



MSTCA Girls State Heptathlon
Monday, June 6 & Tuesday, June 7, 2016
@3:30pm

North; North Reading HS

North Site Director: Sotirios Pintzopoulos

South: Norwell HS

South Site Director; Rick Kates

Information:

1. Schools are allowed a maximum of 6 student-athletes
2. A & B Teams have to be declared prior to the start of Day 1 Meet, failure to do will result in NO TEAM SCORING.

2. Entries are due by June 3 on directathletics

3. Make Checks out to: MSTCA Cost \$25 per student-athlete, Team of Three \$70.

Checks must be received by June 6, 2016.

All checks mailed to: Elaine Mooney

60 Cynthia Rd Seekonk, MA 02771

NO PURCHASE ORDERS WILL BE ACCEPTED FOR THIS MEET.

If you enter on directathletics, you are responsible for the entry fees, regardless if you compete or not.

5. There will individual awards[15] and team prizes[Top 3].

Order of Events

Day I	Day II
100 M Hurdles	Long Jump
High Jump	Javelin
Shot Put	800 Meters
200 Meters	

If entries are high, B Teams will follow this format:

Order of Events

Team A

<u>Day I</u>
100 M Hurdles
High Jump
Shot Put
200 Meters

<u>Day II</u>
Long Jump
Javelin
800 Meters

Team B

<u>Day I</u>	<u>Day II</u>
100 M Hurdles	High Jump
Long Jump	Shot Put
Javelin	800 Meters
200 Meters	

8. Each site will have an athletic trainer on site, please bring your own supplies for taping.

9. All measurements will be measured as metric.

10. South Questions please contact Rick Kates @ rkates@ndahingham.com

11. North Questions please contact Sotirios Pintzopoulos @ spintzopoulos@north-reading.k12.ma.us

AWARDS: Top 3 Teams-Plaques Top 5 Individuals Top 20 Tshirts