

**43th Annual Boys'
MSTCA Outdoor Track & Field Invitational
Saturday, May 13, 2017 * Revised**

Boston College High School, Boston, 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 Normant

Qualifying Standards

100 meter – 11.6, FR 100m – 12.3, (*SO 100m – 12.3), 200 meter – 23.8, 400 m IH – 63.0, 400 meter – 54., 800 meter – 2:08.0
Mile – 4:50.0, Freshman Mile – 5:20.0, 2 Mile – 10:30.0, 100 HH – 16.7

Only one relay per school

4 x 100 m relay – 51.0, Freshman: 4 x 100 m relay- **no standard**, Sophomore: 4 x 100m relay-no standard
(no mixing SO & FR together in 4 x 100m relay) 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 39'00"
Discus – 110'00", Javelin – 130'00", Shot Put – 40'00"

**Pole Vault will be contested on Friday, May 12 at 3:30 PM at Burlington HS

Events for Mobility Impaired & Visually Impaired Athletes

100 meter – no standard; Shot Put – no standard. Additional information on the registration process and time of competition will be posted on this site as soon as determined.

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 Monday, May 8, 2015, 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. 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 Monday, MAY 8, at MIDNIGHT on www.directathletics.com**

➤ **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, 2015. 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.
- **Starting heights and progressions for the High Jump and Pole Vault**
High Jump 5’7”-5’8” and progress up 2” at each height.
Pole Vault 8’0” and will progress up 6” at each height.

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 will start at 10:00 AM

Two Mile RUN –Finals on Time

400 meter Hurdles – Sections on time

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

Freshman Mile – Sections on time

Mile – 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.

Sophomore 100 meter Dash trials – Fastest 8 (FAT) will advance to final.

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

800 meter – Sections on Time

200 meter Dash – Final-6 to the Final

400 meter – Sections on time

100 High Hurdles – Final

Mobility-Impaired and Sight-Impaired 100 meter Dash – Final

Freshman 100 meter dash – Final

Sophomore 100 meter dash-Final

100 meter dash – Final

Freshman 4 x 100 meter relay

Sophomore 4 x 100 meter relay

4 x 800 meter relay

4 x 100 meter relay

4 x 400 meter relay

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

e-mail: sprintercoach11@comcast.net

BOSTON COLLEGE HS * 150 MORRISSEY BOULEVARD*BOSTON, MASSACHUSETTS 02125

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

MSTCA SINGLE WAIVER FORM – SPRING 2017

Please take the time to have this waiver form signed, attach your roster, and mail it in. Once you do that, your waiver responsibilities for the spring are completed!

Failure to submit by the deadline will result in a warning. A second offense will result in a \$50.00 late fee.

I attest that all the athletes that will be participating from our school in the MSTCA spring meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participating in this sport and waives releases and holds harmless the MSTCA organization, its officers, sponsors and representatives, as well as the host community, from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events. *My school also agrees to have a PO or payment in the hands of MSTCA before any meet they compete in.*

THIS IS NOT AN ENTRY FORM

Information for entering the following MSTCA-sponsored meets is found elsewhere on our web site.

- _____ MSTCA Individual Pentathlon
- _____ MSTCA Freshman/Sophomore Meet
- _____ MSTCA Coaches Boys and/or Girls Invitational
- _____ MSTCA State Relays
- _____ MSTCA Decathlon/Heptathlon

Principal/Athletic Director's Signature

Coach's Name (Please print legibly)

School Name

Coach's e-mail (Please print legibly)

School's Phone Number

Boys' Team ___ Girls' Team ___ Both ___

AD's e-mail _____

***Please attach your teams' rosters and mail to: ***

Jim Hoar
31 Campion Road
Yarmouth Port, MA 02675

MUST BE RECEIVED BY APRIL 15, 2017



SCHOOL: _____

Massachusetts State Track Coaches Association (MSTCA)

Massachusetts Interscholastic Athletic Association (MIAA)

OUTDOOR Track Coaches Emergency Contact Form

Girls Head Coach: _____ Cell # _____

Boys Head Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Assistant Coach: _____ Cell # _____

Each school is responsible to have a rally point for their team in case of any emergency exit, including weather. Please make sure all of your student-athletes are aware of your plan.

This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes and they will contact the coach.

In case of a medical situation that requires 911 to be accessed, the Meet may be put on hold until the situation subsides by local public safety.

In case of inclement weather-all teams will evacuate under the direction of the Meet Director and or Police to the closest facility or bus.

Prior to the start of the Meet, each coaching staff must be represented at the coaches meeting - the Meet Director will review the site's emergency evacuation procedures.