



44th Annual Girls MSTCA Invitational 46th Annual Boys MSTCA Invitational

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

Foxborough High School
120 South St, Foxborough, MA

Hosted by:	Foxborough High School																																																																							
Sanctioned by:	M.I.A.A.																																																																							
Meet Director:	Mike Miller, mcspike33@gmail.com , 781-660-6910																																																																							
Sponsored by:	Marathon Sports																																																																							
Participating Schools	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.																																																																							
Events and Standards:	<table><tr><td>Event:</td><td>Boys Standard:</td><td>Girls Standard:</td></tr><tr><td>100 Meters</td><td>11.40</td><td>13.50</td></tr><tr><td>200 Meters</td><td>23.50</td><td>28.00</td></tr><tr><td>400 Meters</td><td>54.00</td><td>64.00</td></tr><tr><td>800 Meters</td><td>2:05.00</td><td>2:32.00</td></tr><tr><td>1 Mile Run</td><td>4:45.00</td><td>5:45.00</td></tr><tr><td>2 Mile Run</td><td>10:30.00</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>63.00</td><td>1:15.00</td></tr><tr><td>4x100m Relay</td><td>48.00</td><td>55.00</td></tr><tr><td>4x400m Relay</td><td>3:55.00</td><td>4:30.00</td></tr><tr><td>4x800m Relay</td><td>9:10.00</td><td>11:00.00</td></tr><tr><td>Shot Put</td><td>40'0"</td><td>29'0"</td></tr><tr><td>Discus Throw</td><td>110'0"</td><td>83'0"</td></tr><tr><td>Javelin Throw</td><td>135'0"</td><td>87'0"</td></tr><tr><td>Long Jump</td><td>19'0"</td><td>15'9"</td></tr><tr><td>Triple Jump</td><td>39'0"</td><td>32'6"</td></tr><tr><td>High Jump</td><td>5'9"</td><td>4'10"</td></tr><tr><td>Pole Vault</td><td>8'6"</td><td>7'0"</td></tr><tr><td>Freshman 1 Mile Run</td><td>5:10.00</td><td>6:10.00</td></tr><tr><td>Site/Mobility 100 Meters</td><td>No Standard</td><td>No Standard</td></tr><tr><td>Site/ Mobility Shot Put</td><td>No Standard</td><td>No Standard</td></tr><tr><td>Co-Ed 4x400m Relay</td><td>1 Per Team</td><td>1 Per Team</td></tr></table>			Event:	Boys Standard:	Girls Standard:	100 Meters	11.40	13.50	200 Meters	23.50	28.00	400 Meters	54.00	64.00	800 Meters	2:05.00	2:32.00	1 Mile Run	4:45.00	5:45.00	2 Mile Run	10:30.00	12:45.00	110/100 Meter Hurdles	17.50	18.00	400 Meter Hurdles	63.00	1:15.00	4x100m Relay	48.00	55.00	4x400m Relay	3:55.00	4:30.00	4x800m Relay	9:10.00	11:00.00	Shot Put	40'0"	29'0"	Discus Throw	110'0"	83'0"	Javelin Throw	135'0"	87'0"	Long Jump	19'0"	15'9"	Triple Jump	39'0"	32'6"	High Jump	5'9"	4'10"	Pole Vault	8'6"	7'0"	Freshman 1 Mile Run	5:10.00	6:10.00	Site/Mobility 100 Meters	No Standard	No Standard	Site/ Mobility Shot Put	No Standard	No Standard	Co-Ed 4x400m Relay	1 Per Team	1 Per Team
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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"> • 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. • Pentathletes are limited to the Pentathlon only • Competitor numbers must be worn on the front of the uniform, including relays.
Entry Deadline	<ul style="list-style-type: none"> • Monday, May 4, 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>Pole Vault**: Girls followed by Boys</p> <p>** <u>Pole Vault will compete at 4:00 p.m. on Friday, May 8 at NDA-Hingham.</u></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>400 Meter Hurdles: Sections on time, fastest section last. 200 Meter Dash: Sections on time, fastest section last. Freshman One Mile Run: Sections on time, fastest section last. One Mile Run: Sections on time, fastest section last. 100 Meter Hurdles: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final. 110 Meter Hurdles: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final. 100 Meter Dash: Serpentine seeding based on entry time, fast to slow; Fastest 8 advance to the Final. 800 Meter Run: Sections on time, fastest section last. 400 Meter Dash: Sections on time, fastest section last. 100 Meter Hurdles: Finals 110 Meter Hurdles: Finals 100 Meter Dash: Finals Two Mile Run: Sections on time, fastest section last. 4 x 100 Meter Relay: Sections on time, fastest section last. 4 x 800 Meter Relay: Sections on time, fastest section last. 4 x 400 Meter Relay: Sections on time, fastest section last. Co-Ed 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</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. <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>MSTCA Tax ID # 04-3394224</p>

Entry Fees	<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 May 6: Late entry fee is \$100 per person or relay • After 7:00 p.m. on May 6, 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, May 7.
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' 8", Boys 5' 8" • 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. • All athletes will get three attempts in the trials. • Top 8 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'. • All athletes will get three attempts in the trials. • Top 8 athletes will qualify for finals, and receive three more attempts.
Pole Vault	<ul style="list-style-type: none"> • Pole Vault held Friday, May 8 at Notre Dame Academy - Hingham @ 4 p.m. • Starting Height: 6'6" girls, 8'6" boys • Height progression will be opening height, then up by 6" • There is no limit to the amount of total jumps an athlete may take in competition.
Shot Put	<ul style="list-style-type: none"> • There will be one shot put sector on the infield. • All athletes will get three attempts in the trials. • Top 8 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 on the far field. • All athletes will get three attempts in the trials. • Top 8 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 on the upper field, using a grass runway. • All athletes will get three attempts in the trials. • Top 8 athletes will qualify for finals, and receive three more attempts. • Schools must provide javelins weighing 600g / 800g and meeting NFHS specifications.
Co-Ed 4x400m Relay	<ul style="list-style-type: none"> • Relay team consists of 2 girls and 2 boys. • Each coach will determine their own relay order.
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	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.
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>Mike Miller 781-660-6910 Rick Kates 781-706-3340</p>