



5th Annual MSTCA Warrior Invitational

Thursday, April 23, 2020 – 9:30 AM Pentathlon
– 11:00 AM Track & Field

Foxborough High School
120 South St, Foxborough, MA

Hosted by:	Foxborough High School																																				
Sanctioning:	M.I.A.A.																																				
Meet Director:	Jayson Sylvain, mstca.billing@gmail.com , 508-641-1524																																				
Sponsor:	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:	<p>** There are no standards for this meet. **</p> <p style="text-align: center;"><u>Pentathlon</u></p> <table> <tr> <td><u>Girls</u></td><td><u>Boys</u></td></tr> <tr> <td>100 Meter Hurdles</td><td>110 Meter Hurdles</td></tr> <tr> <td>Long Jump</td><td>Long Jump</td></tr> <tr> <td>Shot Put</td><td>Shot Put</td></tr> <tr> <td>High Jump</td><td>High Jump</td></tr> <tr> <td>800 Meters</td><td>1500 Meters</td></tr> </table> <table> <tr> <td><u>Track</u></td><td><u>Field</u></td></tr> <tr> <td>100 Meters</td><td>Javelin Throw</td></tr> <tr> <td>200 Meters</td><td>Discus Throw</td></tr> <tr> <td>400 Meters</td><td>Shot Put</td></tr> <tr> <td>800 Meters</td><td>Long Jump</td></tr> <tr> <td>1 Mile</td><td>Triple Jump</td></tr> <tr> <td>2 Miles</td><td>High Jump</td></tr> <tr> <td>100/110 Meter Hurdles</td><td></td></tr> <tr> <td>400 Meter Hurdles</td><td></td></tr> <tr> <td>4 x 100 Meter Relay</td><td></td></tr> <tr> <td>4 x 400 Meter Relay</td><td></td></tr> <tr> <td>4 x 800 Meter Relay</td><td></td></tr> </table>	<u>Girls</u>	<u>Boys</u>	100 Meter Hurdles	110 Meter Hurdles	Long Jump	Long Jump	Shot Put	Shot Put	High Jump	High Jump	800 Meters	1500 Meters	<u>Track</u>	<u>Field</u>	100 Meters	Javelin Throw	200 Meters	Discus Throw	400 Meters	Shot Put	800 Meters	Long Jump	1 Mile	Triple Jump	2 Miles	High Jump	100/110 Meter Hurdles		400 Meter Hurdles		4 x 100 Meter Relay		4 x 400 Meter Relay		4 x 800 Meter Relay	
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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> • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • Participating athletes must adhere to the 2-1 Limit (Two Running & 1 Field or One Running and Two Field) • 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, April 20, 2020 by 11:59 p.m. • All entries should be submitted on www.directathletics.com.
Order of Events	<p>PENTATHLON – 9:30 a.m.</p> <p> 100 M Hurdles (G) / 110 M Hurdles (B) Long Jump (G) / High Jump (B) Shot Put (G) / Long Jump (B) High Jump (G) / Shot Put (B) 800m (G) / 1,500m (B) </p> <p>FIELD EVENTS – 11:00 a.m. – Check in at each pit.</p> <p>Javelin Throw: Girls followed by Boys</p> <p>Discus Throw: Boys followed by Girls</p> <p>Shot Put**: Girls followed by Boys</p> <p>Long Jump**: Girls followed by Boys</p> <p>Triple Jump: Boys followed by Girls</p> <p>High Jump**: Boys followed by Girls</p> <p>** These events will not begin until the pentathletes have finished competing.</p>

Order of Events	<p>TRACK EVENTS – 11:00 a.m. – Check in on the infield; Girls followed by Boys</p> <p>400 Meter Hurdles: Sections on time, fastest section last. One Mile Run: Sections on time, fastest section last. 100 Meter Hurdles: Sections on time, fastest section last. 110 Meter Hurdles: Sections on time, fastest section last. 100 Meter Dash: Sections on time, fastest section last. 800 Meter Run: Sections on time, fastest section last. 400 Meter Dash: Sections on time, fastest section last. 200 Meter Dash: Sections on time, fastest section last. 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.</p> <p>** Pentathlon Distance Events will interrupt track events as needed.</p>
Entry Fees	<p>\$10 per individual event \$25 per relay \$200 maximum fee per gender</p> <p>\$50 per pentathlon entry – This fee is not subject to the 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. <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 10:00 p.m. on April 21: Late entry fee is \$50 per person or relay • After 10:00 p.m. on April 21, 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 Tuesday, April 21.
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' 0", Boys 5' 0" • 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 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'. • 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 on the infield. • 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 on the far field. • 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 on the upper field, 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.
Pentathlon	<ul style="list-style-type: none"> • Meet management may choose to limit participation to the first 24 entries. • All legal throws and jumps will be measured in metric. • There will be an approximately 30-minute break between events.
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 3 finishers in each event will receive medals. • 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. • 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>Jayson Sylvain 508-641-1524 Joe Cusack 508-596-8118</p>