



## MSTCA Sprint & Distance Classic

Meet Sponsor: Marathon Sports

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

Meet Administrators: Jayson Sylvain, [mstca.billing@gmail.com](mailto:mstca.billing@gmail.com) & Matt Carr, [carr@bpsk12.org](mailto:carr@bpsk12.org)

Date: Saturday, December 19, 2020

Time: 10:00 a.m.

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### **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. The Sprint & Distance Classic has been designed to provide athletes with a chance to set an early-season mark so they may work to improve upon it throughout the winter season.

Please note the MSTCA has reserved the right to postpone this meet to a later date 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.

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### **Meet Order of Events**

- Please note the exact starting times for each event depend on the final number of entries. The 600m and Shot Put will begin at 10:00 a.m. The Long Jump will not begin until after the conclusion of the 300m. The meet administrators will share an approximate schedule with all participants on Friday, December 18th.

10:00 a.m.      Girls & Boys 600m      Girls & Boys Shot Put  
                    Girls & Boys 300m  
                    Girls & Boys 1000m      Girls & Boys Long Jump  
                    Girls & Boys 55mH  
                    Girls & Boys 1 Mile  
                    Girls & Boys 55m  
                    Girls & Boys 2 Mile

## **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 shorts 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.

### **Eligible Athletes**

- This meet is open only to high school athletes who are a Massachusetts resident.
  - There are no entry standards for this meet.
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### **Uniforms**

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

- Spikes are not currently allowed at the Haas Center, however athletes may wear their racing flats **without** spikes. 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**

- A new flight will begin each hour. There will be a limited number of athletes in each flight.
  - After a brief warm-up period, the competition will begin.
  - Each athlete will receive a minimum of three throws. There will be no finals.
  - If there is time remaining in the hour-long flight, athletes will have the opportunity for additional throws as long as time permits.
  - Shots will be provided by the MSTCA for this meet.
  - Shots will be cleaned and disinfected by the MSTCA in between each use.
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### **Long Jump**

- A new flight will begin each hour. There will be a limited number of athletes in each flight.
- 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 a minimum of three jumps. There will be no finals.
- If there is time remaining in the hour-long flight, athletes will have the opportunity for additional jumps as long as time permits.

### **55m Dash and Hurdles**

- Athletes will receive two races for these events.
  - Each race will be scheduled approximately 30 minutes apart.
  - 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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### **Entry Fee:**

- **\$25** 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 Thursday, December 17, 2020**.
  - No entries will be accepted after December 17, 2020.
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### **Results**

- Results for each event will be posted [here](#) at the conclusion of each event.
  - Final results will be available at [www.mstca.org](http://www.mstca.org).
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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.

### **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 on meet day.
- The MSTCA will blast all decisions through each of its social media feeds, and post a notice on its website: [www.mstca.org](http://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.