

2019 DISTRICT E WEIGHT PENTATHLON

DATE: Monday, June 3, 2019 (Rain date: Tuesday, June 4, 2019)

SITE: Crocker Field, Fitchburg

TIME: 3:30 P.M.

Open to all Central Massachusetts high school boys & girls. No limit on entries. You must have a minimum of three (3) for a team score.

ENTRY FEE: \$20 per athlete. Make Check/P.O. payable to: District E Track & Field Committee, Inc.

Payments should be mailed to: Michael O'Malley, Treasurer, 68 Holden St., Apt. #1, Worcester, MA 01605

District E IRS Tax ID number: 38-3846879

If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if they do not compete. Payment must be received by June 3, 2018 (prior to competition). Cash will also be accepted.

AWARDS: Top 2 teams (male/female) will receive a plaque.
Top 10 individuals (male/female) will receive a medal.

SCORING: Will be done according to the National Federation rules.
Scoring will be based on the I.A.A.F. scoring tables.

MEET CO-DIRECTORS: Chris Woods, Email: fhsrr@verizon.net Cell: 978-790-0996
Pete McCauliff, Email: pmccauliff@gmail.com Cell: 978-855-5648

ENTRY DEADLINE: All entries will be due on www.directathletics.com by Wednesday, May 29, 2019, at 11:59 p.m. Late entries after this deadline may be made by request to the Meet Co-Directors via email. Late entry fee will be \$50 per athlete.

ORDER OF EVENTS: 100 meter dash
Shot Put (3 throws) – two pits.
Javelin (3 throws) – two throwing areas.
Discus (3 throws)
200 meter dash

Coaches will be asked to assist the officials in marking and measuring during the field events.

To reduce the total length of the competition, the entrants will be divided into groups and each group will contest the events in a different order. The group assignments will be determined based on number of heats contested in the 100 meters.

Emergency Contact: All coaches must download and fill out a District E Emergency Contact Form and a District E Waiver Form found on Direct Athletics, and bring these forms to be passed in on the day of the meet.

Incident Weather: In case of bad weather, the decision to hold the meet will be made by 12:30 p.m. If there is any doubt about the meet, check the email address you have listed in Direct Athletics, or you may call either of the two numbers listed above.