



## Massachusetts State Track Coaches Association Freshmen/Sophomore Meet – **Large School**

**Sanctioned by:** MIAA

**Date:** Saturday May 7, 2016

Meet Director: Rick Kates

Email: rkates@ndahingham.com

**Sponsored by:** Oliver Ames Reg HS

**Place:** Oliver Ames Reg HS

Site Director: Mike Darling

**Time:** 9:30am

**Individual Limitations:** 2-1 Rule: 2 Field, 1 Running or 2 Running, 1 Field

**Event Standards**

Event	Girls	Boys
100 Meters	14.50	12.50
200 Meters	29.50	27.50
400 Meters	68.00	58.00
800 Meters	2:40.0	2:20.0
1 Mile	6:15.0	5:25.0
2 Mile	13:30.0	11:40.0
400 M IH	78.00	72.00
100 M HH	20.50	20.50
HJ	4'03"	5'03"
LJ	14'00"	17'00"
TJ	27'00"	32'00"
JT	65'00"	100'00"
SP	25'00"	30'00"
DT	60'00"	80"
4 x 100 M	No Standard	No Standard
4 x 400 M	4:50.0	4:10.0
4 x 800	11:40	9:45.0

**Events for Mobility Impaired & Visually Impaired Athletes**  
100 meter – no standard; Shot Put – no standard.

### **Important Coaches Checklist**

**Cost:** \$6 per event \$20 per relay team.

**Maximum** per single team \$ 125 per gender or max \$250 for both boys & girls teams.

Checks/Purchase Orders/Single payment must be received by Thursday, May 4, 2016

Send to: Mrs Elaine Mooney 60 Cynthia Street Seekonk, MA 02771

**\*\*\*Tax Number 043394224. Checks should be made out to MSTCA**

**A check or Purchase must be received in order to compete.**

**Entry Limitations:** A school may enter **THREE** female and **THREE** male entries in all events except the relays. In the relays, schools will be allowed to enter one[1] relay team per relay event, both boys and girls.

- \*.M.I.A.A. and National Federation Rules will be in effect.
- \* Only ¼ inch pyramid spikes will be allowed in the facility. If an athlete is caught wearing longer spikes he or she will be disqualified from that event.
- \* Opening height in the High Jump will be 5'3" for the boys and 4'3" for the girls
- \* The limitations for measuring field events will be in effect. All first throws and jumps will be measured, and then the athlete will have to meet the minimum standard to be measured.

1. In the field events 7 athletes will advance to the Final
2. All entries must be entered onto Direct Athletics by Monday, May 2, 2016. Once you enter on directathletics.com your school is responsible for the entry fee regardless if your school competes or not. It is an entry fee not a participation fee.
3. All competing schools must have returned the one time waiver form as listed on [www.mstca.org](http://www.mstca.org) . The deadline for the one time waiver with a copy of the team roster is April 15<sup>th</sup> due to Jim Hoar, President, MSTCA  
31 Campion Rd, Yarmouthport, MA 02675  
Contact Info: Jim Hoar hoarj@dy-regional.k12.ma.us
4. Late Entry Fee Policy Wednesday by noon \$50 per athlete, by Thursday-noon \$100 per athlete-can only be accepted by the MEET DIRECTOR.
5. Inclement weather-We intend to run as much as possible. If any doubts check [www.mstca.org](http://www.mstca.org), MSTCA will email the person who is listed as the contact on [www.directathletics.com](http://www.directathletics.com).
6. T-shirt and Food Concession will be able for purchases on site. All T-shirt proceeds support the MSTCA Campership & College Scholarships.

### Order of Events

9:30am	Triple Jump	G-B
	High Jump	G-B
	Shot Put	B-G*
	Discus	G-B
	Javelin	G-B
	Long Jump	B-G
10am	Two Mile	G-B
	400 M Hurdles	G-B
	200 Meter Dash Trials	G-B
	One Mile	G-B
	100 M Hurdles Trials	
	110 M Hurdles Trials	
	100 M Dash Trials	G-B
	400 M Dash	G-B
	200 M Finals	G-B
	800 M	G-B
	110 M Hurdles Finals	
	100 M Hurdles Finals	
	100 M Finals	G-B*
	4 x 800 M Relay	G-B
	4 x 100 M Relay	G-B
	4 x 400 M Relay	G-B

\* Mobility Challenged & Visually & Hearing Impaired Events will compete at this time in the schedule.