MSTCA Girls State Heptathlon

Monday, June 8 & Tuesday, June 9, 2015

@3:30pm

North; North Reading HS

North Site Director: Sotirios Pintzopoulos

Information:

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

2. Entries are due by June 2, 2015 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

<u>Team A</u>		<u>Team B</u>	
<u>Day I</u>	<u>Day II</u>	<u>Day I</u>	<u>Day II</u>
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 @ <u>rkates@ndahingham.com</u>
11. North Questions please contact Sotirios Pintzopoulos @ spintzopoulos@north-reading.k12.ma.us

South: Notre Dame Academy-Hingham

South Site Director; Rick Kates

MSTCA Girls State Heptathlon		South
Please Print	TRY FORM	
SCHOOL:		
Coach's Name:		
Coach's Day Phone Contact:		
Coach's Cell Phone 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	First Nome	Crada	request	
Last Name	First Name	Grade	opening HJ Height	IEAM A or B