



**40th Annual Girls' MSTCA Outdoor Track & Field Invitational
Saturday, May 14, 2016**

Acton Boxborough High School.
36 Charter Rd., Acton MA

Field Events Start at 10 AM – Track Events Start at 10:30 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 Acton Boxborough H.S.

Meet Director: Charlie O'Rourke, Somerville H.S.
Event Manager: Brian Crossman

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 – no standard, 4 x 400m – 4:38.0,
4 x 800 m relay – 11:10.

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: TBD- once MIAA announces their standards for the Divisional meets.
This information will be sent out during the week prior to the meet.

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 preferably before the entry deadline, but no later than May 10, 2016.

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 8, 2016, 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 8, 2016 MIDNIGHT.**

- **Entry Fees:**
\$6.00 per individual, per event entry, \$20.00 each relay. Example: Jane Smith, LJ and 100m = \$12.00.
- **Late entries are strongly discouraged.** Late entries can only be done by calling the meet director and are subject to a late fee of \$50 per person, per event. Late entries will be considered only if requested by Tuesday noon, May 10.
- **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:** The waiver form must be submitted or your team will not be allowed to compete in any MSTCA meets. The form may be downloaded from this web site, must be signed by your athletic director and sent with you team roster **by April 15, 2015** to Jim Hoar, President of MSTCA, 31 Campion Rd., Yarmouth Port, MA 02675. This form is valid for the entire spring season and attests to the legitimacy of the members of your team.
- 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 a 6-lane composite track; there are 8 lanes on the straight away. 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.
- 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.

ORDER OF EVENTS

Field Events

10:00 - Triple Jump, High Jump, Pole Vault, Javelin, Discus, mobility and/or vision impaired
Shot Put.

10:30 - Long Jump.

11:00 - Shot Put

Except in the High Jump and Pole Vault, 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 10:30 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.

2 Mile Run – **Sections on time**

400 meter Hurdles – **Sections on time**

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

Freshman Mile – **Sections on time**

Mile Run – **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-6 to the 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**

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

4 x 800 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:

Charlie O'Rourke, 617-842-9317 (cell).

e-mail: charlieorourke@gmail.com

Or Event Manager, Brian Crossman- crossman81@comcast.net

978-844-2186