



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

Sanctioned by: MIAA
Date: Saturday May 7, 2016
 Meet Director: Jim Hoar

Sponsored by: Norwell HS
Place: Norwell HS
 Site Director; Chuck Martin

Start 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 . The deadline for the one time waiver with a copy of the team roster is April 15th 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, MSTCA will email the person who is listed as the contact on 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.