



MSTCA Girls State Heptathlon  
Monday, June 5 & Tuesday, June 6, 2017  
@3:30pm

**North: North Reading HS**

North Director: Sotirios Pintzopoulos  
Email: [spintzopoulos@nrpsk12.org](mailto:spintzopoulos@nrpsk12.org)  
Cell: 978-852-7602

**South: Notre Dame Academy-Hingham**

South Director: Rick Kates  
Email: [Rkates@ndahingham.com](mailto:Rkates@ndahingham.com)  
Cell: 781-706-3340

**Information:**

1. Schools are allowed a maximum of 6 student-athletes
  - o A & B Teams must be declared prior to the start of Day 1 Competition.
  - o Failure to do so will result in NO TEAM SCORING
2. Dividing Line is the Mass Pike for North and South Teams
3. **Entries are due by June 3 via directathletics**
4. Payment Information
  - o Make Checks out to: MSTCA
  - o Cost: \$25 per student-athlete or \$70 for Team of Three
  - o Payment must be received by June 5, 2017 (day one of the competition)
  - o Mail all checks to Elaine Mooney, 60 Cynthia Road, Seekonk, MA 02771
  - o NO PURCHASE ORDERS WILL BE ACCEPTED FOR THIS MEET
  - o If you enter of Directathletics, you are responsible for the entry fees, regardless if you compete or not.
5. Each site will have an athletic trainer on site, please bring your own supplies for taping.
6. All measurements will be measured as metric.
7. Order of Events

<b><u>Day 1</u></b>	<b><u>Day 2</u></b>
100 Meter Hurdles	Long Jump
High Jump	Javelin
Shot Put	800 Meters
200 Meters	

**AWARDS**

Top 3 Teams = Plaques  
Top 5 Individuals = Plaques  
Top 20 = T-Shirts

# MSTCA SINGLE WAIVER FORM – SPRING 2017

Please take the time to have this waiver form signed, attach your roster, and mail it in. Once you do that, your waiver responsibilities for the spring are completed! **Failure to submit by the deadline will result in a warning. A second offense will result in a \$50.00 late fee.**

I attest that all the athletes that will be participating from our school in the MSTCA spring meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participating in this sport and waives releases and holds harmless the MSTCA organization, its officers, sponsors and representatives, as well as the host community, from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events. *My school also agrees to have a PO or payment in the hands of MSTCA before any meet they compete in.*

## THIS IS NOT AN ENTRY FORM

Information for entering the following MSTCA-sponsored meets is found elsewhere on our web site.

- \_\_\_\_\_ MSTCA Individual Pentathlon
- \_\_\_\_\_ MSTCA Freshman/Sophomore Meet
- \_\_\_\_\_ MSTCA Coaches Boys and/or Girls Invitational
- \_\_\_\_\_ MSTCA State Relays
- \_\_\_\_\_ MSTCA Decathlon/Heptathlon

\_\_\_\_\_  
Principal/Athletic Director's Signature

\_\_\_\_\_  
Coach's Name (Please print legibly)

\_\_\_\_\_  
School Name

\_\_\_\_\_  
Coach's e-mail (Please print legibly)

\_\_\_\_\_  
School's Phone Number

Boys' Team \_\_\_ Girls' Team \_\_\_ Both \_\_\_

AD's e-mail \_\_\_\_\_

\*\*\*Please attach your teams' rosters and mail to: \*\*\*

Jim Hoar

31 Campion Road

Yarmouth Port, MA 02675

**MUST BE RECEIVED BY APRIL 15, 2017**



SCHOOL: \_\_\_\_\_

Massachusetts State Track Coaches Association (MSTCA)

Massachusetts Interscholastic Athletic Association (MIAA)

## OUTDOOR Track Coaches Emergency Contact Form

Girls Head Coach: \_\_\_\_\_ Cell # \_\_\_\_\_

Boys Head Coach: \_\_\_\_\_ Cell # \_\_\_\_\_

Assistant Coach: \_\_\_\_\_ Cell # \_\_\_\_\_

Assistant Coach: \_\_\_\_\_ Cell # \_\_\_\_\_

Assistant Coach: \_\_\_\_\_ Cell # \_\_\_\_\_

Each school is responsible to have a rally point for their team in case of any emergency exit, including weather. Please make sure all of your student-athletes are aware of your plan.

This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes and they will contact the coach.

In case of a medical situation that requires 911 to be accessed, the Meet may be put on hold until the situation subsides by local public safety.

**In case of inclement weather-all teams will evacuate under the direction of the Meet Director and or Police to the closest facility or bus.**

**Prior to the start of the Meet, each coaching staff must be represented at the coaches meeting - the Meet Director will review the site's emergency evacuation procedures.**