



20th Annual BOYS & GIRLS TEAM PENTATHLON

Saturday, December 22nd, 2018 (9:00 AM)

Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA

Hosted by:	Dennis-Yarmouth Reg. H.S.
Sanctioned by:	M.I.A.A
Meet Director:	Jim Hoar, 508-258-0038 (home) 508-776-7589 (cell), E-mail: hoarj@dy-regional.k12.ma.us
Sponsored by:	MARATHON SPORTS
Description:	<p>The Team Pentathlon is an event where a school team must be made up of five athletes, each athlete participating in only one event. You select your best athlete in each event and enter the five as a team. You may enter more than one team per gender and should also have one or more alternates available. THERE IS A 20-TEAM LIMIT FOR THIS COMPETITION. THE FIRST TWENTY (20) BOYS TEAMS AND THE FIRST TWENTY (20) GIRLS TEAMS ENTRIES RECEIVED WILL BE ACCEPTED. "B" and "C" teams will be allowed, and are counted in the 20- team limit.</p> <p>EVENTS 55 METER HURDLES - HIGH JUMP - SHOT PUT - LONG JUMP – 800 METERS (girls) / 1,000 METERS (boys)</p>
Participation Rule:	<ul style="list-style-type: none"> ➤ M.I.A.A. rules will be in effect. ➤ Uniform rules will be enforced. ➤ Do not show up at RLC if you did not send in an entry. You'll not compete! ➤ Entered Schools will be posted on MSTCA web site by December 28th.
DEADLINE	All entries must be entered in Direct Athletics (www.directathletics.com) by Wednesday, December 17 th , 2018 at midnight.
Entry Fees	<p>The entry fee is \$50.00 per five-person team, separate fees for boys' and girls' teams.</p> <p>Purchase Orders or checks payable to MSTCA, with a copy of the entry form(s) must be sent to BOTH: Payments in the form of a check or purchase order, payable to <u>MSTCA</u>, should be mailed as soon as possible to:</p> <p>MSTCA Team Pentathlon 956 Turnpike Road, Unit D Canton, MA 02021</p> <p>POs can be sent <i>electronically</i> to: mstca.billing@gmail.com</p> <p>MSTCA Tax ID # 04-3394224</p> <p>If payment is not received before meet day, you may bring payment to the meet, but you must notify the meet director of your plan to do so. If payment is not received, your team will not be allowed to participate.</p>

	<p>(If you enter a team, your school is responsible for payment even if your team does not compete.</p> <p>Late entries will be subject to an additional late fee of \$50 per team if the meet director decides to accept them after the Dec. 17th deadline; however, no entries will be accepted after Dec. 19th.</p>
ORDER OF EVENTS	<p>55 meter hurdles, then high jump, shot put, and long jump. *If necessary there will be two H.J. pits, two S.P. areas, and two L.J. pits is use.</p> <p>The H.J./L.J./S.P. will be conducted at the same time.</p> <p>At the conclusion of the three field events the heats for the 800 (women) and 1,000 (men) will be set up based on point totals.</p>
Awards	<p>Points will be awarded for performances in each event, and the boys' and girls' school scoring the highest number of points will be declared "Mass. Team Pentathlon Champion." Team plaques will be awarded to the first five teams in the competition based on total points. Members of the top three teams will receive T-shirts and individual event winners not on the top three teams will also receive T-shirts.</p>
Results	<p>At the end of each event, or as sections in the HJ/LJ/SP are completed, updated scoring (if practical) will be posted. Complete results will be available at the computer table at the end of the competition. Results will not be mailed.</p> <p>Results will be posted on www.mstca.org, the official MSTCA web site.</p>
Spikes	<p>Only 1/8" or 1/4" PYRAMID spikes allowed at R.L.C. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet. Spikes are allowed ONLY in the track area.</p>
High Jump	<p>When you know which pit your high jumpers will jump, they should immediately get their marks and take some practice jumps. Once the hurdles have been completed the high jump will begin. No warm-up jumps will be allowed after this time. The event should move along quickly and smoothly, as these are your best jumpers. Starting heights will be established after entries have been received. <i>The distances in the field events will be measured in metric.</i></p>
Shot Put	<p>The shot put will be arranged in flights. Your athlete should be ready when his/her flight is called. Each athlete will be allowed three jumps/throws in the competition. Athletes will be given two warmup attempts just prior to their flight. <i>The distances in the field events will be measured in metric.</i></p>
Long Jump	<p>The long jump will be arranged in flights. Your athlete should be ready when his/her flight is called. Each athlete will be allowed three jumps/throws in the competition. Athletes will be given two warmup attempts just prior to their flight. <i>The distances in the field events will be measured in metric.</i></p> <p>NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.</p>
800 (Women) 1,000 (Men)	<p>Sections for the final event will be set up based on accumulated points. This event will not begin until all the competitors have completed the first four events. The number of athletes in each section will be determined the day of the competition.</p>
Alternates	<p>You should have one or more alternates for each event. If you have an athlete that cannot compete in his/her event you may not use an athlete in a second event, but will need the alternate. Each athlete may compete in ONE EVENT only.</p>
Equipment: Shots, & Blocks	<p>All will be provided by meet management. Do not bring blocks or shots to the meet.</p>

Emergency Contact Form	All coaches must have filled out a MSTCA Reggie Lewis Center 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	In case of bad weather, the decision to hold the meet will be made by 7:00 a.m. If there is any doubt about the meet, coaches should watch TV (look for Roxbury Community College) and/or listen to radio announcements, or you may call any of the listed numbers: Reggie Lewis Center 617-541-3535 Jim Hoar 508-776-7589 Rick Kates 781-706-3340



SINGLE WAIVER FORM FOR Indoor Track & Field 2018-2019

I attest that all the athletes that will be participating from our school in the MSTCA Indoor Track & Field meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participation in this sport and waives releases and holds harmless the MSTCA organization, its officers, sponsors and representatives, as well as the host facility from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events.

This waiver acknowledges I have read and understand the following policies:

1. All payments either purchase order or check must be received prior to competition date.
2. School/Coach has read/understands MSTCA Coaches Emergency Action Plan
http://www.mstca.org/Winter_Season/Winter%202018/Emergency%20Action%20Plan%2012%2010%202016.pdf
3. Head Coach is listed as contact person on www.directathletics.com

School's Name _____

Boys' Team _____ Girl's Team _____ Both _____

Principal/OR Athletic Director's Signature _____

Print Principal/OR Athletic Director's Name: _____

Coaches Signature: _____

Print Coaches Name: _____

School's Phone Number _____

Date _____

Please attach your Indoor Track & Field teams' roster

Mail it immediately to: Jim Hoar 31 Campion Road Yarmouthport, MA 02675

Or scan/email to: hoarj@dy-regional.k12.ma.us OR DY fax 508-398-7635

THIS MUST BE RECEIVED NO LATER THAN DECEMBER 14, 2018.