



**Marathon[®]
Sports**

Winter Warrior HS Invitational

Sunday, December 29th 2024 – 9:00am

the Track at new balance

91 Guest Street, Boston MA 02135

Hosted by: Marshfield High School

Sanctioning: MIAA bordering- state sanctioning for MA, NY, CT, NH, RI, VT. Participating teams must be from schools that are recognized members of their state associations with the National Federation of High Schools (NFHS).

Sponsors:

New Balance – www.newbalance.com

Marathon Sports – www.marathonsports.com

Meet Directors:

Dennis Sheppard – dennis.sheppard@marathonsports.com

Zach Lankow – zlankow@stjohnsprep.org

Meet Description: This is the first Annual Winter Warrior HS Invitational presented to you by Marathon Sports and New Balance. This is a multi -state meet for any states that border Massachusetts. There will only be entry standards for a few events, all others will be open to all student athletes. This is a great opportunity for athletes to compete at the Track at new balance

Entry Fees:

\$15 per individual event

\$40 per relay team

\$400 maximum fee per gender

Checks should be made out to “Marathon Sports”

Mailing address:

956 Turnpike Street

Canton, MA 02021

Running Events:

55m Dash

55m Hurdles

300m

600m

1000m

1 Mile

2 Mile (12:00 / 14:00)

Field Events:

High Jump (5'0, 4'0)

Long Jump

Shot Put

Relays:

4x200

4x400

4x800

Participation Rules:

- MIAA/NFHS rules will be in effect
- An athlete may participate in 4 events

- Competitor Bib numbers must be worn on front of uniform

Entry Deadline

- Thursday, December 26th 2024 by 8:00pm
- Entries should be submitted on www.athletic.net
- There are NO LATE ENTRIES

Order of Events

Field Events – 9:00am

Shot Put – Girls Followed by Boys

Field Events – Upon Conclusion of Dash Finals

Long Jump – Boys followed by Girls

High Jump – Boys and Girls compete simultaneously

Infield – 9:00am

Hurdles Trials: Girls followed by Boys. Top 8 advance to final

Hurdle Finals: Girls followed by Boys

Dash Trials: Girls followed by Boys. Top 8 advance to final

Dash Finals: Girls followed by Boys

Oval – Upon conclusion of the dash finals – Girls followed by Boys, Fastest section last

1 Mile Run

600 Meter Run: 2 Turn Stagger

1000 Meter Run

300 Meter Run: In Lanes the entire race

2 Mile Run

4x200 Meter Relay: 3 Turn Stagger

4x800 Meter Relay

4x400 Meter Relay: 2 Turn Stagger

Performance list and Results: Performance Lists and results will be available at www.lancertiming.com

Equipment: Teams must provide their own relay batons and Shot puts. Starting blocks will be provided for only the straightway events.

High Jump:

- Girls Opening Height – 4’0”
- Boys Opening Height – 5’0
- Height progression will increase by 2 inches

Long Jump:

- Each Jumper will be allowed 3 jumps
- Top 9 will advance to the finals
- No runbacks are allowed, come prepared with a mark

Shot Put:

- Each thrower will be allowed 3 throws
- Top 9 throwers will advance to the Finals
- Best flights throw last

Spikes:

- Only 1/8 or ¼ Pyramid Spikes are allowed

Awards:

- Top 8 finishers in each event will receive Medals
- There will be trackside awards at the conclusion of each event

