

# 42th Annual Boys' MSTCA Outdoor Track & Field Invitational Saturday, May 14, 2016

Boston College High School, Dorchester, Mass.

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

Sanctioned by the M.I.A.A. Meet Director: Jim Kelley  
Sponsored by Boston College High School Site Director: John Normandt

## Qualifying Standards

100 meter – 11.5, FR 100m – 12.3, 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 41'00"  
Discus – 120'00", Javelin – 145'00", Shot Put – 45'00"

\*\*Pole Vault will be contested on Friday, May 13 at 3:30 PM at Durfee High School.

## Events for Mobility Impaired & Visually Impaired Athletes

100 meter – no standard; Shot Put – no standard..

**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. The MSTCA will call coach's out, if the athletes mark and time is known not to be achieved.

**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 Sunday, May 8, 2016, at midnight.**

➤ MIAA rules will be in effect for this meet. Uniform rule will be enforced.

➤ You **MUST** enter on-line using [www.DirectAthletics.com](http://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 Sunday, MAY 8, 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 waiver form has been sent to your athletic director or it can be downloaded from this web site. **1)** Authorized individuals must sign it, **2)** attach your roster to it **3)** and send it to Jim Hoar, by April 15, 2016. 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. MSTCA expects that your athletes entry performances are accurate and if discovery that entries have a number of performances not comparable to the standards your Athletic Director will be informed.

➤ **If you are coming to multiple MSTCA sponsored meets your school should consider using the Single Payment form.....ALL: PO and/or checks must be received (not post marked) before your athletes compete.**

- 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 8-lane oval 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 **41’00”**; 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.**

## **Order of Events**

### **Field Events**

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

**For athletes involved in the Shot/Discus & Long/Triple NOTE the alternate start times avoid conflict.**

11:30 – 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**

2 Mile Run – **Sections on time**

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

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

Freshman Mile Run – **Sections on time**

Mile Run – **Sections on time**

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

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

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

400 meter Dash – **Sections on Time**

200 meter Dash **Final**

800 meter run – **Sections on time**

110 High Hurdles – **Final**

Wheelchair 100 meter dash – **Final**

Visually impaired 100 meter dash - **Final**

FR-100 meter Dash – **Final**

100 meter Dash – **Final**

4 x 800 meter relay – **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**

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

**e-mail: sprintercoach11@comcast.com**

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

**Special Note: Schools with tents, there is no areas in which to stack to the ground. You will need to bring weights to secure tents. There is a turf field where tents may be placed, with proper weights with the understanding not to destroy /harm the turf field. Thanks in advance for complying with this in advance.**