MSTCA Girls State Heptathlon Monday, June 9 & Tuesday, June 10, 2014

@3:30pm

North: Quincy HS

South: Notre Dame Academy-Hingham

North Site Director: Geoff Hennessey

South Site Director; Rick Kates

Information:

1. Schools are allowed a maximum of 6 student-athletes

2. Entries are due by June 2, 2014 with Check-No Purchase orders will be accepted

3. Mail South & North Entries to: Rick Kates, Meet Director

Notre Dame Academy 1073 Main Street Hingham, MA 02043

- 4. Make Checks out to: MSTCA Cost \$25 per student-athlete, Team of Three \$70.
- 5. There will individual awards[15] and team prizes[Top 3].
- 6. 3 members will be declared as a team prior to the start of the meet, failure to do will results in NO TEAM SCORING.

Order of Events

Day I	Day II
100 M Hurdles	Long Jump
High Jump	Javelin
Shot Put	800 Meters

200 Meters

If entries are high, B Teams will follow this format:

Order of Events

Team A		Team B	
Day I	Day II	Day I	Day II
100 M Hurdles	Long Jump	100 M Hurdles	High Jump
High Jump	Javelin	Long Jump	Shot Put
Shot Put	800 Meters	Javelin	800 Meters
200 Meters		200 Meters	

- 8. Each site will have an athletic trainer on site, please bring your own supplies for taping.
- 9. All measurements will be measured as metric.
- 10. South Questions please contact Rick Kates @ rkates@ndahingham.com
- 11. North Questions please contact Geoff Hennessey 617-510-1456

Email: henndog89@netscape.net

12. Quincy HS address site is 98 Coddington St. Quincy MA 02169 It is not located at the High School.

MSTCA Girls Sta ENTRY FORM Please Print	ate Heptathlon	Check one North	South		
SCHOOL:					
Coach's Name:					
Coach's Day Pho	ne Contact:				
Coach's Cell Pho	ne Contact:				
Coach's Email: _			_		
PLEASE ENCLOSE A CHECK WITH YOUR ENTRY FORM OR IT WILL NOT BE ACCEPTED-NO PURCHASE ORDERS. IF YOU DID SINGLE PAYMENT PLEASE SEND A NOTE ALONG.					
Please Print			request		
Last Name	First Name	Grade	opening HJ Height	t TEAM A or B	