

MSTCA Girls State Heptathlon
Monday, June 8 & Tuesday, June 9 , 2015
@3:30pm

North; North Reading HS

North Site Director: Sotirios Pintzopoulos

South: Notre Dame Academy-Hingham

South Site Director; Rick Kates

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

Team A

Day I

100 M Hurdles
High Jump
Shot Put
200 Meters

Day II

Long Jump
Javelin
800 Meters

Team B

Day I

100 M Hurdles
Long Jump
Javelin
200 Meters

Day II

High Jump
Shot Put
800 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 Sotirios Pintzopoulos @ spintzopoulos@north-reading.k12.ma.us

