



44th Annual Boys MSTCA Invitational
Saturday, May 12th, 2018 (9:30 Field, 10:00 AM Running)
Durfee High School
360 Elsbree St, Fall River, MA 02720

Hosted by:	Durfee High School																														
Sanctioned by:	M.I.A.A.																														
Meet Director:	Jim Kelley, 781-733-5356; Email: sprintercoach11@comcast.net																														
Entry Deadline	Monday, May 7, 2018 at midnight - All entries will be due on www.directathletics.com																														
Sponsored by:	Marathon Sports																														
Participating Schools	Open to all MIAA schools' boys' teams from all divisions and regions that are eligible to compete on their school's team according to the high school principal.																														
Events and Standards:	<table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">100 meter – 11.6</td> <td style="width: 33%;">Freshman 100 m – 12.3</td> <td style="width: 33%;">Sophomore 100 m – 12.3</td> </tr> <tr> <td>200 meter – 23.8</td> <td>400 m IH – 63.0</td> <td>400 meter – 54.0</td> </tr> <tr> <td>800 meter – 2:08.0</td> <td>Mile – 4:50.0</td> <td>Freshman mile – 5:20.0</td> </tr> <tr> <td>2 Mile – 10:30.0</td> <td>110 HH – 16.7</td> <td></td> </tr> <tr> <td>4 x 100m relay – 51.0</td> <td>Freshman 4 x 100m – none</td> <td>Sophomore 4x100m-none</td> </tr> <tr> <td>4 x 400m – 4:02.0</td> <td>4 x 800 m relay – 8:59.0</td> <td>Pole Vault – 10'06"</td> </tr> <tr> <td>High Jump – 5'10"</td> <td>Long Jump – 19'06"</td> <td>Triple Jump -- 39'00"</td> </tr> <tr> <td>Discus – 110'00"</td> <td>Javelin – 130'00"</td> <td>Shot Put – 40'00"</td> </tr> <tr> <td colspan="3">Mobility/ Sight-Impaired 100 meters- no standard</td> </tr> <tr> <td colspan="3">Mobility/ Sight-Impaired Shot Put- no standard</td> </tr> </table>	100 meter – 11.6	Freshman 100 m – 12.3	Sophomore 100 m – 12.3	200 meter – 23.8	400 m IH – 63.0	400 meter – 54.0	800 meter – 2:08.0	Mile – 4:50.0	Freshman mile – 5:20.0	2 Mile – 10:30.0	110 HH – 16.7		4 x 100m relay – 51.0	Freshman 4 x 100m – none	Sophomore 4x100m-none	4 x 400m – 4:02.0	4 x 800 m relay – 8:59.0	Pole Vault – 10'06"	High Jump – 5'10"	Long Jump – 19'06"	Triple Jump -- 39'00"	Discus – 110'00"	Javelin – 130'00"	Shot Put – 40'00"	Mobility/ Sight-Impaired 100 meters- no standard			Mobility/ Sight-Impaired Shot Put- no standard		
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Participation Rules:	<ul style="list-style-type: none"> • M.I.A.A. rules will be in effect. • An athlete may participate in any three events • A relay counts as a running event • NFHS Uniform rules will be enforced. 																														
Team/Athlete Participation	A team may enter as many athletes in an event as long as they have met the qualifying standards																														
Entry Fees	<ul style="list-style-type: none"> • \$6 per event, \$20 per relay • No maximum per school <p>If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if they do not compete. If your school uses the Single Payment option, you complete the entry process, come to the meet and pick up your packet.</p> <p>Make checks payable to: MSTCA. Payment must be received by May 10, 2018 or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224</p> <p>Payments in the form of a check or purchase order, payable to <u>MSTCA</u>, should be mailed as soon as possible to: MSTCA c/o Elaine Mooney 60 Cynthia Road Seekonk, MA 02771</p> <p>LATE ENTRIES: Late entries are strongly discouraged; however, there is a late fee policy for MSTCA meets. If you miss the Monday (5/7/18) deadline, and still want your team to compete, you must contact the meet director by Tuesday, 5/8/18, no later than 8 p.m. He is the only one to deal with this request. You will not be able to access Direct Athletics. The late fee will be \$100 per person or relay. No entries will be accepted after Tuesday 5/8/18 at 7:00 p.m. Schools that enter late entrants must bring to the meet a check or Purchase Order for the entry fees plus the late fees, to give to the meet director, or they will not be allowed to compete.</p>																														

Awards	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.
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
Spikes	Only 1/8" or 1/4" PYRAMID spikes allowed. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet. Spikes are allowed ONLY in the track area.
Facility Information	The track is an 8-lane composite track with 8 lanes on the straightaway. All field events are within walking distance to the track, except pole vault Vehicle and bus parking is on site. There will be a concession area and T-shirts will be available for the athletes to purchase. All T-Shirt proceeds support the MSTCA Campership and College Scholarships.
High Jump	There is one composite high jump area Starting Height: 5'8" Height progression will be 5'8"-5'10" then up 2" There is no limit to the amount of total jumps an athlete may take in competition
Long Jump	There will be one long jump pit with a painted board All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard
Triple Jump	There will be one triple jump pit with painted boards at 24', 28', 32', 36' All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard
Pole Vault	Pole Vault will be held at the Durfee facility during the meet Starting Heights: 8'0" Height progression will be up by 6"
Shot Put	There will be one shot put sector on the rear field All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard Schools must provide shot puts weighing no less than 12 lbs. and meeting NFHS specifications
Discus	There will be one discus sector on the rear field All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard Schools must provide discus weighing no less than 1.6 kilogram and meeting NFHS specifications
Javelin	There will be one javelin sector on the rear field, using a grass runway All athletes will get three attempts in the trials Top 8 athletes will qualify for finals, and receive three more attempts All fair attempts will be measured, but please do not bring athletes who have not met the standard Schools must provide javelins weighing 800g and meeting NFHS specifications
Equipment	Schools should provide their own batons Starting blocks will be provided by the site director (please do not bring your own)
Order of Events	Field Event Starting Times: POLE VAULT- 9:30 AM DISCUS- 9:30 AM JAVELIN- 9:30 AM MOBILITY/SIGHT-IMPAIRED SHOT PUT- 9:30 AM HIGH JUMP- 9:30 AM TRIPLE JUMP- 9:30 AM LONG JUMP- 10:00 AM SHOT PUT- 10:30 AM

	<p>Running Event Starting Time: 10:00 AM <i>A time schedule will be sent out prior to the meet, which will serve ONLY as an estimate</i> Two Mile RUN –Finals on Time 400 meter Hurdles – Sections on time 200 meter Dash – Trials – Fastest 8 (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-8 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</p>
<p>Emergency Contact Form & team waiver</p>	<p>All coaches must have filled out an MSTCA Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team. Also, all coaches must fill out the Single Season waiver form found on www.mstca.org prior to registering your team for the meet.</p>
<p>Inclement Weather</p>	<p>In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, check the email address you have listed in Direct Athletics, or you may call any of the listed numbers below. Jim Kelley, 781-733-5356 (Meet director) Rick Kates 781-706-3340 (MSTCA) Frank Mooney 508-728-9921 (MSTCA) Jim Hoar 508-776-7589 (MSTCA)</p>