



**43<sup>rd</sup> Annual Girls MSTCA Invitational**  
**45<sup>th</sup> Annual Boys MSTCA Invitational**  
**Saturday, May 11<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, (781) 660-6910, <a href="mailto:mcspike33@gmail.com">mcspike33@gmail.com</a>  |                 |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| <b>Entry Deadline</b>             | <b>Monday, May 6, 2019 at midnight</b><br>- 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' boys' and 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 border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Event:</th> <th style="text-align: left;">Boys Standard:</th> <th style="text-align: left;">Girls Standard:</th> </tr> </thead> <tbody> <tr><td>100 Meters</td><td>11.60</td><td>13.80</td></tr> <tr><td>200 Meters</td><td>23.80</td><td>28.50</td></tr> <tr><td>400 Meters</td><td>55.50</td><td>66.00</td></tr> <tr><td>800 Meters</td><td>2:08.00</td><td>2:35.00</td></tr> <tr><td>1 Mile Run</td><td>4:50.00</td><td>5:50.00</td></tr> <tr><td>2 Mile Run</td><td>10:40.00</td><td>12:45.00</td></tr> <tr><td>110/100 Meter Hurdles</td><td>17.50</td><td>18.00</td></tr> <tr><td>400 Meter Hurdles</td><td>65.00</td><td>1:18.00</td></tr> <tr><td>4x100m Relay</td><td>50.00</td><td>55.70</td></tr> <tr><td>4x400m Relay</td><td>3:55.00</td><td>4:38.00</td></tr> <tr><td>4x800m Relay</td><td>9:10.00</td><td>11:10.00</td></tr> <tr><td>Shot Put</td><td>39'0"</td><td>29'0"</td></tr> <tr><td>Discus</td><td>105'0"</td><td>83'0"</td></tr> <tr><td>Javelin</td><td>128'0"</td><td>87'0"</td></tr> <tr><td>Long Jump</td><td>19'0"</td><td>15'3"</td></tr> <tr><td>Triple Jump</td><td>38'0"</td><td>31'6"</td></tr> <tr><td>High Jump</td><td>5'8"</td><td>4'8"</td></tr> <tr><td>Pole Vault</td><td>8'6"</td><td>7'0"</td></tr> <tr><td>Freshman 1 Mile Run</td><td>5:20.00</td><td>6:10.00</td></tr> <tr><td>Freshman 100 Meters</td><td>12.50</td><td>14.50</td></tr> <tr><td>Frosh-Soph 4x100m Relay</td><td>1 Per Team</td><td>1 Per Team</td></tr> <tr><td>Site/Mobility 100 Meters</td><td>No Time</td><td>No Time</td></tr> <tr><td>Site/ Mobility Shot Put</td><td>No Distance</td><td>No Distance</td></tr> <tr><td>Co-Ed 4x400m Relay</td><td>1 Per Team</td><td>1 Per Team</td></tr> </tbody> </table> |                 | Event: | Boys Standard: | Girls Standard: | 100 Meters | 11.60 | 13.80 | 200 Meters | 23.80 | 28.50 | 400 Meters | 55.50 | 66.00 | 800 Meters | 2:08.00 | 2:35.00 | 1 Mile Run | 4:50.00 | 5:50.00 | 2 Mile Run | 10:40.00 | 12:45.00 | 110/100 Meter Hurdles | 17.50 | 18.00 | 400 Meter Hurdles | 65.00 | 1:18.00 | 4x100m Relay | 50.00 | 55.70 | 4x400m Relay | 3:55.00 | 4:38.00 | 4x800m Relay | 9:10.00 | 11:10.00 | Shot Put | 39'0" | 29'0" | Discus | 105'0" | 83'0" | Javelin | 128'0" | 87'0" | Long Jump | 19'0" | 15'3" | Triple Jump | 38'0" | 31'6" | High Jump | 5'8" | 4'8" | Pole Vault | 8'6" | 7'0" | Freshman 1 Mile Run | 5:20.00 | 6:10.00 | Freshman 100 Meters | 12.50 | 14.50 | Frosh-Soph 4x100m Relay | 1 Per Team | 1 Per Team | Site/Mobility 100 Meters | No Time | No Time | Site/ Mobility Shot Put | No Distance | No Distance | Co-Ed 4x400m Relay | 1 Per Team | 1 Per Team |
| Event:                            | Boys Standard:   | Girls Standard: |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 100 Meters                        | 11.60  | 13.80           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 200 Meters                        | 23.80  | 28.50           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 400 Meters                        | 55.50  | 66.00           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 800 Meters                        | 2:08.00  | 2:35.00         |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 1 Mile Run                        | 4:50.00  | 5:50.00         |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 2 Mile Run                        | 10:40.00   | 12:45.00        |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 110/100 Meter Hurdles             | 17.50  | 18.00           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 400 Meter Hurdles                 | 65.00  | 1:18.00         |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 4x100m Relay                      | 50.00  | 55.70           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 4x400m Relay                      | 3:55.00  | 4:38.00         |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| 4x800m Relay                      | 9:10.00  | 11:10.00        |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Shot Put                          | 39'0"  | 29'0"           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Discus                            | 105'0"   | 83'0"           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Javelin                           | 128'0"   | 87'0"           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Long Jump                         | 19'0"  | 15'3"           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Triple Jump                       | 38'0"  | 31'6"           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| High Jump                         | 5'8"   | 4'8"            |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Pole Vault                        | 8'6"   | 7'0"            |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Freshman 1 Mile Run               | 5:20.00  | 6:10.00         |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Freshman 100 Meters               | 12.50  | 14.50           |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Frosh-Soph 4x100m Relay           | 1 Per Team   | 1 Per Team      |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Site/Mobility 100 Meters          | No Time  | No Time         |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Site/ Mobility Shot Put           | No Distance  | No Distance     |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| Co-Ed 4x400m Relay                | 1 Per Team   | 1 Per Team      |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |
| <b>Participation Rules:</b>       | <ul style="list-style-type: none"> <li>• NFHS 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>  |                 |        |                |                 |            |       |       |            |       |       |            |       |       |            |         |         |            |         |         |            |          |          |                       |       |       |                   |       |         |              |       |       |              |         |         |              |         |          |          |       |       |        |        |       |         |        |       |           |       |       |             |       |       |           |      |      |            |      |      |                     |         |         |                     |       |       |                         |            |            |                          |         |         |                         |             |             |                    |            |            |

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|                      | <p>Make checks payable to: MSTCA.<br/> Payment must be received by May 9, 2019 or your athletes will not be able to compete.<br/> 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:<br/> MSTCA<br/> c/o Coaches Invitational Entries<br/> 956 Turnpike Road, Unit D<br/> Canton, MA, 02021</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 (5/6/19)</b> deadline, and still want your team to compete, you must contact the meet director by <b>Wednesday, 5/8</b>, no later than 7 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>Wednesday 5/8</b> at 7:00 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> |
| Awards               | 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.   |
| Results              | Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.  |
| Spikes               | 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. Spikes are allowed ONLY in the track area.   |
| Facility Information | The track is a 6-lane composite track with 8 lanes on the straightaway.<br>All field events are within walking distance to the track, except pole vault.<br>Vehicle parking is on site; bus drop-off at Sharon HS, parking at nearby Deborah Sampson Park.<br>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.   |
| High Jump            | There is one composite high jump area<br>Starting Height: Girls 4'8", Boys 5'8"<br>Height progression will be opening height, then up 2"<br>There is no limit to the amount of total jumps an athlete may take in competition  |
| Long Jump            | There will be one long jump pit with a painted board<br>All athletes will get three attempts in the trials<br>Top 8 athletes will qualify for finals, and receive three more attempts<br>All legal attempts will be measured, but please do not bring athletes who have not met the standard   |
| Triple Jump          | There will be one triple jump pit with painted boards at 24', 28', 32', 36', 40'<br>All athletes will get three attempts in the trials<br>Top 8 athletes will qualify for finals, and receive three more attempts<br>All legal attempts will be measured, but please do not bring athletes who have not met the standard   |
| Pole Vault           | Pole Vault will be held Friday, May 10 at Notre Dame Academy-Hingham 4pm<br>Starting Heights: 6'6" girls, 8'6" boys<br>Height progression will be opening height, then up by 6"  |
| Shot Put             | There will be one shot put sector on the infield<br>All athletes will get three attempts in the trials<br>Top 8 athletes will qualify for finals, and receive three more attempts<br>All legal attempts will be measured, but please do not bring athletes who have not met the standard   |

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|   | <b>Schools must provide shot puts weighing 8 kg/ 12 lb and meeting NFHS specifications</b>  |
| <b>Discus</b>                                   | <p>There will be one discus sector on the upper field<br/> All athletes will get three attempts in the trials<br/> Top 8 athletes will qualify for finals, and receive three more attempts<br/> All legal attempts will be measured, but please do not bring athletes who have not met the standard<br/> Schools must provide discus weighing 1 kg/ 1.4 kg. and meeting NFHS specifications</p>   |
| <b>Javelin</b>                                  | <p>There will be one javelin sector on the lower field, using a grass runway<br/> All athletes will get three attempts in the trials<br/> Top 8 athletes will qualify for finals, and receive three more attempts<br/> All legal attempts will be measured, but please do not bring athletes who have not met the standard<br/> Schools must provide javelins weighing 600g/ 800g and meeting NFHS specifications</p>   |
| <b>Equipment</b>                                | <p>Schools should provide their own batons<br/> Starting blocks will be provided by the site director (please do not bring your own)</p>  |
| <b>Order of Events</b>                          | <p><b>Field Event Starting Times:</b><br/> 4:00 PM Friday- Pole Vault- Boys Followed by Girls at NDA-Hingham<br/> 9:30 Triple Jump- Boys followed by girls (12:30)<br/> 9:30 High Jump- Girls followed by boys (12:30)<br/> 9:30 Long Jump- Girls followed by boys (12:30)<br/> 9:30 Discus- Boys followed by girls (12:30)<br/> <b>9:30 Javelin- Boys and Girls Throw in two sectors- NOTE: schedule change for girls</b><br/> 9:30 Shot Put- Girls followed by boys (12:30)<br/> ** Sight/mobility impaired athletes will compete immediately following event as scheduled</p> <p><b>Running Event Starting Times:</b><br/> <i>These times are estimates, but we will not get more than 20 minutes ahead of this schedule</i><br/> Saturday- Running Events (Boys before girls on the track- all times are estimates)<br/> <b>NOTE: Running Event start time has moved up to 9:30 to accommodate large running entries</b><br/> 9:30: 400 meter Hurdles- Final on time<br/> 10:10: 200 meter- Final on time<br/> 10:45: Freshman 1 Mile Run- Final on time<br/> 11:20: 1 Mile run- Final on time<br/> 12:15: 110/ 100 Meter Hurdle Trials- top 8 FAT times to final<br/> 12:35: Freshman 100 Meter Dash Trials- top 8 FAT to final<br/> 12:50: 100 meter Dash Trials- top 8 FAT times to final<br/> 1:25: 800 meter run- Final on time<br/> 1:45: 400 meter run- Final on Time<br/> 2:15: 110/100 Meter Hurdle Finals<br/> 2:15: Freshman 100 Meter Dash Finals<br/> 2:20: 100 Meter Dash Finals<br/> 2:25: 2 Mile run- Final on Time<br/> 2:55: Freshman-Sophomore 4x100 Meter Relay<br/> 3:00: 4x100 Meter Relay<br/> 3:15: 4x800 Meter Relay<br/> 3:50: 4x400 Meter Relay<br/> 4:40: Co-Ed 4x400 Meter Relay (2 female and 2 male runners, order up to coach)<br/> ** Sight/mobility impaired athletes will compete immediately following event as scheduled</p> |
| <b>Emergency Contact Form &amp; team waiver</b> | <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.<br/> 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>   |

**Inclement Weather**

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 781-660-6910 (Meet director)

Rick Kates 781-706-3340 (MSTCA)

Frank Mooney 508-728-9921 (MSTCA)

Jim Hoar 508-776-7589 (MSTCA)