



# MSTCA Boys Decathlon

**Monday, June 8 & Tuesday, June 9, 2020 – 3:30 PM**

**North:** Burlington High School, 123 Cambridge St., Burlington, MA  
**South:** Bishop Feehan High School, 70 Holcott Dr., Attleboro, MA  
**West:** Northampton High School, 380 Elm St., Northampton, MA

<b>Hosted by:</b>	North – Burlington High School South – Bishop Feehan High School West – Northampton High School										
<b>Sanctioning:</b>	M.I.A.A.										
<b>Meet Directors:</b>	North – Matt Carr, <a href="mailto:carr@bpsk12.org">carr@bpsk12.org</a> , 781-439-8222 South – Bob L'Homme, <a href="mailto:rlhomme@bishopfeehan.com">rlhomme@bishopfeehan.com</a> , 508-826-8365 West – Brandon Palmer, <a href="mailto:coachpalmer4@gmail.com">coachpalmer4@gmail.com</a> , 413-388-3018										
<b>Sponsored by:</b>	Marathon Sports										
<b>Participating Schools:</b>	<ul style="list-style-type: none"> <li>• Open to all MIAA athletes from all divisions and regions that are eligible to compete on their school's team according to the high school principal.</li> <li>• The dividing line for North and South is the Massachusetts Turnpike.</li> </ul>										
<b>Events and Standards:</b>	<p><b>**There are no standards for this meet.**</b></p> <table> <tr> <td>100 Meter Dash</td><td>110 Meter Hurdles</td></tr> <tr> <td>High Jump</td><td>Javelin Throw</td></tr> <tr> <td>Shot Put</td><td>Triple Jump</td></tr> <tr> <td>Long Jump</td><td>Discus Throw</td></tr> <tr> <td>400 Meter Dash</td><td>1,500 Meter Run</td></tr> </table>	100 Meter Dash	110 Meter Hurdles	High Jump	Javelin Throw	Shot Put	Triple Jump	Long Jump	Discus Throw	400 Meter Dash	1,500 Meter Run
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400 Meter Dash	1,500 Meter Run										
<b>Waiver &amp; Participation Rules:</b>	<ul style="list-style-type: none"> <li>• All teams <b>MUST</b> submit the <b>MSTCA Single Waiver Form</b> for the Outdoor Season prior to their team being allowed to compete.</li> <li>• Please submit your waiver form by Friday, April 17, 2020.</li> <li>• Waivers can be sent electronically to <a href="mailto:hoarj@dy-regional.k12.ma.us">hoarj@dy-regional.k12.ma.us</a>, or mailed to:  <div style="text-align: right;"> Jim Hoar  31 Campion Road  Yarmouthport, MA 02675 </div> </li> </ul>										

<b>Waiver &amp; Participation Rules:</b>	<ul style="list-style-type: none"> <li>• M.I.A.A. rules will be in effect, including enforcement of the uniform rule.</li> <li>• Each school may enter between one and six athletes.</li> <li>• Three athletes score as a team; A and B teams allowed.</li> <li>• Teams must be declared prior to the start of the competition.</li> <li>• All athletes must be accompanied by a coach from their school.</li> <li>• Competitor numbers must be worn on the front of the uniform, including relays.</li> </ul>
<b>Entry Deadline:</b>	<ul style="list-style-type: none"> <li>• Friday, June 5, 2020 by 11:59 p.m.</li> <li>• All entries should be submitted on <a href="http://www.directathletics.com">www.directathletics.com</a>.</li> </ul>
<b>Order of Events:</b>	<p><b>DAY 1 – Monday, June 8 – 3:30 p.m.</b></p> <p><b>100 Meter Dash</b> - All Athletes - random seeding  <b>Field Events</b> - All Athletes - rotation between the six events  <b>400 Meter Dash</b> - All Athletes - random seeding</p> <p><b>DAY 2 – Tuesday, June 9 – 3:30 p.m.</b></p> <p><b>110 Meter Hurdles</b> - All Athletes - random seeding  <b>Field Events</b> - All Athletes - rotation between the six events  <b>1,500 Meter Run</b> - All Athletes - seeding by points</p>
<b>Entry Fees</b>	<p>\$35 per athlete  \$90 for a 3-man team</p> <p>Each school must notify the MSTCA's Finance Officer at <a href="mailto:mstca.billing@gmail.com">mstca.billing@gmail.com</a> of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> <li>• If a school is using the MSTCA's Single Payment method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment.</li> <li>• If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email.</li> <li>• If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email.</li> <li>• If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email.</li> </ul>

<b>Entry Fees</b>	<p>Please make checks payable to: <b>MSTCA</b> and mail to</p> <p>MSTCA c/o MSTCA Decathlon Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p><b>MSTCA Tax ID # 04-3394224</b></p>
<b>Entry Lists:</b>	<ul style="list-style-type: none"> <li>Entry lists will be posted on the MSTCA web site by Sunday, June 7.</li> </ul>
<b>Facility Information</b>	<ul style="list-style-type: none"> <li>Burlington is a 6-lane composite track with an 8-lane straightaway.</li> <li>Bishop Feehan is a 6-lane composite track.</li> <li>Northampton is a 6-lane composite track with an 8-lane straightaway.</li> </ul>
<b>High Jump</b>	<ul style="list-style-type: none"> <li>Two high jump pits may be used at Burlington and Bishop Feehan; one high jump pit will be used at Northampton.</li> <li>Athletes may take no more than 6 total jumps in the competition.</li> <li>Attempts will be measured in metric units.</li> <li>Starting height will be as low as 1.23m (approximately 4' 0") and will increase in 5 cm increments.</li> </ul>
<b>Long Jump</b>	<ul style="list-style-type: none"> <li>There will be one long jump pit with a painted board at all sites.</li> <li>Each athlete will receive 3 attempts.</li> <li>All fair attempts will be measured in metric units.</li> </ul>
<b>Triple Jump</b>	<ul style="list-style-type: none"> <li>There will be one triple jump pit with painted boards at 20', 24', 28', 32', and 36' at all sites.</li> <li>Each athlete will receive 3 attempts.</li> <li>All fair attempts will be measured in metric units.</li> </ul>
<b>Shot Put</b>	<ul style="list-style-type: none"> <li>There will be one shot put sector in use at all three sites; Burlington will have a 2nd sector available for warm-ups.</li> <li>Each athlete will receive 3 attempts.</li> <li>All fair attempts will be measured in metric units.</li> </ul>
<b>Discus Throw</b>	<ul style="list-style-type: none"> <li>There will be one discus sector in use at all three sites; Burlington will have a 2nd sector available for warm-ups.</li> <li>Each athlete will receive 3 attempts.</li> <li>All fair attempts will be measured in metric units.</li> </ul>

<b>Javelin Throw</b>	<ul style="list-style-type: none"> <li>• One javelin pit with a grass runway will be in use at all three sites.</li> <li>• Each athlete will receive 3 attempts.</li> <li>• All fair attempts will be measured in metric units.</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>• Teams must provide their own throwing implements.</li> <li>• Starting blocks will be provided by the host school. Teams cannot use their own. Please do not bring them.</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>• Plaques will be awarded to the top 5 individuals.</li> <li>• Plaques will be awarded to the top 3 teams.</li> <li>• T-shirts will be awarded to each event winner and the top 20 individuals.</li> </ul>
<b>Results</b>	<ul style="list-style-type: none"> <li>• Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a>, the official MSTCA web site.</li> </ul>
<b>Spikes</b>	<ul style="list-style-type: none"> <li>• Only 1/8" or 1/4" Pyramid spikes are allowed on the track.</li> <li>• Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</li> </ul>
<b>Emergency Contact</b>	<p>All coaches must have filled out an MSTCA <b>Emergency Contact Form</b> online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.</p>
<b>Inclement Weather</b>	<ul style="list-style-type: none"> <li>• Rain date for Monday 6/8 is Tuesday 6/9.</li> <li>• Rain date for Tuesday 6/9 is Wednesday 6/10</li> <li>• Any decision to cancel the meet because of inclement weather will be made by 1:00 p.m. on the day of the meet.</li> <li>• If there is any doubt, you may call/text one of the following to check:</li> </ul> <p> Matt Carr            781-439-8222  Bob L'Homme       508-826-8365  Brandon Palmer   413-388-3018  Rick Kates         781-706-3340 </p>