

40th Annual Boys' MSTCA Outdoor Track & Field Invitational Saturday, May 10, 2014

New Bedford Vocational Technical High School, New Bedford, Mass.

Field Events Start at 9:30 AM – Track Events Start at 10 AM

Sanctioned by the M.I.A.A.
Sponsored by New Bedford Vocational Technical High School

Meet Director: Jim Kelly
Site Director: Mark Thornhill

Qualifying Standards

100 meter – 11.5	200 meter – 23.5	400 m IH – 62.0	400 meter – 53.5	800 meter – 2:08.0
Mile – 4:50.0	Freshman Mile – 5:20.0		2 Mile – 10:30.0	100 HH – 16.5

Only one relay per school

4 x 100 m relay – 51.0	Freshman 4 x 100 m relay- no standard	4 x 400 m relay – 4:02.0	4 x 800 m relay – 8:59.0
------------------------	---------------------------------------	--------------------------	--------------------------

Field Events

High Jump – 5'10"	Pole Vault – 10'06"***	Long Jump – 19'06"	Triple Jump 42'00"
Discus – 120'00"	Javelin – 145'00"	Shot Put – 45'00"	

**Pole Vault will be contested on Friday, May 10 at 3:30 PM at Durfee High School.

Events for Mobility Impaired Athletes – New this year

100 meter – no standard; Shot Put – no standard. Additional information on the registration process and time of competition will be posted on this site as soon as determined.

Coaches: These qualifying standards are in place so that athletes may be placed in their proper heats and flights. Please do not overestimate your athletes' performances and displace those athletes who have actually achieved better marks.

Athlete limitations: Any three events. You may enter as many athletes in an event as you want, as long as each athlete has met the qualifying standards.

- ENTRY DEADLINE -

Entry deadline on Direct Athletics is Monday, May 5, 2014, at midnight.

- MIAA rules will be in effect for this meet. Uniform and jewelry rules will be enforced.
- You **MUST** enter on-line using www.DirectAthletics.com. If you need more information, the MSTCA web site contains instructions for the entry process for the meet. **ON-LINE ENTRIES MUST BE COMPLETED BY MONDAY, MAY 5, at MIDNIGHT.** No paper entries
- **Entry Fees:**
\$6.00 per individual event entry, \$20.00 each relay. Example: John Smith, LJ and 100m = \$12.00.
- **Checks Payable to MSTCA.** Tax ID Number: 04-3394224. Once entered, the school is responsible for payment. **Payments** in the form of a check or purchase order, payable to the MSTCA, should be mailed as soon as possible to: M.S.T.C.A., c/o Elaine Mooney, 60 Cynthia Street, Seekonk, MA 02771.
- **Waiver form:** A new waiver form has been sent to your athletic director or it can be downloaded from this web site. He/she has to sign it, attach your roster to it and send it to Jim Hoar, President of MSTCA, by April 15, 2014. When sent back with the team roster attached, this form is valid for the entire spring season, but it must be received before your team is allowed to compete in any meet sponsored by the MSTCA. The waiver form serves to verify that the athletes entered fulfill the eligibility requirements of the MIAA and are bona-fide members of the track team. It also confirms that the times and distances submitted are accurate. If the Games Committee determines that a coach has entered athletes with inflated times or distances, the MSTCA will notify that team's school administration of the occurrence.
- **If your school completes the Single Waiver Form, you will just be responsible for the payment (check/PO). If your school uses the Single Waiver option, you complete the entry process on Direct Athletics and you don't need to do anything else, just come to the meet and pick up your packet.**

- If your school does not use the **Single Waiver** you need to **BRING a photocopy of the entry confirmation e-mail from Direct Athletics, SIGNED BY YOUR A.D. or PRINCIPAL** and present this form to the meet director. Once the DA confirmation is presented, and your payment confirmed, you will be given your team packet.
- Medals will be awarded to the top six performers in every event. There is no team scoring. Coaches will be asked to nominate athletes for Best Field, Best Running, and Best All-Around Athletes awards.
- The track is a 6-lane composite track with 8 lanes on the straight, **ONLY ¼” pyramid spikes** can be worn. Athletes will be disqualified if they wear other types of spikes.
- Javelin will be thrown off a grass runway. Wear the appropriate shoes for throwing off this runway.
- **First legal throws/jumps will be measured.** After the first legal throw or jump, distances shorter than the standards will not be measured. **Standards:** Shot Put: 45’00”; Discus: 120’00”; Long Jump: 19’06”; Triple Jump 42’00”; Javelin: 145’00”
- **Starting heights and progressions for the High Jump and Pole Vault will be determined after the MIAA announces their standards for the State Divisional Meets.**
- Results will be posted on the MSTCA web site. The web site copies can not be used for State Meet certification. A copy of your school’s performances from the computer is the only copy that can be used for certification. You can get a copy of your team performances by completing a self-addressed envelope (with \$2.00) at the computer table. The information will be mailed to you after the meet

Order of Events

Field Events

9:30 – Long Jump, High Jump, Javelin, Discus

11:00 – Triple Jump, Shot Put

All athletes will get three attempts. The TOP 8 athletes will advance to the finals and get three more attempts.

Track events begin at 10:00 AM – Fastest sections run last

400 meter Intermediate Hurdles – **Sections on time**

2 Mile Run – **Sections on time**

100 meter Dash –Trials - Top 8 (FAT) advance to final.

100 High Hurdles –Trials - Top 8 (FAT) advance to final.

200 meter Dash – Trials – Top 6 (FAT) advance to final.

Freshman Mile Run – **Sections on time**

Mile Run – **Sections on time**

400 meter Dash – **Sections on Time**

800 meter run – **Sections on time**

200 meter Dash – **Final**

100 High Hurdles – **Final**

Wheelchair 100 meter dash – **Final**

100 meter Dash – **Final**

Freshman 4 x 100 meter relay – **Sections on time**

4 x 100 meter relay – **Sections on time**

4 x 800 meter relay – **Sections on time**

4 x 400 meter relay – **Sections on time**

For more information about the meet, contact the meet director: **Jim Kelley, 781-733-5356.**

e-mail: sprintercoach11@comcast.com

New Bedford Vocational Technical High School, 1121 Ashley Boulevard, New Bedford, MA 02745

In case of inclement weather, please contact Frank Mooney: 508-728-9921.