

MSTCA Girls State Heptathlon
Monday, June 9 & Tuesday, June 10 , 2014
@3:30pm

North:Quincy HS

North Site Director: Geoff Hennessey

South: Notre Dame Academy-Hingham

South Site Director; Rick Kates

Information:

1. Schools are allowed a maximum of 6 student-athletes
2. **Entries are due by June 2, 2014 with Check-No Purchase orders will be accepted**
3. Mail South & North Entries to : Rick Kates, Meet Director
Notre Dame Academy
1073 Main Street
Hingham, MA 02043
4. Make Checks out to: MSTCA Cost \$25 per student-athlete, Team of Three \$70.
5. There will individual awards[15] and team prizes[Top 3].
6. 3 members will be declared as a team prior to the start of the meet, failure to do will results in NO TEAM SCORING.

Order of Events

Day I	Day II
100 M Hurdles	Long Jump
High Jump	Javelin
Shot Put	800 Meters
200 Meters	

If entries are high, B Teams will follow this format:

Order of Events

Team A

Day I

100 M Hurdles
High Jump
Shot Put
200 Meters

Day II

Long Jump
Javelin
800 Meters

Team B

Day I

100 M Hurdles
Long Jump
Javelin
200 Meters

Day II

High Jump
Shot Put
800 Meters

8. Each site will have an athletic trainer on site, please bring your own supplies for taping.
9. All measurements will be measured as metric.
10. South Questions please contact Rick Kates @ rkates@ndahingham.com
11. North Questions please contact Geoff Hennessey 617-510-1456
Email : henndog89@netscape.net
12. Quincy HS address site is 98 Coddington St. Quincy MA 02169
It is not located at the High School.

