



**2024 Ultra Multi-Event
World Indoor Championship
March 16-17th, 2024
Reggie Lewis Center, Boston, MA**



The ultra multi-events are the ultimate athletic contest.

Ultra multi-events involve either 14 or 20 track and field events over 1 or 2 days. Indoors, the standard ultra multi-event is the tetradeathlon, meaning 14 athletic contests, and involves all 14 indoor events over the course of two days. The competition and camaraderie among competitors is like nothing else in the sport. This year's version of the meet will feature both open and master's athletes attempting to break World Records in their respective categories.

TENTATIVE SCHEDULE: Tetradeathlon

Saturday, March 16th, 2024

8am: Facility Opens
9am: 60 Meters
9:45am: Long Jump
11am: 800 Meters
Noon: Shot Put
1:30pm: 400 Meters
2:45pm: High Jump
4:15pm: 3000 Meters
5pm: Facility Closes

Sunday, March 17th, 2024

8am: Facility Opens
9am: 60-Meter Hurdles
9:45am: Pole Vault
11:15am: 1500 Meters
12:45pm: Weight Throw
1:45pm: 200 Meters
2:45pm: Triple Jump
4:15pm: 5000 Meters
4:45pm: Awards

TENTATIVE SCHEDULE: Open Events

Saturday, March 16th, 2024

1pm: 60 Meters
1:45pm: Mile
2:15pm: 400 Meters
2:45pm: 200 Meters
3:15pm: 800 Meters

Sunday, March 17th, 2024

Potentially an open pole vault
in the late morning or
afternoon



ADDITIONAL MEET INFORMATION

MEET ELIGIBILITY: The tetradecathlon is open to women and men, ages 16 & up. Athletes with a background in combined events and/or middle distance are generally best-suited for the ultra multi-events, although athlete backgrounds vary. The open events are open to women and men, ages 14 & up.

AGE GROUPS: Tetradecathlon categories will be as follows: U18, U20, U23, open, 30-34, 35-39, 40-44, and onwards in 5-year age groups. Open events will be divided by gender without age groups.

SCORING: Competitors will receive points in each event depending upon their mark. Scoring tables for the ultra-multi events can be found here: <https://cheshireaa.com/statistics/idcescoring.htm>.

AGE GRADING: In the 35-39 age group onwards, competitors will be scored according to the 2023 World Masters Athletics age-grading tables. More information can be found here: <https://mastersrankings.com/new-age-grades/>.

IMPLEMENTS: Shot puts of the following weights will be provided at the meet: 6lb, 4kg, 12lb, and 16lb. Indoor weights of the following weights will be provided at the meet: 20lb and 35lb. Athletes may use provided implements or bring their own, to be weighed in during the warm-up time for the event. The following is an overview of the implement weights for different categories:
<https://hhtest847.files.wordpress.com/2018/06/specifications-hurdles-trrowing.pdf>.

HURDLES: The previously mentioned link (<https://hhtest847.files.wordpress.com/2018/06/specifications-hurdles-trrowing.pdf>) also provides an overview of the heights and spacing of the hurdles for different categories. Competitors will be in heats with others whose hurdle specifications are similar to theirs.

POLE VAULT POLES: At the current time, meet management is determining the best option for poles. Athletes are welcome to bring their own poles, and most likely, a local club will be able to provide additional poles.

RUNNING EVENT CHECK-IN: Athletes are responsible for reporting to the starting line of each race within 15 minutes of the scheduled start. Please refer to the facility map below for approximate event locations.

FIELD EVENT CHECK-IN: Athletes are responsible for reporting to each field event venue within 30 minutes of the scheduled start and within 45 minutes of the scheduled start for the pole vault.

ULTRA MULTI-EVENT RULES: Each running event is contested once. Each athlete receives 3 attempts in each field event. In the vertical jumps, each athlete receives 6 total attempts and is out after 3 consecutive misses, whichever happens first. Each athlete must contest each event and complete each running event to remain in the competition.

GROUPS OF ATHLETES: All tetradecathlon competitors will be in groups of 15 or fewer athletes. Should the total field have 15 or fewer athletes, all athletes will be in one group, and the above schedule will hold. Should more than 15 athletes enter, the field will be split into groups, and the schedule will be updated accordingly to accommodate when different groups will be at different event venues.

HEAT AND LANE ASSIGNMENTS: In all tetradecathlon running events except for the 60-meter hurdles and 5000 meters, athletes will be grouped according to their best estimate of their time in the tetradecathlon competition. In the 60-meter hurdles, athletes will be grouped with those whose hurdle specifications are similar to theirs. In the 5000 meters, all athletes will likely run together. Lane assignments will be random.

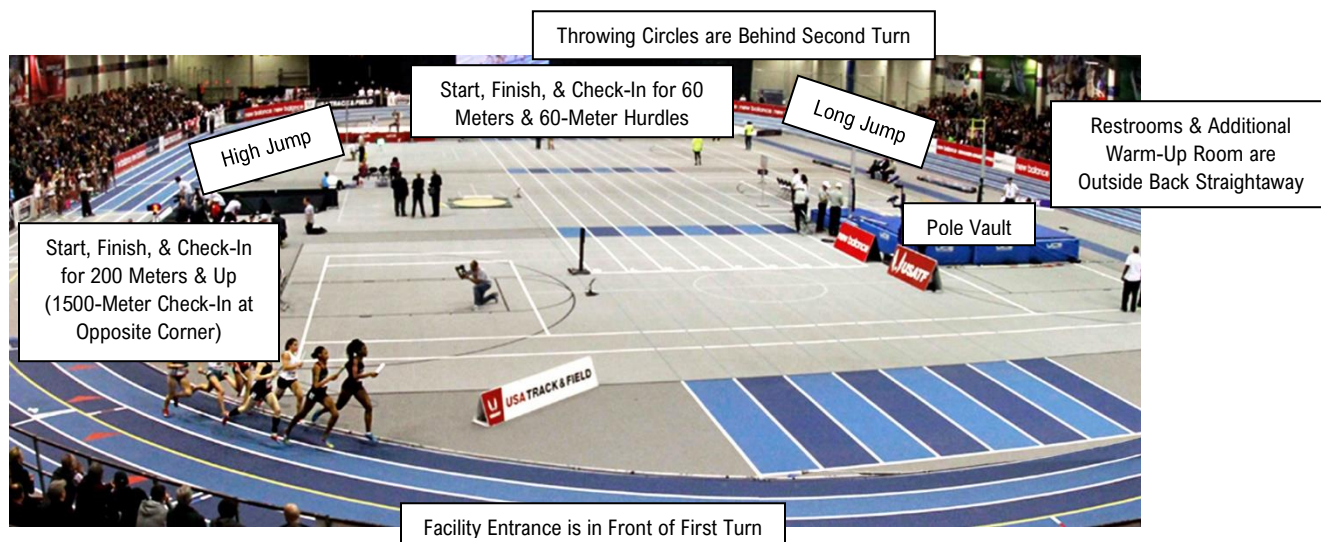
FIELD EVENT FLIGHTS: Should the total number of competitors be 15 or fewer, all athletes will be in one flight for each field event. Should more than 15 athletes enter, athletes will be grouped according to their best estimate of their time in the tetradecathlon competition. Flight order will be random.

ADDITIONAL OPEN EVENT INFORMATION: The meet will also involve the following open running events: 60 meters, 200 meters, 400 meters, 800 meters, and 1 mile on Saturday, March 16th. In open running events, sections will be by time, beginning with the fastest heats, with women followed by men. An open pole vault may be contested on Sunday, March 17th.

AWARDS: Each tetradecathlon participant will receive a medal, and the top 3 finishers in each category will also receive a large medal. Trophies will be awarded for top performances by age-grade in each event and overall.

LOCATION & TRAVEL: The Reggie Lewis Center is located at 1350 Tremont, St, Boston, MA, 02120. The closest airport is Logan International Airport, and several hotels are near the event venue.

FACILITY MAP: The following is a map of the Reggie Lewis Facility. Vertical jump pit locations are subject to change.



CONTACT: If you have additional questions, please contact meet organizer Amanda Pasko at amanda@athleticpeak.org.