



Western MA Decathlon & Heptathlon
Monday June 4th & Tuesday June 5th 2018 (4pm)
Hampshire Regional
19 Stage Rd, Westhampton 01027

Hosted by:	Host School
Sanctioned by:	M.I.A.A.
Meet Director:	Brandon Palmer 413.388.3018 Coachpalmer4@gmail.com
Entry Deadline	May 27, 2018 - All entries will be due on www.directathletics.com
Sponsored by:	Marathon Sports
Participating Schools	Western MA area schools
Team/Athlete Participation	Schools are Allowed a maximum of 6 student-athletes <ul style="list-style-type: none"> • A & B teams must be declared prior to the start of Day 1 Competition. • Failure to do so will result in NO TEAM SCORING
Entry Fees	<ul style="list-style-type: none"> • \$70 per school team (separate boys' and girls' fees) • \$280 maximum per school • \$25 per athlete, per event and cost per relay team, whichever is less. <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 June 4, 2018 or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224</p> <p>Payments in the form of a check or purchase order, payable to <u>MSTCA</u>, should be mailed as soon as possible to:</p> <p>MSTCA c/o Elaine Mooney 60 Cynthia Road Seekonk, MA 02771</p>
Awards	AWARDS Top 3 Teams = Plaques Top 5 Individuals = Plaques Top 20 = T-Shirts
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
Spikes	What spikes are allowed? I left the indoor language below Only 1/8" or 1/4" PYRAMID spikes allowed. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.
Facility Information	What do we need to know about the facility? Is Pole Vault on site? # of pits? Anything and everything specific to this particular facility. Specifics about clerking? Include parking information if applicable
High Jump	2 jumping pits <ul style="list-style-type: none"> • Starting Heights: Girls -lowest possible height ; Boys – lowest possible height • Height progression will be 5 cm
Long Jump	2 jumping pits <ul style="list-style-type: none"> • 3 jumps each athlete, no finals
Triple Jump	2 jumping pits

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Pole Vault	N/A																										
Shot Put	1 Shot Sector <ul style="list-style-type: none"> • 3 throws each athlete, no finals 																										
Discus	1 Discus Sector <ul style="list-style-type: none"> • 3 throws each athlete, no finals 																										
Javelin	1 Javelin Sector <ul style="list-style-type: none"> • 3 throws each athlete, no finals 																										
Equipment	Please bring your school's throwing implements, Starting blocks will be provided																										
Order of Events	<table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left;">Decathlon</th> <th style="text-align: left;">Heptathlon</th> </tr> </thead> <tbody> <tr> <td>DAY 1</td> <td>Day 1</td> </tr> <tr> <td>100 Meters</td> <td>100 Hurdles</td> </tr> <tr> <td>Long Jump</td> <td>High Jump</td> </tr> <tr> <td>Shot Put or Discus</td> <td>Shot Put</td> </tr> <tr> <td>High Jump</td> <td>200 Meters</td> </tr> <tr> <td>400 Meters</td> <td></td> </tr> <tr> <td>Day 2</td> <td>Day 2</td> </tr> <tr> <td>110 Meter Hurdles</td> <td>Long Jump</td> </tr> <tr> <td>Triple Jump</td> <td>Javelin</td> </tr> <tr> <td>Javelin</td> <td>800 Meters</td> </tr> <tr> <td>Shot Put or Discus</td> <td></td> </tr> <tr> <td>1500 Meter</td> <td></td> </tr> </tbody> </table>	Decathlon	Heptathlon	DAY 1	Day 1	100 Meters	100 Hurdles	Long Jump	High Jump	Shot Put or Discus	Shot Put	High Jump	200 Meters	400 Meters		Day 2	Day 2	110 Meter Hurdles	Long Jump	Triple Jump	Javelin	Javelin	800 Meters	Shot Put or Discus		1500 Meter	
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Inclement Weather	In case of inclement weather, June 6 th will be the rain date.																										