in each event will receive medals.</li> <li>• 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.</li> <li>• No team awards.</li> </ul>
<p><b>Results</b></p>	<ul style="list-style-type: none"> <li>• Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a>, the official MSTCA web site.</li> </ul>
<p><b>Spikes</b></p>	<ul style="list-style-type: none"> <li>• Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C.</li> <li>• Spikes are allowed ONLY in the track area.</li> <li>• Correct spikes will be sold in the gym.</li> <li>• Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.</li> </ul>
<p><b>Emergency Contact Form</b></p>	<p>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.</p>
<p><b>Inclement Weather</b></p>	<ul style="list-style-type: none"> <li>• Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day.</li> <li>• If there is any doubt, you may call one of the following to check:</li> </ul> <p style="text-align: center;">Reggie Lewis Center 617-541-3535      Rick Kates 781-706-3340</p>
<p><b>Parking at Reggie Lewis Center</b></p>	<p>Parking is available for patrons attending track and field events at the Reggie Lewis Center on a first-come-space available basis in Parking Lot 2 on weekdays and Lots 2 &amp; 3 on weekends. Both lots are located along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.</p>