



**42<sup>nd</sup> Annual Girls MSTCA Invitational**  
**Saturday, May 12<sup>th</sup>, 2018 (9:30 Field, 10:00 AM Running)**  
**Sharon High School**  
**181 Pond St., Sharon, MA**

<b>Hosted by:</b>	Sharon High School																														
<b>Sanctioned by:</b>	M.I.A.A.																														
<b>Meet Director:</b>	Mike Miller, (617) 291-1124, <a href="mailto:mcspike33@gmail.com">mcspike33@gmail.com</a>																														
<b>Entry Deadline</b>	<b>Monday, May 7, 2018 at midnight</b> - All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a>																														
<b>Sponsored by:</b>	Marathon Sports																														
<b>Participating Schools</b>	Open to all MIAA schools' girls' teams from all divisions and regions that are eligible to compete on their school's team according to the high school principal.																														
<b>Events and Standards:</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">100 meter – 13.64</td> <td style="width: 33%;">Freshman 100 m – 14.5</td> <td style="width: 33%;">Sophomore 100 m – 14.5</td> </tr> <tr> <td>200 meter – 28.0</td> <td>400 m IH – 73.5</td> <td>400 meter – 65.0</td> </tr> <tr> <td>800 meter – 2:35.0</td> <td>Mile – 5:50.0</td> <td>Freshman mile – 6:10</td> </tr> <tr> <td>2 Mile – 12:45.0</td> <td>100 HH – 18.0</td> <td></td> </tr> <tr> <td>4 x 100m relay – 55.7</td> <td>Freshman 4 x 100m – none</td> <td>Sophomore 4x100m-none</td> </tr> <tr> <td>4 x 400m – 4:38.0</td> <td>4 x 800 m relay – 11:10</td> <td>Pole Vault – 7'00"</td> </tr> <tr> <td>High Jump – 4'10"</td> <td>Long Jump – 15'04"</td> <td>Triple Jump -- 32'00"</td> </tr> <tr> <td>Discus – 86'00"</td> <td>Javelin – 91'00"</td> <td>Shot Put – 29'04"</td> </tr> <tr> <td colspan="3">Mobility/ Sight-Impaired 100 meters- no standard</td> </tr> <tr> <td colspan="3">Mobility/ Sight-Impaired Shot Put- no standard</td> </tr> </table>	100 meter – 13.64	Freshman 100 m – 14.5	Sophomore 100 m – 14.5	200 meter – 28.0	400 m IH – 73.5	400 meter – 65.0	800 meter – 2:35.0	Mile – 5:50.0	Freshman mile – 6:10	2 Mile – 12:45.0	100 HH – 18.0		4 x 100m relay – 55.7	Freshman 4 x 100m – none	Sophomore 4x100m-none	4 x 400m – 4:38.0	4 x 800 m relay – 11:10	Pole Vault – 7'00"	High Jump – 4'10"	Long Jump – 15'04"	Triple Jump -- 32'00"	Discus – 86'00"	Javelin – 91'00"	Shot Put – 29'04"	Mobility/ Sight-Impaired 100 meters- no standard			Mobility/ Sight-Impaired Shot Put- no standard		
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<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>• M.I.A.A. rules will be in effect.</li> <li>• An athlete may participate in any three events</li> <li>• A relay counts as a running event</li> <li>• NFHS Uniform rules will be enforced.</li> </ul>																														
<b>Team/Athlete Participation</b>	A team may enter as many athletes in an event as long as they have met the qualifying standards																														
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>• \$6 per event/ \$20 per relay</li> <li>• No maximum per school</li> </ul> <p>If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if they do not compete. If your school uses the Single Payment option, you complete the entry process, come to the meet and pick up your packet.</p> <p>Make checks payable to: MSTCA.          Payment must be received by May 10, 2018 or your athletes will not be able to compete.          MSTCA IRS Tax ID number: 04-3394224</p> <p><b>Payments</b> in the form of a check or purchase order, <b>payable to <u>MSTCA</u></b>, should be mailed as soon as possible to:  <b>MSTCA</b>  <b>c/o Elaine Mooney</b>  <b>60 Cynthia Road</b>  <b>Seekonk, MA 02771</b></p> <p><b>LATE ENTRIES:</b> Late entries are strongly discouraged; however, there is a late fee policy for MSTCA meets. If you miss the <b>Monday (5/7/18)</b> deadline, and still want your team to compete, you must contact the meet director by <b>Tuesday, 5/8</b>, no later than 8 p.m. He is the only one to deal with this request. You will not be able to access Direct Athletics. The late fee will be \$100 per person or relay. No entries will be accepted after <b>Tuesday 5/8</b> at 8:00 p.m. Schools that enter late entrants must bring to the meet a check or Purchase Order for the entry fees plus the late fees, to give to the meet director, or they will not be allowed to compete.</p>																														

<b>Awards</b>	Medals will be awarded to the top six performers in every event. There is no team scoring. Coaches will be asked to nominate athletes for Best Field, Best Running, and Best All-Around Athletes awards.
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.
<b>Spikes</b>	Only 1/8" or 1/4" PYRAMID spikes allow <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b> Spikes are allowed ONLY in the track area.
<b>Facility Information</b>	The track is a 6-lane composite track with 8 lanes on the straightaway. All field events are within walking distance to the track, except pole vault. Vehicle parking is on site; bus drop-off at Sharon HS, parking at nearby Deborah Sampson Park. There will be a concession area and T-shirts will be available for the athletes to purchase. All T-Shirt proceeds support the MSTCA Campership and College Scholarships.
<b>High Jump</b>	There is one composite high jump area Starting Height: 4'8" Height progression will be 4'8"-4'10"-4'11"-5'0" then up 2" There is no limit to the amount of total jumps an athlete may take in competition
<b>Long Jump</b>	There will be one long jump pit with a painted board All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard
<b>Triple Jump</b>	There will be one triple jump pit with painted boards at 24', 28', 32', 36', 40' All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard
<b>Pole Vault</b>	<b>Pole Vault will be held Friday, May 12 at Notre Dame Academy-Hingham 4pm</b> Starting Heights: 6'6" Height progression will be up by 6"
<b>Shot Put</b>	There will be one shot put sector on the infield All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard Schools must provide shot puts weighing no less than 8 kilograms and meeting NFHS specifications
<b>Discus</b>	There will be one discus sector on the upper field All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard Schools must provide discus weighing no less than 1 kilogram and meeting NFHS specifications
<b>Javelin</b>	There will be one javelin sector on the lower field, using a grass runway All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard Schools must provide javelins weighing 600g and meeting NFHS specifications
<b>Equipment</b>	Schools should provide their own batons Starting blocks will be provided by the site director (please do not bring your own)
<b>Order of Events</b>	<b>Field Event Starting Times:</b> <b>POLE VAULT- 4 PM Friday at Notre Dame Academy, Hingham</b> <b>DISCUS- 9:30 AM</b> <b>JAVELIN- 9:30 AM</b> <b>MOBILITY/SIGHT-IMPAIRED SHOT PUT- 9:30 AM</b> <b>HIGH JUMP- 9:30 AM</b> <b>TRIPLE JUMP- 9:30 AM</b> <b>LONG JUMP- 10:00 AM</b> <b>SHOT PUT- 10:30 AM</b>

	<p><b>Running Event Starting Time: 10:00 AM</b>  <b><i>A time schedule will be sent out prior to the meet, which will serve ONLY as an estimate</i></b>  Two Mile RUN –Finals on Time  400 meter Hurdles – Sections on time  200 meter Dash – Trials – Fastest 6 (FAT) advance to final.  Freshman Mile – Sections on time  Mile – Sections on time  100 High Hurdles –Trials – Fastest 8 (FAT) advance to final  Freshman 100 meter Dash trials – Fastest 8 (FAT) will advance to final  Sophomore 100 meter Dash trials – Fastest 8 (FAT) will advance to final  100 meter Dash –Trials – Fastest 8 (FAT) advance to final  800 meter – Sections on Time  200 meter Dash – Final-6 to the Final  400 meter – Sections on time  100 High Hurdles – Final  Mobility-Impaired and Sight-Impaired 100 meter Dash – Final  Freshman 100 meter dash – Final  Sophomore 100 meter dash-Final  100 meter dash – Final  Freshman 4 x 100 meter relay  Sophomore 4 x 100 meter relay  4 x 800 meter relay  4 x 100 meter relay  4 x 400 meter relay</p>
<p><b>Emergency Contact Form &amp; team waiver</b></p>	<p>All coaches must have filled out an MSTCA Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team. Also, all coaches must fill out the Single Season waiver form found on <a href="http://www.mstca.org">www.mstca.org</a> prior to registering your team for the meet.</p>
<p><b>Inclement Weather</b></p>	<p>In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, check the email address you have listed in Direct Athletics, or you may call any of the listed numbers:  Mike Miller 617-291-1124 (Meet director)  Rick Kates 781-706-3340 (MSTCA)  Frank Mooney 508-728-9921 (MSTCA)  Jim Hoar 508-776-7589 (MSTCA)</p>