



# MSTCA LAST CHANCE TO QUALIFY MEET

SUNDAY JANUARY 31, 2016, 9:30am

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**Hosted by: Durfee High School**

**Meet Director:** Joe LeMar , [Biffrunner1@aol.com](mailto:Biffrunner1@aol.com), cell phone: 508-345-5485

Sponsored by: MSTCA

The purpose of this meet is to give those athletes who have not qualified for the MIAA Divisional Championships one last chance to obtain their respective standards. Coaches are urged to enter only those athletes who may be capable of obtaining the standards set by the MIAA for their own division.

**Coaches, it is your responsibility to check [MSTCA.org](http://MSTCA.org) for all updated meet information  
Thank you. MSTCA**

## ENTRY INFORMATION

**Deadline:** Sunday, January 24th at midnight. Register on line through Direct Athletics at: [www.directathletics.com](http://www.directathletics.com)

**Entry Fees:** \$10.00 per person, per event; \$25.00 per relay

**Payment:** Make checks payable to MSTCA and send checks or PO to:

MSTCA,  
c/o Elaine Mooney,  
60 Cynthia Road,  
Seekonk, MA 02771.

MSTCA Tax ID Number: 04-3394224.

PO or checks must be received before meet day or your athlete will not compete.

**Late Fee:** There is a late fee policy for MSTCA meets. If you miss the Sunday deadline, and still want to compete, you will have to contact Joe LeMar 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 or relay on Wednesday before 10:00pm; it goes up to \$100.00 per person or relay on Thursday before 6:00 p.m. No entries will be accepted after Thursday at 6:00 p.m. Schools that enter late entrants must come to the meet with a check or PO for the entry fee plus late fee to hand to the meet director or they will not be allowed to compete.

**Long Jump** **No run backs from the board to get marks**

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

## WAIVER INFORMATION

If you have not attended an MSTCA event this winter, your school will need to download the waiver form from: [www.mstca.org](http://www.mstca.org) website and mail the completed form with your team roster to:

Jim Hoar,  
31 Campion Road,  
Yarmouth Port, MA 02675.

The form and roster must be received by Thursday, January 28, 2016.

### INCLEMENT WEATHER

In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, coaches should listen to TV (look for Roxbury Community College) and radio announcements, or you may call any of the listed numbers:

Reggie Lewis Center 617-541-3535

Joe LeMar 508-345-5485

**Standards for entry into this meet: Check back before entry deadline to see if standards change**

<u>EVENT</u>	<u>Girls</u>	<u>Boys</u>
55M DASH	8.0	7.20
55M HURDLES	10.00	9.00
300M DASH	47.00	40.10
600M DASH	1:52.00	1:35.00
1,000M RUN	3:30.00	3:00.00
ONE MILE RUN	6:00.00	5:00.00
TWO MILE RUN	12:50.00	10:50.00
SHOTPUT	28'00"	40'00"
HIGH JUMP	4'6"	5'6"
LONG JUMP	14'00"	18'00"
4 X 200M RELAY	1:59.00	1:45.00
4 X 400M RELAY	4:42.00	3:57.00
4 X 800M RELAY	11:04.00	9:15.00

#### Order of Events

9:30 AM G-B Long Jump **No run backs from the board to get marks**  
G-B Shot Put

10:00 AM G-B 55 m Hurdles Trials  
G-B 55M Trials  
B-G 55 m Hurdles Finals  
G-B 55 m Finals

B & G High Jump will start 30 minutes after the conclusion of the Dash and Hurdles. Two pits.

Girls will run before the boys in the following events:

10:30 AM Mile  
600 M  
1000 M  
300 M  
2 Mile  
4 x 200 M Relay  
4 x 800 M Relay  
4 x 400 M Relay

