



**41st Annual Girls' MSTCA Outdoor Track & Field Invitational**  
**Saturday, May 13, 2017**  
Sharon HS

**Field Events Start at 9:30 AM – Track Events Start at 10 AM**

Sanctioned by the M.I.A.A.  
Sponsored by Sharon HS

Meet Director: Mike Miller mcspike33@gmail.com  
Event Manager: Tim Cimeno, Sharon HS

**Qualifying Standards**

100 meter – 13.64, Freshman 100 m – 14.5, Sophomore 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 – none, Sophomore 4 x 100m-none, 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" Pole Vault 7'00"

**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 well before the entry deadline, but no later than May 8, 2017.

**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 ***Monday, May 8, 2017, midnight.***

- **Entry Fees:**  
\$6.00 per individual, per event entry, \$20.00 each relay. Example: Jane Smith, LJ and 100m = \$12.00.
- **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:** A waiver form has been sent to your athletic director, or it can be downloaded from this web site. He/she has to sign it, attach your roster to it and send it by April 15, 2017 to Jim Hoar, President of MSTCA, 31 Campion Rd., Yarmouth Port, MA 02675. 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. It also confirms that the times and distances submitted are accurate. 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.
  
- 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; ONLY ¼" pyramid spikes can be worn. There are 8 lanes on the straight away. Athletes will be disqualified if they wear other types of spikes.
  
- Javelin will be thrown off a grass runway.
  
- **Starting heights and progressions for the High Jump and Pole Vault**  
High Jump will start 4'9" and progress up 2" at each height.  
Pole Vault will start 6'6" and will progress up 6" at each height.
  
- Results will be posted on the MSTCA web site.

Special Note: Pole Vault will be held Friday, May 12 at Notre Dame Academy-Hingham 4pm

## ORDER OF EVENTS

### **Field Events**

9:30 - Triple Jump, High Jump, Javelin, Discus, Pole Vault, Mobility Impaired and Sight Impaired Shot Put.

10:00 – Long Jump.

10:30- Shot Put

Except in the High Jump, athletes will get three attempts. Top eight athletes will advance to the finals and get three more attempts.

### **Track events will start at 10:00 AM**

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.

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**

**Sophomore 100 meter dash-Final**

100 meter dash – **Final**

2 Mile Run – **Sections on time**

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:

# 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 Champion 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.**