



Boston Holiday Track & Field Challenge

Sponsored by Massachusetts State Track Coaches Association
At The Reggie Lewis Track & Athletic Center, Roxbury Community College,
Boston, Mass.

December 27 and 28, 2008

This meet is designed as a "Pre-National" Invitational to give an opportunity to student-athletes to compete on one of the best indoor track facilities in the country.

States Invited: MA, NY, RI, VT, ME, NH, VA, PA, CT, NJ, MD Approved States:
MA, MD, NH, VA, NY, RI, as of September 10, 2008
CT-State Association has not approved sanctioning.

Sponsored by: Notre Dame Academy, Hingham, MA

Meet Directors: Bill Jennings, e-mail: jetjennings@aol.com
Rick Kates rkates@ndahingham.com

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).

Individual Events:

- 1 \$15 per individual event
- 2 \$30 per relay

Make checks payable to: MSTCA. ***No purchase orders will be accepted except for Massachusetts Schools***

Payment from out of state teams must be received by December 12, 2008 or your athletes *will not be able to compete.*

MSTCA IRS Tax ID number: 04-3394224

Registration is accomplished on line through Direct Athletics at directathletics.com

Information – See Exhibit A

- 1 Each school must create a user name and password; if you need help contact DA at support@directathletics.com
- 2 Your entry can be updated online until December 15, 2008.
- 3 A school will be rejected if they don't comply with these meet regulations.
- 4 Send your waiver form signed by your principal and/or athletic director along with entry fees to Bill Jennings, P.O. Box 493, East Dennis, MA 02641. Phone: 508-385-6737 or 508-873-3310. (Please, no calls later than 9:30 p.m.) Your team's entry will be rejected if you do not send this document by December 22, 2008. **No purchase orders will be accepted except from Massachusetts schools. We recommend you send it certified mail and bring copies to the meet as proof.**

5. Due to new regulations from NFHS, each school that wants to participate must send an email to Rick Kates at rkates@ndahingham.com that indicates intention to participate. This email must arrive by Dec 5, 2008. This email should state "_____ High School intends to send its boy's and/or girl's team to the 2008 Boston Holiday Challenge" **We must adhere to this date.** For teams that meet this time frame, actual entries are due on Monday, December 15, 2008 on www.directathletics.com.

If you are unsure, send the email anyway, your school needs approval from NFHS Sanctioning Process

Event Limitations: maximum of 2 running events and 2 field events per athlete. A relay is considered a running event.

Entry Registration Process: All entries must be done on www.directathletics.com. See Exhibit A.
NO FAX OR MAIL ENTRIES ACCEPTED.

Entry Deadline: December 5, 2008, NFHS sanctioning rules state that all teams must be declared 20 days prior to the multi-event competition. There are no exceptions or Late Entries.

MEET INFORMATION

Admission: \$8.00; Students/Seniors: \$5.00

Wristbands/Credentials:

- 1 Each athlete will receive a wristband.
- 2 Coach's wristband (1 per 5 athletes) will be given at packet pick-up.
- 3 Wristbands must be worn for the duration of the two-day meet.
- 4 No replacement bands will be issued.

Packet Pick Up:

- 1 December 26 at the Reggie Lewis Center from 1 p.m. to 6 p.m.
- 2 December 27 at the Reggie Lewis Center from 7 a.m. to conclusion of day 1
- 3 December 28 at the Reggie Lewis Center from 7 a.m. to conclusion of day 2

Meet merchandise will be available on both meet days.

Luggage area:

- 1 Will be available on December 28 in a designated area,
- 2 There will be security present; however, the RLATC and MSTCA are not responsible for lost or stolen items.

Heat sheets/Programs: Programs with heat sheets will be posted and sold each day.

HOTEL INFORMATION

- 1 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.

- 2 Comfort Inn, 900 Morrissey Blvd., Boston, MA 02112, 617-287-9200. Rates start at \$89.00. Located 5.3 miles from the Reggie Lewis Track and Athletic Center, 150 Tremont St., Roxbury Crossing.

FACILITY – Sprint and oval track have a MONDO surface.

Lane preferences: 200m, 400m, 4x200m - 5-6-4-3-2-1

Infield: 8 lanes

High Jump: Will be contested on the infield, **boys** in center, **girls** under scoreboard.

200m, 400m will have a two-section final.

- 1 Top 8 from first round will advance by time only.
- 2 Two sections of 4.
- 3 Lane preferences: 5-6-4-3

Meet Management:

- 4 The schedule is tentative and the meet may run up to 30 minutes ahead of schedule.
- 5 It is the responsibility of the athlete to be ready for competition when the event is called by the clerks.

Competitor Numbers:

- 1 Must be worn on the front of the uniform INCLUDING RELAYS.
- 2 Athletes must adhere to the NFHS rules regarding uniforms including relays.

Batons will be provided by meet management.

Clerking

- 1 Will be done in the gymnasium.
- 2 **NO SPIKES** are to be worn in the gymnasium.
- 3 Clerks will have an initial check-in, then hand out heat and lane assignments and distribute hip numbers.
- 4 Athletes will be escorted to the track by a clerk.

Spikes

- 1 Only 1/4" pyramid spikes are allowed, use of any other spikes will result in disqualification.

Warm-ups

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

Protests

- 1 All protests must be made in writing to the referee within 15 minutes of the announcements of any results.
- 2 All protests must be accompanied by \$25.00 in cash.
- 3 If protest is upheld your money will be returned.

Starting Heights

- 1 High Jump: Girls - 5'00"; Boys - 5'10"

- 2 Height progression will increase by 2 inches.
- 3 Pole Vault: Girls - 9'06"; Boys - 11'00"
- 4 Height progression will increase by 6 inches.

Shot Put, Long Jump & Triple Jump

- 1 Top 8 will advance to the Finals.
- 2 Best flights last.

4 x 200 Meter Relay

- 3 3-turn stagger, sections based on seed time, fastest section last.

4 x 800 Meter Relay

- 4 2-turn stagger, sections based on seed time, fastest section last.

SMR (800-200-200-400)

- 5 2-turn stagger, sections based on seed time, fastest section last.

DMR (1200-400-800-1600)

- 6 2-turn stagger, sections based on seed time, fastest section last.

800 M, Mile, 2 Mile, 5000 M

- 7 2-turn stagger, sections based on seed time, fastest section last.

MEET STANDARDS and GUIDELINES

MEET MANAGEMENT RESERVES THE RIGHT TO REJECT ENTRIES IF PROOF OF PERFORMANCE CAN NOT BE VERIFIED. 2008 OUTDOOR PERFORMANCES MAY BE USED.

Important: Read and observe the standards that appears below.
Do not enter athletes who are not capable of meeting these standards

Event	Girls	Boys
55 M Dash	7.64	6.64
55 M Hurdles	9:36	8:36
200 Meter Dash	27.0	24.0
400 Meter Dash	60.0	52.5
800 Meter Run	2:20.0	2:01.0
Freshman Mile	5:50.0	4:55.0
One Mile Run	5:25.0	4:30.0
Two Mile Run	11:50.0	9:50.0
5,000 Meter Run	19:30.0	17:00.0
Shot Put	34'00"	46'00"

High Jump	5'00"	5' 10"
Long Jump	16'00"	19'00"
Triple Jump	33'00"	39'00"
Pole Vault	9'06"	11'00"
Fresh/Soph DMR Relay	13:50.0	11:35.0
Sprint Medley Relay	4:30.0	3:45.0
Distance Medley Relay	13:00.0	11:00.0
4 x 200 Meter Relay	1:52.0	1:38.0
4 x 400 Meter Relay	4:15.0	3:40.0
4 x 800 Meter Relay	10:00.0	8:15.0

Awards Presentation: Athletes who finish in the top six places are request to report immediately after their events to the awards area. If not sure, they should stay in the area. Awards presentations will proceed regardless of missing athletes.

SATURDAY - Running Events

- 8:45 Girls 5,000 meters – Must check in by 8:15 a.m.
Boys 5,000 meters – Must check in by 8:30 a.m.
Girls, then Boys Freshman One Mile
Girls 4 x 200 m Meter Relay Final

- 11:00 Boys 4 x 200 Meter Relay Final
Girls Freshman-Sophomore Distance Medley
Girls 55 Hurdles Trials, 8 fastest advance to final
Boys 55 Hurdles Trials, 8 fastest advance to final
Boys Freshman-Sophomore Distance Medley

- 12:45 Girls 400 Meter Trials, 8 fastest advance to a 2-section final
Boys 400 Meter Trials, 8 fastest advance to a 2-section final
Girls 200 Meter Trials, 8 fastest advance to a 2-section final
Boys 200 Meter Trials, 8 fastest advance to a 2-section final
Boys 55 Hurdles – Final
Girls 55 Hurdles – Final
Girls Distance Medley
Boys Distance Medley
Girls Sprint Medley
Boys Sprint Medley

Field Events

- 9:30 Boys Pole Vault
- 9:30 Boys Triple Jump followed by Girls Triple Jump

9:30 Boys and Girls High Jump – two areas on infield
9:30 Boys Shot Put

SUNDAY - Running Events

9:00 a.m. Girls 2 Mile unseeded sections – All must check in by 8:30 a.m.
Boys 2 Mile unseeded sections – All must check in by 8:45 a.m.
Girls, then Boys 800 Meter unseeded sections

10:00 a.m. Girls 55 m Dash Trials, 8 fastest advance to final
Boys 55 m Dash Trials, 8 fastest advance to final

11:15 a.m. Girls, then Boys 4 x 800 m unseeded sections
Girls, then Boys Mile Run, unseeded sections
Girls, then Boys 4 x 400 m Relays, unseeded sections

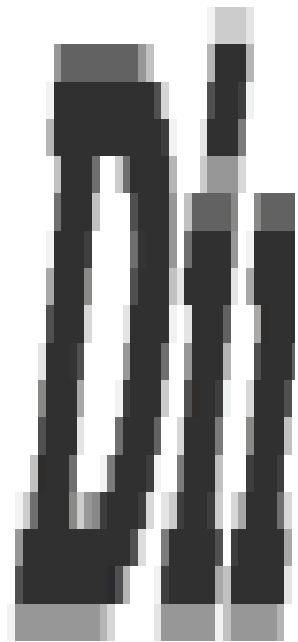
1:00 p.m. Girls Seeded Mile
Boys Seeded Mile
Girls 400 Final
Boys 400 Final
Girls 55 m Dash Final
Boys 55 m Dash Final
Girls, then Boys 800 m Finals, Seeded Section

2:45 p.m. Girls 2-Mile Run, Seeded Section
Boys 2-Mile Run, Seeded Section
Girls, then Boys 200 m Final
Girls, then Boys 4 x 800 Meter Relay, Seeded Section
Girls, then Boys 4 x 400 Meter Relay, Seeded Section

Field Events

9:30 a.m. Girls Pole Vault
Girls Long Jump, followed by Boys Long Jump
Girls Shot Put

EXHIBIT A



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How to Submit Entries - Track & Field

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click [HERE](#). You will use the same account to enter all meets run through DirectAthletics.

NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS: You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field **Team:** Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- † 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- † 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

STEP 4

You will receive an e-mail confirmation of your entry from Direct Athletics. You should make a copy of this document and you must mail the Confirmation copy and waiver form, **signed** by your principal and/or athletic director, along with a **check** for your entry fee to meet director Bill Jennings. Failure to do these tasks by the time frames stated will result in rejection of your team's entry.

The waiver document and check must be received by the meet director no later than December 22, 2008. The signed confirmation form verifies your athletes' eligibility and the school's acknowledgement of participation and entry fees.

Please save a copy and bring it to the meet. If meet management does not have your form by December 23, 2008, your team will not be allowed to compete. Teams entered in the meet will be posted on MSTCA.org by December 23, 2008. Entry lists will be posted on the meet web-site by December 20, 2008.