



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

Sanctioned by: MIAA
Date: Saturday May 6, 2017
Meet Director: Jim Hoar

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

Start Time : 9:30am

Individual Limitations: Any three events

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 order 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 1, 2017 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 | B-G |
| | High Jump | B-G |
| | Shot Put | G-B* |
| | Discus | B-G |
| | Javelin | B-G |
| | Long Jump | G-B |
| | 10am | Two Mile |
| 400 M Hurdles | | B-G |
| 200 Meter Dash Trials | | B-G |
| One Mile | | B-G |
| 110 M Hurdles Trials | | |
| 100 M Hurdles Trials | | |
| 100 M Dash Trials | | B-G |
| 400 M Dash | | B-G |
| 200 M Finals | | B-G |
| 800 M | | B-G |
| 100 M Hurdles Finals | | |
| 110 M Hurdles Finals | | |
| 100 M Finals | | B-G |
| 4 x 800 M Relay | | B-G |
| 4 x 100 M Relay | | B-G |
| 4 x 400 M Relay | | B-G |

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

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.

