



MSTCA Holiday Challenge 2020

Meet Sponsor: Marathon Sports

Place: Haas Center, Fillmore Drive, Wheaton College, Norton, MA

Meet Directors: Matt Carr, carr@bpsk12.org & Jayson Sylvain, mstca.billing@gmail.com

Date: Tuesday, December 29, 2020

Time: 10:00 a.m.

Meet Description

The MSTCA is committed to providing a safe environment for indoor track and field athletes to both race and train during the COVID-19 pandemic.

This meet is the "Meet of 20's." All running events will be capped at 20 entries per gender. Field events are capped at 15 entries per gender.

This meet is open to members of the high school graduating classes of 2017 - 2024. Events will be seeded by time (fast to slow), not by age group.

Any four athletes (any age or gender) registering and paying for at least one individual event receive a free entry into the 4x200 relay. Email meet director Matt Carr (carr@bpsk12.org) with the names of your four registered athletes to claim your free relay entry. We are recommending relay uniforms be either ugly sweaters or pajamas. Competitors may have to leave the facility and return for the relay, if in an earlier event, due to capacity limits in the building.

Please note the MSTCA has reserved the right to cancel this meet should the amount of entries fail to reach a minimum threshold. If such is the case, the MSTCA will refund athletes the entry fee amount minus the online transaction surcharge.

Safety Protocols

For the safety of all participants, the following guidelines have been set up and **must** be followed:

- All participants must wear a face covering at all times while on site. For athletes, this includes the time in which you are competing.
- Athletes may arrive at the Wheaton College campus at any time, but will not be allowed into the Haas Center until 60 minutes prior to the start of their heat. The MSTCA will post on all of its social media feeds when members of each heat may enter the building. Athletes will be required to present proof (either physical or electronic) of their heat starting time to an MSTCA official upon entering the building.
- Unfortunately, Wheaton College has directed there shall be no chaperones allowed inside the facility for this meet. Our partner, Bay State Running, will be livestreaming the meet so that chaperones will be able to view the events online.
- Coaches who are current MSTCA members may enter the site at any time, but they must check-in at the main lobby immediately upon arrival. Coaches will also be directed to specific coaching boxes within the fieldhouse.
- All athletes, coaches and staff must complete an MSTCA COVID-19 questionnaire upon entering the building.
- After receiving their hip numbers, athletes will be directed to a pod in the gymnasium. Athletes must stay with the other members of their pod while in the gymnasium AND when the pod moves to the fieldhouse. Athletes will need to bring all of their belongings with them when their pod moves from the gymnasium to the fieldhouse.
- Indoor warm-up running must be completed within the pod. Athletes may warm-up outside before entering the facility. After entering the facility, athletes will still have the opportunity to warm-up outdoors, but must first attach their hip numbers to their shirt in order to be easily identified and allowed back into the facility at the main entrance. All cool-down running must be completed outside the facility.
- There will be **no water supplied by the MSTCA** at the finish line. Athletes must bring their own water.
- Upon finishing their event, athletes must proceed to the designated area where their belongings are stored, and then exit the facility.
- In order to maintain a safe number of people on site, all athletes must vacate the Haas Center within 30 minutes after the conclusion of their event.
- Athletes in multiple events that are far apart in the time schedule, may have to exit and re-enter the facility.

Eligible Athletes

- This meet is open to any member of the high school graduating classes of 2017 - 2024 who is a Massachusetts resident.
 - There are no entry standards for this meet.
 - Only 20 entries per gender will be accepted in running events and 15 entries per gender in field events.
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Uniforms

- School-issued uniforms should not be worn for this meet.
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Spikes

- Spikes are allowed for the Dash, Hurdles, Long Jump and High Jump. Racing flats **without** spikes are allowed for all other running events. Athletes may not wear their racing flats until they enter the fieldhouse.
 - All athletes will need to check their racing flats with an MSTCA official during number pick-up.
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Shot Put

- There will be 15 athletes in each gender's flight (mixed ages).
 - After a brief warm-up period, the competition will begin.
 - Each athlete will receive three throws. There will be no finals.
 - Shots will be provided by the MSTCA for this meet (12# and 16# shots will be available for men and 4k for women)
 - Shots will be cleaned and disinfected by the MSTCA in between each use.
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Long Jump

- There will be 15 athletes in each gender's flight (mixed ages).
- Athletes should come prepared with a mark.
- After a brief period for athletes to warm-up and place their marks, the competition will begin.
- Each athlete will receive three jumps. There will be no finals.

High Jump

- There will be 15 athletes in each gender's flight (mixed ages).
 - Athletes should come prepared with a mark.
 - After a brief period for athletes to warm-up and place their marks, the competition will begin.
 - Girls high jump will begin at 4' 6" and progress in 2" increments.
 - Boys high jump will begin at 5' 6" and progress in 2" increments.
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55m/60m Dash and Hurdles

- Athletes will receive one race for these events.
 - Starting blocks will be provided by the MSTCA.
 - Athletes will need to use hand sanitizer before and after adjusting their blocks.
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4 x 200-meter Relay

- Any four athletes, regardless of age or gender, who have registered and paid for at least one individual event each, may field a free 4 x 200-meter Relay team.
 - To keep with the Holiday theme, we encourage athletes to wear either ugly sweaters or pajamas for their relay uniforms.
 - Email meet director Matt Carr with the names of the four registered athletes, to be entered into the relay.
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Entry Fee

- **\$20** per individual event
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Entry Process

- Entries will only be accepted on an individual basis.
 - Athletes interested in registering for this meet [can do so here](#).
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Entry Deadline

- The Regular Entry Deadline is **11:59 p.m. on Sunday, December 27, 2020**.
- No entries will be accepted after December 27, 2020.

Results

- Results for each event will be posted [here](#) at the conclusion of each event.
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Awards

- There will be no awards for this meet.
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Meet Apparel

- Meet apparel will be available for sale online during registration as well as on site during the day of the meet. Athletes will be able to visit the Marathon Sports table as they exit the facility.
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Directions and Parking

- The address of the Haas Center is Fillmore Street, Wheaton College, Norton, MA.
 - All participants should park in lot 8. There will be signs directing vehicles to this lot.
 - There is no parking fee.
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Inclement Weather

- Any decision to cancel the meet due to inclement weather will be made by 7:00 a.m. on the day of the meet.
- The MSTCA will blast all decisions through each of its social media feeds, and post a notice on its website: www.mstca.org.
- There is no make-up date.
- In the event the meet is cancelled due to weather, the MSTCA will refund athletes the entry fee amount minus the online transaction surcharge.