



MSTCA Multi-Fest

Girls Heptathlon – Friday, April 17, 2020 – 3:30 PM
– Saturday, April 18, 2020 – 12:00 PM

Boys Decathlon – Friday, April 17, 2020 – 3:30 PM
– Saturday, April 18, 2020 – 12:00 PM

Girls & Boys Pentathlon – Saturday, April 18, 2020 – 12:00 PM

North Andover High School
430 Osgood St, North Andover, MA

Hosted by:	North Andover High School																																			
Sanctioning:	M.I.A.A.																																			
Meet Director:	Rick Kates, rkates2005@gmail.com , 781-706-3340																																			
Sponsored by:	Marathon Sports																																			
Participating Schools:	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.																																			
Events and Standards:	<div>**There are no standards for this meet.**</div> <table><thead><tr><th><u>Pentathlon</u></th><th><u>Heptathlon</u></th><th><u>Decathlon</u></th><th></th></tr></thead><tbody><tr><td>100m/110m Hurdles</td><td>100m Hurdles</td><td>110m Hurdles</td><td>Pole Vault</td></tr><tr><td>Long Jump</td><td>200m</td><td>100m</td><td>High Jump</td></tr><tr><td>High Jump</td><td>800m</td><td>400m</td><td>Long Jump</td></tr><tr><td>Shot Put</td><td>High Jump</td><td>1,500m</td><td>Javelin Throw</td></tr><tr><td>800m/1,500m</td><td>Long Jump</td><td></td><td>Shot Put</td></tr><tr><td></td><td>Javelin Throw</td><td></td><td>Discus Throw</td></tr><tr><td></td><td>Shot Put</td><td></td><td></td></tr></tbody></table>				<u>Pentathlon</u>	<u>Heptathlon</u>	<u>Decathlon</u>		100m/110m Hurdles	100m Hurdles	110m Hurdles	Pole Vault	Long Jump	200m	100m	High Jump	High Jump	800m	400m	Long Jump	Shot Put	High Jump	1,500m	Javelin Throw	800m/1,500m	Long Jump		Shot Put		Javelin Throw		Discus Throw		Shot Put		
<u>Pentathlon</u>	<u>Heptathlon</u>	<u>Decathlon</u>																																		
100m/110m Hurdles	100m Hurdles	110m Hurdles	Pole Vault																																	
Long Jump	200m	100m	High Jump																																	
High Jump	800m	400m	Long Jump																																	
Shot Put	High Jump	1,500m	Javelin Throw																																	
800m/1,500m	Long Jump		Shot Put																																	
	Javelin Throw		Discus Throw																																	
	Shot Put																																			
Waiver & Participation Rules:	<ul style="list-style-type: none">All teams MUST submit the MSTCA Single Waiver Form 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>Jim Hoar 31 Champion Road Yarmouthport, MA 02675</div>																																			

Waiver & Participation Rules:	<ul style="list-style-type: none"> • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • All athletes must be accompanied by a coach from their school. • Competitor numbers must be worn on the front of the uniform, including relays.
Entry Deadline:	<ul style="list-style-type: none"> • Monday, April 13, 2020 by 11:59 p.m. • All entries should be submitted on www.directathletics.com.
Order of Events	<p>HEPTATHLON – DAY 1 – Friday, April 17 – 3:30 p.m.</p> <p>Javelin Throw 200 Meters</p> <p>HEPTATHLON – DAY 2 – Saturday, April 18 – 12:00 p.m.</p> <p>See Pentathlon order below.</p> <p>DECATHLON – DAY 1 – Friday, April 17 – 3:30 p.m.</p> <p>100 Meters Pole Vault Discus Javelin 400 Meters</p> <p>DECATHLON – DAY 2 – Saturday, April 18 – 12:00 p.m.</p> <p>See Pentathlon order below.</p> <p>PENTATHLON – Saturday, April 18 – 12:00 p.m.</p> <p>100 M Hurdles (G) / 110 M Hurdles (B) High Jump (G) / Long Jump (B) Shot Put (G) / High Jump (B) Long Jump (G) / Shot Put (B) 800m (G) / 1,500m (B)</p>
Entry Fees	<p>\$55 per student athlete</p>

Entry Fees	<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. <p>Please make checks payable to: MSTCA and mail to</p> <div> <div> MSTCA c/o MSTCA Multi-fest Entries 956 Turnpike Road, Unit D Canton, MA 02021 </div> <div> MSTCA Tax ID # 04-3394224 </div> </div> <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 15: Late entry fee is \$50 per athlete • After 7:00 p.m. on April 15, 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 Thursday, April 16.
Facility Information	<ul style="list-style-type: none"> • The track is a 8-lane composite track.
High Jump	<ul style="list-style-type: none"> • There will be two composite high jump pits in use. • Starting Height: Girls 3' 11.5", Boys 4' 7.75" • Attempts will be measured in metric units. • Height progression will be opening height, then up by 5 centimeters.
Long Jump	<ul style="list-style-type: none"> • There will be two long jump pits in use. • Each athlete will receive 3 attempts. • All fair attempts will be measured in metric units.

Shot Put	<ul style="list-style-type: none"> • There will be one shot put sector in use. • Each athlete will receive 3 attempts. • All fair attempts will be measured in metric units.
Discus	<ul style="list-style-type: none"> • There will be one discus sector in use. • Each athlete will receive 3 attempts. • All fair attempts will be measured in metric units.
Javelin	<ul style="list-style-type: none"> • There will be one javelin pit with a grass runway use. • Each athlete will receive 3 attempts. • All fair attempts will be measured in metric units.
Pole Vault	<ul style="list-style-type: none"> • There will be one composite pole vault pit in use. • Starting Height: 8' 0" • Attempts will be measured in metric units. • Height progression will be opening height, then up by 15 centimeters.
Equipment	<ul style="list-style-type: none"> • 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 5 finishers in each of the four events will receive awards. • No team awards.
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.
Emergency Contact	<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>Steve Nugent 978-361-5155 Rick Kates 781-706-3340</p>