



**MSTCA Girl's Western Mass State Heptathlon
Hampshire Regional HS**

Monday June 5, Tuesday June 6, 3:30PM

West Director: Brandon Palmer

Site Director: Gary Welch

Email: Coachpalmer4@gmail.com

Email: Welchie@comcast.net

Information:

1. Schools are allowed a maximum of 6 student-athletes
 - A & B Teams must be declared prior to the start of Day 1 Competition. O
 - Failure to do so will result in NO TEAM SCORING
2. Entries are due by June 3 via: www.DIRECTATHLETICS.com
3. Payment Information
 - Make Checks out to:
 - **MSTCA/Elaine Mooney**, 60 Cynthia Road, Seekonk, MA 02771
 - Cost: \$25 per student-athlete or \$70 for Team of Three
 - Payment must be received by June 5, 2017 (day one of the competition)
 - NO PURCHASE ORDERS WILL BE ACCEPTED FOR THIS MEET
 - *If you enter of Directathletics, you are responsible for the entry fees, regardless if you compete or not.*
4. Each site will have an athletic trainer on site, please bring your own supplies for taping.
5. All measurements will be measured as metric.
6. **Order of Events**

DAY 1

100 Meter Hurdles
Shot Put
High Jump
200 Meters

Day 2

Long Jump
Javelin
800 Meter

8. **AWARDS**

Top 3 Teams = Plaques
Top 5 Individuals = Plaques
Top 20 = T-Shirts