

M.S.T.C.A.
Freshmen/Sophomore Meet – Small School



Specials Thanks to Asics Company

Sanctioned by: MIAA

Hosted by: Abington HS

Date: Saturday May 3, 2014

Place: Abington HS

Meet Director: Jim Hoar

Site Manager: Brian Lanner

EMAIL: hoarj@dy-regional.k12.ma.us 508-776-7589

Time: 9:30am

Cost: \$6 per event \$20 per relay team.

Maximum per single team \$ 125 per gender or max \$250 for both boys & girls teams.

Entries are done via www.directathletics.com and DUE by Monday, April 28, 2014.

All first time users of directathletics, should log on the site to obtain a password and submit your team roster 4-5 days prior to the entry deadline date.

Entry Limitations: A school may enter **THREE** female and **THREE** male entries in all events except the relays. In the relays, schools will be allowed to enter one[1] relay team per relay event, both boys and girls. **Coaches, please note: this is a state level meet.** Enter only those who meet the event standard and are capable of competing at the state level. **No 7th/8th graders may be entered in this meet.**

Individual Limitations: Any three events [Including relays]

Event Standards

| Event | Girls | Boys |
|------------|-------------|-------------|
| 100 Meters | 14.50 | 12.50 |
| 200 Meters | 29.50 | 27.50 |
| 400 Meters | 68.00 | 58.00 |
| 800 Meters | 2:40.0 | 2:20.0 |
| 1 Mile | 6:15.0 | 5:25.0 |
| 2 Mile | 13:30.0 | 11:40.0 |
| 400 M IH | 78.00 | 72.00 |
| 100 M HH | 20.50 | 20.50 |
| HJ | 4'03" | 5'03" |
| LJ | 14'00" | 17'00" |
| TJ | 26'00" | 32'00" |
| JT | 70'00" | 100'00" |
| SP | 25'00" | 30'00" |
| DT | 65'00" | 80" |
| 4 x 100 M | No Standard | No Standard |
| 4 x 400 M | 4:40.0 | 4:10.0 |
| 4 x 800 | 11:20 | 9:45.0 |

Important facts:

- * M.I.A.A. and National Federation Rules will be in effect.
- * Only ¼ inch pyramid spikes will be allowed in the facility. If an athlete is caught wearing longer spikes he or she will be disqualified from that event.
- * Opening height in the High Jump will be 5'3" for the boys and 4'3" for the girls
- * The limitations for measuring field events will be in effect. All first throws and jumps will be measured, and then the athlete will have to meet the minimum standard to be measured.

1. In the field events 7 athletes will go back to a final.
2. A food concession will be available.
3. This meet is intended to be a **state level** meet, please do not enter athletes who have not met the standard
4. All entries must be entered onto Direct Athletics by Monday, April 28, 2014. Once you enter on directathletics.com your school is responsible for the entry fee regardless if your school competes or not. It is an entry fee not a participation fee.
5. All competing schools must have returned the one time waiver form mailed to your athletic director from the MSTCA. The deadline for the one time waiver with a copy of the team roster is April 15th due to Jim Hoar, President, MSTCA 31 Campion Rd, Yarmouthport, MA 02675
6. **Payment mail to:**
Elaine Mooney 60 Cythnia Rd Seekonk, MA 02771
7. Late Entry Fee Policy Wednesday –noon \$50 per athlete, by Thursday-noon \$100 per athlete-can only be accepted by the MEET DIRECTOR.
8. *****Tax Number 043394224. Checks should be made out to MSTCA
A check or Purchase must be received in order to compete.**
9. Inclement weather-We intend to run as much as possible. If any doubts call, we will email the person who is listed as the contact on Directathletics.com.
10. Site Information: Javelin is a grass runway.
11. Parking: All parking needs to be in the School parking area not at the Public Library.

Order of Events

9:30 AM - FIELD EVENTS

| | |
|-------------|-----|
| TRIPLE JUMP | G-B |
| HIGH JUMP | B-G |
| SHOT PUT | B-G |
| DISCUS | G-B |
| JAVELIN | G-B |
| LONG JUMP | B-G |

10:00 AM - RUNNING EVENTS

| | |
|------------------------|-------------------|
| 400 METER HURDLES | FINAL ON TIME G-B |
| 200 METER DASH | TRIALS G-B |
| TWO MILE RUN | FINAL ON TIME G-B |
| 800 METER RUN | FINAL ON TIME G-B |
| 400 METER RUN | FINAL ON TIME G-B |
| 100 METER DASH | TRIALS G-B |
| 100 METER HURDLES | TRIALS G |
| 110 METER HURDLES | TRIALS B |
| ONE MILE RUN | FINAL ON TIME G-B |
| 200 METER DASH | FINAL G-B |
| 100 METER DASH | FINAL G-B |
| 110 METER HIGH HURDLES | FINAL B |
| 100 METER HURDLES | FINAL G |
| 3200 METER RELAY | FINAL ON TIME G-B |
| 400 METER RELAY | FINAL ON TIME G-B |
| 1600 METER RELAY | FINAL ON TIME G-B |