



Distance Classic

Saturday December 28, 2019 – 10:00 AM

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

Hosted by:	St. John's Prep High School																																
Sanctioning:	M.I.A.A.																																
Meet Director:	Zach Lankow, zlinkow@stjohnsprep.org , 617-839-7795																																
Sponsor:	MSTCA & 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).																																
Out-of-State 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 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.																																
Events and Standards:	<p>Events</p> <table> <tr> <td>800 Meters</td> <td>Shot Put</td> </tr> <tr> <td>One Mile Run</td> <td>Distance Medley Relay</td> </tr> <tr> <td>Two Mile Run</td> <td>4 x 800 Meter Relay</td> </tr> <tr> <td>5,000 Meters</td> <td></td> </tr> </table> <p>Standards</p> <table> <thead> <tr> <th colspan="2"><u>Boys</u></th> <th colspan="2"><u>Girls</u></th> </tr> </thead> <tbody> <tr> <td>800 Meters</td> <td>2:30</td> <td>800 Meters</td> <td>3:10</td> </tr> <tr> <td>One Mile Run</td> <td>5:35</td> <td>One Mile Run</td> <td>6:25</td> </tr> <tr> <td>Two Mile Run</td> <td>12:00</td> <td>Two Mile Run</td> <td>13:30</td> </tr> <tr> <td>4 x 800 Meter Relay</td> <td>9:20</td> <td>4 x 800 Meter Relay</td> <td>11:20</td> </tr> <tr> <td>Shot Put</td> <td>30' 00"</td> <td>Shot Put</td> <td>24' 00"</td> </tr> </tbody> </table>	800 Meters	Shot Put	One Mile Run	Distance Medley Relay	Two Mile Run	4 x 800 Meter Relay	5,000 Meters		<u>Boys</u>		<u>Girls</u>		800 Meters	2:30	800 Meters	3:10	One Mile Run	5:35	One Mile Run	6:25	Two Mile Run	12:00	Two Mile Run	13:30	4 x 800 Meter Relay	9:20	4 x 800 Meter Relay	11:20	Shot Put	30' 00"	Shot Put	24' 00"
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<p>Waiver & Participation Rules:</p>	<ul style="list-style-type: none"> • All teams <u>MUST</u> submit the <u>MSTCA Single Waiver Form</u> for the Indoor Season along with a copy of their team roster, prior to their team being allowed to compete. • Please submit your waiver form and team roster by Friday, December 13, 2019. • Waivers and rosters can be mailed to: Jim Hoar 31 Campion Road Yarmouthport, MA 02675 • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • An athlete may participate in 2 running events and 1 field event. • A relay counts towards the running event limit. • Competitor numbers must be worn on the front of the uniform, including relays. <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>
<p>Entry Deadline</p>	<ul style="list-style-type: none"> • Out-of-State Intent to Enter: Saturday, December 7, 2019 by 11:59 p.m. • Monday, December 23, 2019 by 11:59 p.m. • All entries should be submitted on www.directathletics.com. • There are no late entries allowed for this meet.
<p>Order of Events</p>	<p>FIELD EVENTS – 10:00 a.m. – Check in prior to 9:45 a.m.</p> <p>Shot Put: Two Throwing Sectors; Girls and Boys compete simultaneously.</p> <p>RUNNING EVENTS – 10:00 a.m. – Girls before Boys</p> <p>5,000 Meters: One section per gender</p> <p>800 Meters: Sections on time, fastest section first</p> <p>One Mile Run: Sections on time, fastest section first</p> <p>Two Mile Run: Sections on time, fastest section first</p> <p>4 x 800 Meter Relay: Sections on time, fastest section first</p> <p>Distance Medley Relay: Sections on time, fastest section first</p> <ul style="list-style-type: none"> • The DMR order will be 1200/400/800/1600

<p>Entry Fees</p>	<p>\$7 per individual event \$20 per relay \$175 maximum fee per gender</p> <p>Each school must notify the MSTCA's Finance Officer at mstca.billing@gmail.com of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> • 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. • 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. • 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. • 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. <p>Please make checks payable to: MSTCA and mail to</p> <p>MSTCA c/o Last Chance Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p style="text-align: right;">MSTCA Tax ID # 04-3394224</p>
<p>Entry Lists</p>	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Friday, December 27.
<p>Equipment: Shots & Batons</p>	<ul style="list-style-type: none"> • Teams must provide their own relay batons. • Shots will be provided by meet management. Teams cannot use their own. Please do not bring them.
<p>Shot Put</p>	<ul style="list-style-type: none"> • Each thrower will be allowed three throws. There will be no finals.
<p>5,000 Meters</p>	<ul style="list-style-type: none"> • There will be only one heat per gender of the 5,000 Meters. The Meet Director will review the entries in this event and then inform the coaches of which athletes will be able to participate.
<p>Awards</p>	<ul style="list-style-type: none"> • There will be no awards at this meet.

Results	<ul style="list-style-type: none"> Results will be posted on www.mstca.org, the official MSTCA web site.
Spikes	<ul style="list-style-type: none"> Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. Spikes are allowed ONLY in the track area. Correct spikes will be sold in the gym. Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.
Emergency Contact Form	<p>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.</p>
Inclement Weather	<ul style="list-style-type: none"> Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. If there is any doubt, you may call one of the following to check: <p>Reggie Lewis Center: 617-541-3535 Zach Lankow: 617-839-7795 Rick Kates: 781-706-3340</p>
Parking at Reggie Lewis Center	<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 & 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>