

MSTCA LAST CHANCE TO QUALIFY

MASSACHUSETTS STATE TRACK COACHES ASSOCIATION
REGGIE LEWIS TRACK AND ATHLETIC CENTER
SUNDAY FEBRUARY 2, 2014, 9:30am

Hosted by: Mashpee High School

Meet Director: Stephen C. Infascelli (csteverun@gmail.com; 774.454.8293)

Numbers donated by: **MARATHON SPORTS**

“The purpose of this meet is to give those who have not qualified for the MIAA Divisional Championships one last chance to obtain their respected standards. Coaches are advised to enter only those who will be competitive against the standards as governed by the MIAA”. – Meet Director, Stephen C. Infascelli

ENTRY INFORMATION:

Entries Due: Tuesday January 28th at 10:00pm

Individual Events: \$10.00 per individual event; \$25.00 per relay

Make checks payable to: MSTCA (MSTCA IRS Tax ID Number: 04-3394224) PO and checks must be in our hands before your athlete can compete. Please send the PO and or checks to: Elaine Mooney 60 Cynthia Road Seekonk, MA. 02771 Registration is accomplished online through Direct Athletics at www.directathletics.com

Late Fee: There is a late fee policy for MSTCA meets. If you miss the Tuesday deadline, and still want to compete, you will have to contact the meet director (Direct Athletics will be closed). The Director is the only one to deal with this issue. The fee structure will be \$50.00 per person / relay on Wednesday before 10:00pm; it goes up to \$100.00 per person / relay on Thursday before 6:00pm. No entries will be accepted after Thursday at 6:00pm. Schools that enter late entrants must come to the meet with a check or PO for the complete fee plus late fee to hand to the meet director or they will not be allowed to compete.

WAIVER INFORMATION

If you have not attended an MSTCA event this winter your school will need to download the waiver form off the www.mstca.org website and mail a completed form with a copy of your team roster and be received by Thursday, January 30th 2014. Please mail waiver to: Jim Hoar 31 Champion Road Yarmouthport, MA. 02675

COACHES: PLEASE SEND ALL FIRST TIME STATE QUALIFIERS TO SEE MEET DIRECTOR!!!

(If your athlete qualifies for their respected divisional meet for the first time, ever.)

Meet Information No awards for this meet

Spikes Only ¼” Pyramid spikes or ¼” Christmas Trees are allowed. Use of any other spikes will result in disqualification.

Event Limitations “Any Three”

EVENT	Girls	Boys
55M DASH	8.00	7.30
55M HURDLES	10.00	8.90
300M DASH	47.00	41.00
600M DASH	1:52.00	1:34.00
1,000M RUN	3:30.00	2:58.00
ONE MILE RUN	6:00.00	5:00.00
TWO MILE RUN	13:00.00	10:45.00
SHOTPUT	28-00.00	40-00.00
HIGH JUMP	04-06.00	05-06.00
LONG JUMP	14-06.00	18-00.00
4 X 200M RELAY	1:58.00	1:45.00
4 X 400M RELAY	4:40.00	3:50.00
4 X 800M RELAY	10:50.00	9:00.00

ORDER OF EVENTS

9:30am

Long Jump -- Girls, then Boys (3 jumps)

Shot Put -- Girls and Boys (3 Throws)

High Jump -- Boys (Starting Height 05-06.00) Will begin at conclusion of Dash Finals.
(5.6,5.8,5.10)

High Jump -- Girls (Starting Height 04-06.00) Will begin at conclusion of Dash Finals.
(4.6,4.8,4.10,4.11)

10:00am

All Track Events Will be G-B

55mHH / 55m Dash Trials & Finals

One Mile Run Final – Sections on time, fastest section last.

600m Dash Final – Sections on time, fastest section last.

1,000m Run Final – Sections on time, fastest section last.

300m Dash Final – Sections on time, fastest section last.

Two Mile Run Final – Sections on time, fastest section last.

4 x 200m Relay Final – Sections on time, fastest section last.

4 x 800m Relay Final – Sections on time, fastest section last.

4 x 400m Relay Final – Sections on time, fastest section last

COACHES: PLEASE SEND ALL FIRST TIME STATE QUALIFIERS TO SEE MEET

DIRECTOR!!! (If your athlete qualifies for their respected divisional meet for the first time, ever.)