



Massachusetts State Track Coaches Association
Freshmen/Sophomore Meet
Small Schools, Saturday, May 4, 2019 (9:30am)
@ Plymouth South High School
490 Long Pond Rd., Plymouth, MA

Hosted by:	Plymouth South HS																																																						
Sanctioned by:	M.I.A.A.																																																						
Meet Director:	Hatim Jean-Louis, Phone: 857-445-8817 (c), Email: hjeanlouis@stjohnsprep.org																																																						
Sponsored by:	Saucony, Marathon Sports																																																						
Entry Information for Participating Schools	To determine which MSTCA Division (LARGE OR SMALL) your team will compete in, please find your school on the MSTCA list. If your school's enrollment is 1,100 students or more, your school will compete in the large school division for this meet. If enrollment is less than 1,100 students, your school will compete in the small school division. The enrollment figures have been taken from information on the MIAA website.																																																						
Entry Deadline	All entries will be due on www.directathletics.com by April 29, 2019 at 12:00AM																																																						
Events and Standards:	<table border="1"> <thead> <tr> <th>Event</th> <th>Girls</th> <th>Boys</th> </tr> </thead> <tbody> <tr><td>100 Meters</td><td>14.50</td><td>12.50</td></tr> <tr><td>200 Meters</td><td>29.50</td><td>27.50</td></tr> <tr><td>400 Meters</td><td>68.00</td><td>58.00</td></tr> <tr><td>800 Meters</td><td>2:40.0</td><td>2:20.0</td></tr> <tr><td>1 Mile</td><td>6:15.0</td><td>5:25.0</td></tr> <tr><td>2 Mile</td><td>13:30.0</td><td>11:40.0</td></tr> <tr><td>400MH</td><td>78.00</td><td>72.00</td></tr> <tr><td>100/110MH</td><td>20.50</td><td>20.50</td></tr> <tr><td>HJ</td><td>4' 3"</td><td>5' 3"</td></tr> <tr><td>LJ</td><td>14' 0"</td><td>17' 0"</td></tr> <tr><td>TJ</td><td>27' 0"</td><td>32' 0"</td></tr> <tr><td>JT</td><td>65' 0"</td><td>100' 0"</td></tr> <tr><td>SP</td><td>25' 0"</td><td>30' 0"</td></tr> <tr><td>DT</td><td>60' 0"</td><td>80' 0"</td></tr> <tr><td>4x100M</td><td>No Standard</td><td>No Standard</td></tr> <tr><td>4x400M</td><td>4:50.0</td><td>4:10.0</td></tr> <tr><td>4x800M</td><td>11:40</td><td>9:45.0</td></tr> </tbody> </table> <p>Events for Mobility Impaired & Visually Impaired Athletes 100 meter – no standard; Shot Put – no standard.</p>	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	400MH	78.00	72.00	100/110MH	20.50	20.50	HJ	4' 3"	5' 3"	LJ	14' 0"	17' 0"	TJ	27' 0"	32' 0"	JT	65' 0"	100' 0"	SP	25' 0"	30' 0"	DT	60' 0"	80' 0"	4x100M	No Standard	No Standard	4x400M	4:50.0	4:10.0	4x800M	11:40	9:45.0
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Competition Rules:	<ul style="list-style-type: none"> M.I.A.A. and National Federation Rules will be in effect. NFHS Uniform rule will be enforced. 																																																						
Team/Athlete Participation	<ul style="list-style-type: none"> This meet is for athletes enrolled as FRESHMEN OR SOPHOMORES in high school. Do not enter any 7th or 8th graders. Only ¼ inch pyramid spikes will be allowed on the facility. If an athlete is caught wearing longer spikes he or she will be disqualified from the event. Athletes may compete in any three events A relay counts as a running event. 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. In the field events 7 athletes will advance to the finals. 																																																						

Entry Fees	<ul style="list-style-type: none"> ● Entry deadline is April 29, 2019 by 12:00AM on Direct Athletics ● The cost is \$6 per athlete/per event, \$20 per relay team ● Maximum cost for single team is \$125 per gender or max \$250 for both boys and girls teams. ● 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 have completed the payment process, come to the meet and pick up your packet. ● Schools must have returned the one time waiver form as listed on the www.mstca.org website. The deadline for the one time waiver with a copy of the team roster is April 14, 2019. The waiver and roster should be sent to: Jim Hoar 31 Champion Rd. Yarmouthport, Ma 02675 Contact info: Jim Hoar, hoar@dy-regional.K12.ma.us ● Make checks payable to: MSTCA. ● Payment must be received by May 2, 2019 or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224 ● 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 Frosh/Soph Entries 956 Turnpike Road, Unit D Canton, MA, 02021 <p>LATE ENTRIES: Late entries are strongly discouraged; however, there is a late fee policy for MSTCA meets. If you miss the Monday (4/29/19) deadline, and still want your team to compete, you must contact the meet director by Wednesday, 5/1, no later than 7 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 Wednesday 5/1 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 competitors each event, including relays. Individual awards will be given to the Outstanding Male and Female Athletes of the Meet
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	The Plymouth South High School Track is a 400M rubberized track. There are 8 lanes used in oval events and 8 lanes used in the dash and hurdle events. There are three separate throwing sectors. There are two jumping pits, one for the long jump and one for the triple jump. There is plenty of parking near the facility. 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. There will be an area set aside for team tents.
High Jump	At Plymouth South High School there will be one high jump pit. Starting Heights: Girls – 4'3"; Boys – 5'3" Height progression will increase by 2 inches.
Long Jump	At Plymouth South there will be 2 long jump runways and pits. Athletes will have 3 attempts. NO RUNBACKS ALLOWED! Athletes should come prepared with a mark. Top 7 jumpers will advance to the final. All legal attempts will be measured, but please do not bring athletes who have not met the standard
Triple Jump	At Plymouth South there will be 2 triple jump runways and pits. Athletes will have 3 attempts. NO RUNBACKS ALLOWED! Athletes should come prepared with a mark Top 7 jumpers will advance to the final. All legal attempts will be measured, but please do not bring athletes who have not met the standard

Shot Put	<p>At Plymouth South there will be one shot put throwing sector. Athletes will have 3 attempts. All first throws will be measured and then an athlete will have to meet the minimum standard to be measured. Top 7 throwers will advance to the final. 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 8 kg (girls)/ 12 lb. (boys) and meeting NFHS specifications</p>
Discus	<p>At Plymouth South there will be one discus throwing sector. Athletes will have 3 attempts. Top 7 throwers will advance to the final. All legal 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 1 kg. (girls)/ 1.6 kg. (boys) and meeting NFHS specifications</p>
Javelin	<p>At Plymouth South there will be one javelin throwing sector. Athletes will have 3 attempts. Top 7 throwers will advance to the final. All legal 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 600g (girls)/ 800g (boys) and meeting NFHS specifications</p>
Equipment	<p>Teams provide their own batons and throwing implements. Starting blocks will be provided.</p>
Order of Events	<p><u>Field Event Starting Times: 9:30</u> High Jump B-G Long Jump B-G Triple Jump B-G Shot Put G-B * Discus B-G Javelin B-G</p> <p><u>Running Event Starting Time: 10:00</u> Boys followed by Girls Two Mile 400MH 200 Dash Trials Mile 110 Hurdles Trials (G) 100 Hurdles Trials (B) 100 Dash Trials 400 200 Finals 800 100 Hurdles Finals (B) 110 Hurdles Finals (G) 100 Finals * 4x800 Relay 4x100 Relay 4x400 Relay *Mobility Challenged and Visually/Hearing Impaired Events will compete at this time in the schedule</p>
Emergency Contact	<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>
Inclement Weather	<p>In case of bad weather, the decision to cancel will be made by 6:30 AM. Coaches should check the MSTCA website for information regarding cancellation, postponement or rescheduling of the meet.</p> <p>Rick Kates 781-706-3340 Hatim Jean-Louis 857-445-8817 Frank Mooney 508-728-9921 Lou Tozzi 617-947-1031</p>