



M.S.T.C.A. Boys Decathlon

Monday, June 3 and Tuesday, June 4, 2019 (3:30pm)

North: Burlington High School, 123 Cambridge Street, Burlington, MA 01803

South: Bishop Feehan High School, 70 Holcott Drive, Attleboro, MA 02703

WEST: Northampton HS 380 Elm St Northampton, MA 01060

Hosted by:	Burlington High School (North) Bishop Feehan High School (South)												
Sanctioned by:	M.I.A.A.												
Meet Director:	North: Matt Carr. (c) 781-439-8222, carr@bpsk12.org ; South: Bob L'Homme, (c) 508-826-8365, rlhomme@bishopfeehan.com WEST Brandon Palmer coachplamer4@gmail.com												
Entry Deadline	Deadline Date: Saturday, June 1, 2018, at 11:59pm. - All entries will be due on www.directathletics.com												
Sponsored by:	Marathon Sports												
Participating Schools	All M.I.A.A. member schools. The dividing line is the Mass Turnpike for North and South.												
Events and Standards:	<table border="0"> <tr> <td style="text-align: center;"><u>Day 1</u></td> <td style="text-align: center;"><u>Day 2</u></td> </tr> <tr> <td>100 meters</td> <td>110-meter hurdles</td> </tr> <tr> <td>Long Jump</td> <td>Triple Jump</td> </tr> <tr> <td>Shot Put</td> <td>Javelin Throw</td> </tr> <tr> <td>High Jump</td> <td>Discus Throw</td> </tr> <tr> <td>400 meters</td> <td>1500 meters</td> </tr> </table> <p>Note: Field events may be flip-flopped on either day. Come prepared.</p>	<u>Day 1</u>	<u>Day 2</u>	100 meters	110-meter hurdles	Long Jump	Triple Jump	Shot Put	Javelin Throw	High Jump	Discus Throw	400 meters	1500 meters
<u>Day 1</u>	<u>Day 2</u>												
100 meters	110-meter hurdles												
Long Jump	Triple Jump												
Shot Put	Javelin Throw												
High Jump	Discus Throw												
400 meters	1500 meters												
Participation Rules:	<ul style="list-style-type: none"> M.I.A.A. rules will be in effect NFHS Uniform rules will be enforced. 												
Team/Athlete Participation	Each school may enter between 1 and 6 athletes. Three athletes score as a team (A and B teams allowed). Teams must be declared prior to the start of competition.												
Entry Fees	<ul style="list-style-type: none"> \$25 per athlete \$70 for a 3-man team <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. NO PURCHASE ORDERS ARE ACCEPTED FOR THIS MEET.</p> <p>Make checks payable to: MSTCA. Payment must be received by June 3, 2018 (Day 1, prior to competition) or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224</p> <p>Payments in the form of cash or a check, payable to <u>MSTCA</u>, should be mailed as soon as possible to (or brought to the meet director on day 1):</p> <p>MSTCA c/o Decathlon Entries 956 Turnpike Road Unit D Canton, MA, 02021</p>												
Awards	<ul style="list-style-type: none"> Plaques to the top 5 individuals 												

	<ul style="list-style-type: none"> • Plaques to the top 3 teams • T-shirts to each event winner and the top 20 individuals. 								
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.								
Facility Information	Bishop Feehan is a 6-lane composite track Burlington is a 6-lane composite track with an 8-lane straightaway								
High Jump	2 high jump pits will be used. Athletes may take no more than 6 total jumps in the competition. High jump will start as low as 1.23m (approximately 4') and will move in 5cm increments.								
Long Jump	There will be one long jump pit with a painted board Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric.								
Triple Jump	Burlington: There will be one triple jump pit with painted boards at 20', 24', 28', 32', 36' Bishop Feehan: There will be one triple jump pit with painted boards at 24', 28', 32', 36' Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric.								
Shot Put	Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric. Athletes must bring their own 12 lb. shot puts Burlington HS will have a second shot put circle for warmups								
Discus Throw	Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric. Athletes must bring their own 1.6 kilogram discus Burlington will have a second discus cage for warmups								
Javelin Throw	Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric. Athletes must bring their own 800 gram javelins Javelin will use a grass runway at both sites								
Equipment	Blocks will be provided, please do not bring your own								
Order of Events	<table> <thead> <tr> <th><u>Day 1- 3:30 PM</u></th> <th><u>Day 2- 3:30 PM</u></th> </tr> </thead> <tbody> <tr> <td>100 meters (random seeding)</td> <td>110-meter hurdles (random seeding)</td> </tr> <tr> <td>Rotate 3 field events</td> <td>Rotate 3 field events</td> </tr> <tr> <td>400 meters (random seeding)</td> <td>1500 meters (seeded by place)</td> </tr> </tbody> </table>	<u>Day 1- 3:30 PM</u>	<u>Day 2- 3:30 PM</u>	100 meters (random seeding)	110-meter hurdles (random seeding)	Rotate 3 field events	Rotate 3 field events	400 meters (random seeding)	1500 meters (seeded by place)
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Emergency Contact form & team waiver	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.								
Inclement Weather	<p>Rain date for Monday 6/3 is Tuesday 6/4. Rain date for Tuesday 6/4 is Wednesday 6/5.</p> <p>In case of bad weather, the decision to hold the meet will be made by 1:00 p.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: North (meet director): Matt Carr. (c) 781-439-8222, carr@bpsk12.org; South (meet director): Bob L'Homme, (c) 508-826-8365, rlhomme@bishopfeehan.com Rick Kates 781-706-3340 (MSTCA) Frank Mooney 508-728-9921 (MSTCA) Jim Hoar 508-776-7589 (MSTCA)</p>								