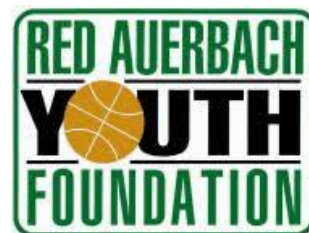




MSTCA Small School Freshmen/Sophomore Meet

**Saturday, May 2, 2020 – 9:30 AM Field
– 10:00 AM Track**



**Plymouth South High School
490 Long Pond Road, Plymouth, MA**

Hosted by:	Plymouth South High School																																																								
Sanctioning:	M.I.A.A.																																																								
Meet Director:	Hatim Jean-Louise, hjeanlouis@stjohnsprep.org , 857-445-8817																																																								
Sponsor:	Red Auerbach Foundation & Marathon Sports																																																								
Small/Large School Threshold	<ul style="list-style-type: none">• Small Schools are those with enrollment of 1099 and lower.• Large Schools are those with enrollment of 1100 and higher.• Each school's data is based on the 2019-2020 MIAA alignments. MIAA Outdoor Track and Field Alignment																																																								
Events and Standards:	<table><tr><th>Event</th><th>Girls</th><th>Boys</th></tr><tr><td>100 Meters</td><td>14.50</td><td>12.50</td></tr><tr><td>200 Meters</td><td>29.50</td><td>27.50</td></tr><tr><td>400 Meters</td><td>68.00</td><td>58.00</td></tr><tr><td>800 Meters</td><td>2:40.0</td><td>2:20.0</td></tr><tr><td>1 Mile Run</td><td>6:15.0</td><td>5:25.0</td></tr><tr><td>2 Mile Run</td><td>13:30.0</td><td>11:40.0</td></tr><tr><td>400 Meter Hurdles</td><td>78.00</td><td>72.00</td></tr><tr><td>100/110 Meter Hurdles</td><td>20.50</td><td>20.50</td></tr><tr><td>High Jump</td><td>4' 3"</td><td>5' 3"</td></tr><tr><td>Long Jump</td><td>14' 0"</td><td>17' 0"</td></tr><tr><td>Triple Jump</td><td>27' 0"</td><td>32' 0"</td></tr><tr><td>Javelin Throw</td><td>65' 0"</td><td>100' 0"</td></tr><tr><td>Shot Put</td><td>25' 0"</td><td>30' 0"</td></tr><tr><td>Discus Throw</td><td>60' 0"</td><td>80' 0"</td></tr><tr><td>4x100m Relay</td><td>No Standard</td><td>No Standard</td></tr><tr><td>4x400m Relay</td><td>4:50.0</td><td>4:10.0</td></tr><tr><td>4x800m Relay</td><td>11:40</td><td>9:45.0</td></tr></table> <p>** No standards for Mobility Impaired & Visually Impaired Events.</p>			Event	Girls	Boys	100 Meters	14.50	12.50	200 Meters	29.50	27.50	400 Meters	68.00	58.00	800 Meters	2:40.0	2:20.0	1 Mile Run	6:15.0	5:25.0	2 Mile Run	13:30.0	11:40.0	400 Meter Hurdles	78.00	72.00	100/110 Meter Hurdles	20.50	20.50	High Jump	4' 3"	5' 3"	Long Jump	14' 0"	17' 0"	Triple Jump	27' 0"	32' 0"	Javelin Throw	65' 0"	100' 0"	Shot Put	25' 0"	30' 0"	Discus Throw	60' 0"	80' 0"	4x100m Relay	No Standard	No Standard	4x400m Relay	4:50.0	4:10.0	4x800m Relay	11:40	9:45.0
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Waiver & Participation Rules:	<ul style="list-style-type: none"> • All teams <u>MUST</u> submit the <u>MSTCA Single Waiver Form</u> for the Outdoor Season prior to their team being allowed to compete. • Please submit your waiver form by Friday, April 17, 2020. • Waivers can be sent electronically to hoarj@dy-regional.k12.ma.us, or mailed to: <div style="text-align: center;"> Jim Hoar 31 Campion Road Yarmouthport, MA 02675 </div> <ul style="list-style-type: none"> • This meet is for athletes enrolled as freshmen or sophomores in high school. <u>Do not enter any 7th or 8th graders.</u> • A school may enter a maximum of <u>three</u> female and <u>three</u> male entries in all individual events except for the relays. • A schools may enter a maximum of <u>one</u> male team and <u>one</u> female team per relay event. • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • Participating athletes may compete in any three events. • A relay counts as a running event. • Competitor numbers must be worn on the front of the uniform, including relays.
Entry Deadline	<ul style="list-style-type: none"> • Monday, April 27, 2020 by 11:59 p.m. • All entries should be submitted on www.directathletics.com.
Order of Events	<p>FIELD EVENTS – 9:30 a.m. – Check in at each pit.</p> <p>Javelin Throw: Girls followed by Boys</p> <p>Discus Throw: Girls followed by Boys</p> <p>Shot Put: Boys followed by Girls</p> <p>Long Jump: Boys followed by Girls</p> <p>Triple Jump: Girls followed by Boys</p> <p>High Jump: Boys followed by Girls</p> <p>* Sight/Mobility Impaired Athletes will compete immediately following each field event as scheduled.</p>

Order of Events	<p>TRACK EVENTS – 10:00 a.m. – Check in on the infield; Girls followed by Boys</p> <p>Two Mile Run: Sections on time, fastest section last.</p> <p>400 Meter Hurdles: Sections on time, fastest section last.</p> <p>200 Meter Dash: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>One Mile Run: Sections on time, fastest section last.</p> <p>100 Meter Hurdles: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>110 Meter Hurdles: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>100 Meter Dash: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final.</p> <p>400 Meter Dash: Sections on time, fastest section last.</p> <p>200 Meter Dash: Finals</p> <p>800 Meter Run: Sections on time, fastest section last.</p> <p>100 Meter Hurdles: Finals</p> <p>110 Meter Hurdles: Finals</p> <p>100 Meter Dash: Finals</p> <p>4 x 800 Meter Relay: Sections on time, fastest section last.</p> <p>4 x 100 Meter Relay: Sections on time, fastest section last.</p> <p>4 x 400 Meter Relay: Sections on time, fastest section last.</p> <p>* Sight/Mobility Impaired Athletes will compete immediately following each field event as scheduled.</p>
Entry Fees	<p>\$10 per individual event \$25 per relay \$175 maximum fee per gender</p> <p>Each school must notify the MSTCA's Finance Officer at mstca.billing@gmail.com of its payment plan for the entry fees prior to the day of the meet.</p> <ul style="list-style-type: none"> • 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. • 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. • 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. • 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.

Entry Fees	<p>Please make checks payable to: MSTCA and mail to</p> <p>MSTCA c/o Warrior Invitational Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p style="text-align: right;">MSTCA Tax ID # 04-3394224</p> <p><u>Late Entry Policy:</u> If a school misses the Monday deadline and still wants to compete, the coach must contact and receive permission <u>from the Meet Director</u>.</p> <ul style="list-style-type: none"> • Prior to 7:00 p.m. on April 29: Late entry fee is \$100 per person or relay • After 7:00 p.m. on April 29, no entries will be accepted. • Late fees must be paid before the team is allowed to compete.
Entry Lists	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Wednesday, April 29.
Facility Information	<ul style="list-style-type: none"> • The track is a 8-lane composite track. • All field events are within walking distance to the track.
High Jump	<ul style="list-style-type: none"> • There is one composite high jump area. • Starting Height: Girls 4' 3", Boys 5' 3" • Height progression will be opening height, then up 2" • There is no limit to the amount of total jumps an athlete may take in competition.
Long Jump	<ul style="list-style-type: none"> • There will be one long jump pit with a painted board. • <u>No runbacks are allowed</u>. Athletes should come prepared with a mark. • All athletes will get three attempts in the trials. • Top 7 athletes will qualify for finals, and receive three more attempts
Triple Jump	<ul style="list-style-type: none"> • There will be one triple jump pit with painted boards at 24', 28', 32', 36'. • <u>No runbacks are allowed</u>. Athletes should come prepared with a mark. • All athletes will get three attempts in the trials. • Top 7 athletes will qualify for finals, and receive three more attempts.
Shot Put	<ul style="list-style-type: none"> • There will be one shot put sector. • All athletes will get three attempts in the trials. • Top 7 athletes will qualify for finals, and receive three more attempts. • Schools must provide shot puts weighing 4kg / 12 lb and meeting NFHS specifications.

Discus	<ul style="list-style-type: none"> • There will be one discus sector. • All athletes will get three attempts in the trials. • Top 7 athletes will qualify for finals, and receive three more attempts. • Schools must provide discus weighing 1 kg / 1.6 kg. and meeting NFHS specifications.
Javelin	<ul style="list-style-type: none"> • There will be one javelin sector using a grass runway. • All athletes will get three attempts in the trials. • Top 7 athletes will qualify for finals, and receive three more attempts. • Schools must provide javelins weighing 600g / 800g and meeting NFHS specifications.
Equipment	<ul style="list-style-type: none"> • Teams must provide their own batons. • Teams must provide their own throwing implements. • Starting blocks will be provided by the host school. Teams cannot use their own. Please do not bring them.
Awards	<ul style="list-style-type: none"> • Top 6 finishers in each event will receive medals. • No team awards. • Best Field, Best Running, and Best All-Around awards will be given to athletes in each gender; coaches will be asked to nominate athletes.
Results	<ul style="list-style-type: none"> • Live results will be available on www.mstcatiming.org. • Final results will be posted on www.mstca.org, the official MSTCA web site.
Spikes	<ul style="list-style-type: none"> • Only 1/8" or 1/4" Pyramid spikes are allowed on the track. • Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.
Emergency Contact Form	<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.</p>
Inclement Weather	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on the day of the meet. • If there is any doubt, you may call/text one of the following to check: <p style="text-align: center;">Hatim Jean-Louis 857-445-8817 Rick Kates 781-706-3340</p>