



39th Annual Girls' MSTCA Outdoor Track & Field Invitational
Saturday, May 9, 2015
Dilboy Stadium, 110 Alewife Brook Parkway, Somerville, Mass.

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

Please note that the track events order (page 3) has been changed to mimic the MIAA order of events for the State Divisional Meets and the All-State Meet.

Sanctioned by the M.I.A.A.
Sponsored by Somerville High School

Meet Director: Charlie O'Rourke, Somerville High School
Event Manager: Charlie O'Rourke

Qualifying Standards

100 meter – 13.64	Freshman 100 m – 14.5	200 meter – 28.0	400 m IH – 73.5	400 meter – 65.0
800 meter – 2:35.0	Mile – 5:50.0	Freshman mile – 6:10	2 Mile – 12:45.0	100 HH – 18.0

Only one relay per school:

4 x 100m relay – 55.7	Freshman 4 x 100m – none	4 x 400m – 4:38.0	4 x 800 m relay – 11:08
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Field Events:

High Jump – 4'10"*	Pole Vault – 7'00"***	Long Jump – 15'04"	Triple Jump 32'00"
Discus – 86'00"	Javelin – 91'00"	Shot Put – 29'04"	

*High Jump progression: Starting height at 4'10"; then 4'11"; then up by 2".

** Pole Vault will be contested on Friday, May 8, at 3:30 PM at Notre Dame Academy, Hingham.

Events for Mobility Impaired and Sight Impaired Athletes:

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

Mobility-impaired or sight-impaired athletes and their coaches may request to compete in other events by contacting the meet director well before the entry deadline, but no later than April 26, 2015.

Coaches: The 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: An athlete may participate in 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 ***Sunday, May 3, 2015, midnight.***

- MIAA rules will be in effect for this meet. Uniform rules will be enforced.
- You **MUST** enter on-line using www.DirectAthletics.com. Please read these directions carefully and follow the instructions for the entry process. **ON-LINE ENTRIES MUST BE COMPLETED BY SUNDAY, MAY 3, MIDNIGHT.**

- **Entry Fees:**
\$6.00 per individual, per event entry, \$20.00 each relay. Example: Jane Smith, LJ and 100m = \$12.00.
- **Checks Payable to MSTCA.** Tax ID Number: 04-3394224. Once entered, the school is responsible for payment regardless of attendance. **Payment** in the form of a purchase order or a check payable to the MSTCA, should be mailed as soon as possible (to be received before meet day) to:

**M.S.T.C.A., c/o Elaine Mooney
60 Cynthia Street
Seekonk, MA 02771**

- **Waiver form:** A 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 by April 15, 2015 to Jim Hoar, President of MSTCA, 31 Champion Rd., Yarmouth Port, MA 02675. 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 Payment 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 an 8-lane composite track, 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 throw or jump will be measured, then only distances equal to or longer than the standards will be measured. **Standards:** Shot Put: 29'04"; Discus: 86'00"; Long Jump: 15'04"; Triple Jump: 32'00"; Javelin: 91'00".
- **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 - Triple Jump, High Jump, Javelin, Discus, Mobility Impaired and Sight Impaired Shot Put.

11:00 – Long Jump, Shot Put

Except in the High Jump, athletes will get three attempts. Top eight athletes will advance to the finals and get three more attempts.

The track events order has been changed to mimic the MIAA order of events for the State Divisional Meets and the All-State Meet.

Track events will start at 10:00 AM – Fastest sections run last.

We will have an approximate Time Schedule for the races and will follow it as closely as possible.

However, we will NOT hold up any race to stick to the time schedule, races will start with the flow of the meet. The Time Schedule will be e-mailed to coaches the week before the meet.

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

400 meter Hurdles – **Sections on time**

200 meter Dash – Trials – Fastest 8 (FAT) advance to final.

Freshman Mile – **Sections on time**

Mile – **Sections on time**

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

Freshman 100 meter Dash trials – Fastest 8 (FAT) will advance to final.

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

400 meter – **Sections on Time**

200 meter Dash – **Final**

800 meter – **Sections on time**

100 High Hurdles – **Final**

Mobility-Impaired and Sight-Impaired 100 meter Dash – **Final**

Freshman 100 meter dash – **Final**

100 meter dash – **Final**

2 Mile Run – **Sections on time**

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

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

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

DIRECTIONS To Dilboy Field, Somerville

From 93 N- take exit 31 (Rt.16W) Mystic Valley Parkway, stay on Mystic Valley Parkway for two miles – Dilboy Field will be on the right.

From 93 S – take Exit 32 toward Medford Square; merge onto Rt. 16W, Mystic Valley Parkway and then see above.

From Rt. 2 – head toward Boston, take US-3N/Rt. 16E on the left toward Arlington/Medford. Follow US-3N/MA-16E/ Alewife Brook Parkway for 7/10s of a mile. Dilboy Stadium will be on your left.

There is no on-site parking for buses. Once teams are dropped off at the stadium, buses will be directed to an off-site parking area. When a team is ready to leave, the coach must call the bus driver to come to the stadium to pick up athletes. Please do not call your bus driver too early, as there is no “live parking” of buses allowed in front of the stadium and police will enforce this regulation.

For more information about the meet, contact the meet director:

Charlie O'Rourke, 617-842-9317 (cell); 617-787-1198 (home); 617-783-7292 (fax)

e-mail: charlieorourke@gmail.com