

M.S.T.C.A. Freshman/Sophomore Meet

Sanctioned by: M.I.A.A.

Sponsored by: G.N.B. Vocational Tech. H.S.
Holliston High School

Date: Saturday, May 5, 2007

Place: Holliston H.S. (small schools)
GNBVT H.S. (large schools)

Time: 9:30 a.m. - Boys Running Events - Girls Field Events

Cost: \$5 per event, \$12 per relay team. Maximum per team: \$ 100
School maximum: \$175 for combined boys and girls team entry.

Events: 100, 200, 400, 800, mile, 2mile, 110HH, 300IH, Shot, Discus, Javelin,
Long Jump, Triple Jump, High Jump, 400Relay, 1600Relay, 3200Relay

Awards: 1st six places in every event including the relays. NO team awards.

Entry Limitations: A school may enter **THREE** female and **THREE** male entries in all events except the relays. In the relays schools will be allowed to enter one team in the female race and one team in the male race.

Individual Limitations: One running, One field, One relay.

IMPORTANT FACTS

1. M.I.A.A. and National Federation Rules will be in effect.
2. Only ¼ inch pyramid spikes will be allowed in the facility. If an athlete is caught wearing longer spikes he or she will be disqualified from that event.
3. Opening height in the High Jump will be 5'0" for the boys and 4'4" for the girls
4. The following limitations for measuring will be in effect. Shot Put 34' boys 24' girls; Discus 80' boys 60' girls; Javelin 115' boys 70' girls; LJ boys 16' 6" girls 14'; TJ boys 30' girls 25'. All first throws and jumps will be measured.
5. When the boys running events are completed the girls running events will start after a 5-minute break. In the field events the boys will begin after the girls events are completed and a flight can be created where it does not interfere with a boy running an event.
6. In the field events 7 athletes will go back to a final.
7. A food concession will be available.
8. This meet is intended to be a state level meet similar to the Auerbach Meet in the winter.
9. All entries will be electronically entered on Direct Athletics (<http://www.directathletics.com/>) for this meet (see page 2 for directions on submitting entries).
10. A receipt from Direct Athletics of your entries must be filled out and signed by your Athletic Director. Then you are to send it to the Meet Directors listed below by the deadline date listed on the receipt.
11. **Purchase Orders/Checks made out to M.S.T.C.A. must accompany the receipt.**

Small Schools

c/o Frank Mooney
60 Cynthia Rd.
Seekonk, Mass 02771

Large Schools

c/o Rick Kates
Notre Dame Academy
1073 Main St.
Hingham, MA 02359

12. Tax ID Number: 04-3394224

13. Inclement weather. We intend to run as much as possible.

If any doubts: Call 508-336-8291 (Frank Mooney - small schools). Call 781-706-3340 (Rick Kates – large schools). Turn to Breaking News on the M.S.T.C.A. web site www.mstca.org.

ELECTRONIC ENTRIES DUE DATE: APRIL 26th – RECEIPT DUE DATE: MAY 6th
Late entries are subject to a \$100 late fee. No late entries after May 1st.



M.S.T.C.A. Online Entry Instructions

www.directathletics.com

****Important Note for Existing DirectAthletics Account Holders****

If you already have a DirectAthletics account for your team, you should login at www.directathletics.com and use your existing account to submit your entries. The MSTCA entry process is no different than submitting entries to other DA meets.

If you know you have an account but have forgotten your username/password, you can click the "I forgot my password" link in the login box.

STEP 1—Creating a DirectAthletics Account

If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:

- 1) Go to www.directathletics.com
- 2) On the right side (in the New Account Creation box), select your Division.
- 3) Select your team, choosing only what genders you are submitting entries for. Enter your contact information—this information will be used only by the meet hosts. Lastly, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like "bears" or "adam" or "track" are likely to be taken.
- 4) Click Continue and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account (i.e. Texas (Men)). If you have a Men's and Women's account, it will usually default to Men first.
- 5) Follow Step 2 below to enter your roster.

STEP 2—Setting Up Your Online Roster

Before submitting your entries for the MSTCA Boys & Girls Invitational, you must first add all attending athletes to your Direct Athletics roster:

- 1) On the default Team Roster page, click the green "Add Athletes" link above "Welcome to your Direct Athletics account!"
- 2) Select the number of athletes you wish to enter. You can always add more later.
- 3) Enter your athletes' First Names, Last Names and School Years and click "Submit". Please be aware of what gender you are entering—you will complete the roster and entry process for one gender first, and then repeat the process for the other gender (see the Important Notice after Step 3 below)
- 4) The system will display the athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

STEP 3--Submitting Your Roster/Entries

Once your athletes are added to your roster, you must submit your roster to MSTCA Meet.

- 1) Click the HOME tab in the upper left of the site. Under Upcoming Meets, click the green Register button next to the MSTCA Boys and Girls Invitational.
- 2) Check off the box for each athlete you wish to enter. You can check the top box to select (or un-select) your entire roster. If you have left anyone off your roster accidentally, you can add them using the "Add New Entry" box.
- 3) When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.
- 4) You will see your current, submitted entries on the "View Entries" page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.
- 5) At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link next to the meet in the HOME tab.

****Important Note for Coaches Entering Men AND Women****

If you are entering Men AND Women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender (i.e. Dedham (Women) from the Team dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for Men and Women.