



# Winter Festival

**Small Schools – Saturday, December 14, 2019 – 10:00 AM**  
**Large Schools – Sunday, December 15, 2019 – 10:00 AM**

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

<b>Hosted by:</b>	Small Schools – Northampton High School Large Schools – Wachusett Regional High School
<b>Sanctioning:</b>	M.I.A.A.
<b>Meet Directors:</b>	Small Schools – Linda Rowbotham, <a href="mailto:coachrow413@gmail.com">coachrow413@gmail.com</a> , 413-455-9051 Large Schools – Mike O’Malley, <a href="mailto:wrhscoacho@gmail.com">wrhscoacho@gmail.com</a> , 774-232-2184
<b>Sponsor:</b>	MSTCA and Marathon Sports
<b>Small/Large School Threshold</b>	<ul style="list-style-type: none"> <li>• Small Schools are those with enrollment of 999 and lower.</li> <li>• Large Schools are those with enrollment of 1000 and higher.</li> <li>• Each school's data is based on the 2019-2020 MIAA alignments.</li> </ul> <p style="text-align: center;"><a href="#">MIAA Indoor Track and Field Alignment</a></p>
<b>Description</b>	These are the first meets of the season. They are part of the developmental series sponsored by the MSTCA with the objective of enhancing the track and field experience for the youth of Massachusetts. These meets are designed to give your athletes a chance for quality performances early in the season.
<b>Charity Support</b>	<p>The MSTCA is supporting “Christmas in the City,” Boston’s largest charity event to benefit homeless families. Please ask your athletes to bring to this meet a NEW, UNWRAPPED TOY suitable for children 3 to 16 years old. There will be volunteer workers in the gym to greet you and help you when you arrive.</p> <p>The toy “giveaway” will be held on Monday, December 16 at the Boston Convention Center on Summer Street and will benefit thousands of needy children. If you’re not familiar with this event, please visit: <a href="http://www.christmasinthecity.org">www.christmasinthecity.org</a> and watch the moving and inspirational ABC World News segment. Please help us make this event a huge success! For more information, contact Lou Tozzi at 781-837-5185 or 617-947-1031.</p>

<b>Events and Standards</b>	<p><b><u>Events</u></b></p> <table border="0"> <tr> <td>55 M Hurdles</td> <td>One Mile Run</td> <td>4 x 200 Meter Relay</td> </tr> <tr> <td>55 M Dash</td> <td>Two Mile Run</td> <td>4 x 400 Meter Relay</td> </tr> <tr> <td>300 Meters</td> <td>Shot Put</td> <td>4 x 800 Meter Relay</td> </tr> <tr> <td>600 Meters</td> <td>High Jump</td> <td></td> </tr> <tr> <td>1000 Meters</td> <td>Long Jump</td> <td></td> </tr> </table> <p><b><u>Standards</u></b></p> <table border="0"> <tr> <td colspan="2"><b><u>Boys</u></b></td> <td colspan="2"><b><u>Girls</u></b></td> </tr> <tr> <td>One Mile Run</td> <td>6:00</td> <td>One Mile Run</td> <td>6:45</td> </tr> <tr> <td>Two Mile Run</td> <td>12:00</td> <td>Two Mile Run</td> <td>13:30</td> </tr> </table> <ul style="list-style-type: none"> <li>• Please submit seed times and distances.</li> <li>• If an athlete doesn't have a seed time, please leave it blank.</li> </ul>	55 M Hurdles	One Mile Run	4 x 200 Meter Relay	55 M Dash	Two Mile Run	4 x 400 Meter Relay	300 Meters	Shot Put	4 x 800 Meter Relay	600 Meters	High Jump		1000 Meters	Long Jump		<b><u>Boys</u></b>		<b><u>Girls</u></b>		One Mile Run	6:00	One Mile Run	6:45	Two Mile Run	12:00	Two Mile Run	13:30
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<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: <ul style="list-style-type: none"> <li>Jim Hoar</li> <li>31 Champion Road</li> <li>Yarmouthport, MA 02675</li> </ul> </li> <li>• M.I.A.A. rules will be in effect, including enforcement of the uniform rule.</li> <li>• An athlete may participate in 1 running, 1 field and 1 relay per athlete.</li> <li>• A school may enter only one relay team per relay event.</li> <li>• Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul>																											
<b>Entry Deadline</b>	<ul style="list-style-type: none"> <li>• Monday, December 9, 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> </ul>																											
<b>Order Of Events</b>	<p><b>FIELD EVENTS – 10:00 a.m. – Check in prior to 9:45 a.m.</b></p> <p><b>Shot Put:</b> Two Throwing Sectors; Girls and Boys compete simultaneously.</p> <p><b>Long Jump:</b> Girls followed by Boys</p> <p><b>High Jump:</b> Check in begins on the infield at the conclusion of the Dash &amp; Hurdles. Two Jumping Pits; Girls and Boys compete simultaneously.</p>																											

**Order of Events**

**INFIELD – 10:00 a.m. – Check in prior to 9:45 a.m**

**Hurdles Trials:** Girls followed by Boys; Seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.

**Dash Trials:** Girls followed by Boys; Seeding based on entry time, fast to slow; Fastest 16 advance to a two-section Final.

**Hurdle Finals:** Boys before Girls

**Dash Finals:** Girls before Boys

**OVAL – 10:30 a.m. – Check-in in the gym; Girls followed by Boys**

**One Mile Run:** Sections on time, fastest section first.

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

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

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

**Two Mile Run:** Sections on time, fastest section first.

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

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

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

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

**Entry Fees**

\$7 per individual event

\$20 per relay

\$250 maximum fee per gender

Each school must notify the MSTCA's Finance Officer at [mstca.billing@gmail.com](mailto:mstca.billing@gmail.com) of its payment plan for the entry fees prior to the day of the meet.

- 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.

Please make checks payable to: **MSTCA** and mail to

MSTCA  
c/o Winter Festival Entries  
956 Turnpike Road, Unit D  
Canton, MA 02021

**MSTCA Tax ID # 04-3394224**

<b>Entry Fees</b>	<p><b><u>Late Entry Policy:</u></b> If a school misses the Monday deadline and still wants to compete, the coach must contact and receive permission <u>from the Meet Director</u>.</p> <ul style="list-style-type: none"> <li>• Prior to 10:00 p.m. on December 10: Late entry fee is \$50 per person or relay</li> <li>• After 10:00 p.m. on December 10, no entries will be accepted.</li> <li>• Late fees must be paid before the team is allowed to compete.</li> </ul>
<b>Entry Lists</b>	<ul style="list-style-type: none"> <li>• Entry lists will be posted on the MSTCA web site by Friday, December 13.</li> </ul>
<b>Equipment: Shots, Batons &amp; Blocks</b>	<ul style="list-style-type: none"> <li>• Teams must provide their own relay batons.</li> <li>• Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them..</li> </ul>
<b>Shot Put</b>	<ul style="list-style-type: none"> <li>• Each thrower will be allowed three throws. There will be no finals.</li> </ul>
<b>Long Jump</b>	<ul style="list-style-type: none"> <li>• Each jumper will be allowed three jumps. There will be no finals.</li> <li>• No runbacks are allowed. Athletes should come prepared with a mark.</li> </ul>
<b>High Jump</b>	<ul style="list-style-type: none"> <li>• Girls Opening Height: 4' 6"</li> <li>• Boys Opening Height: 5' 0"</li> <li>• The "Five Alive" rule will be used until only six jumpers remain in the competition.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>• There will be no awards at this meet.</li> </ul>
<b>Results</b>	<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>
<b>Spikes</b>	<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>
<b>Emergency Contact Form</b>	<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>

**Inclement Weather**

- Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day.
- There is no make-up date.
- If there is any doubt, you may call one of the following to check:

Reggie Lewis Center: 617-541-3535

Louis Tozzi: 617-947-1031

Charlie Butterfield: 508-886-6015

Frank Mooney: 508-336-8291

Rick Kates: 781-706-3340

Linda Rowbotham: 413-455-9051

Mike O'Malley: 774-232-2184

**Parking at Reggie Lewis Center**

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.