



M.S.T.C.A. Girls Heptathlon
Monday, June 3 and Tuesday, June 4, 2019 (3:30pm)
 North: Weston High School, 444 Wellesley St., Weston, MA
 South: Notre Dame Academy-Hingham, 1073 Main Street, Hingham, MA
 WEST: Northampton HS 380 Elm St Northampton, MA 01060

Hosted by:	Weston High School (North) Notre Dame Academy-Hingham (South)										
Sanctioned by:	M.I.A.A.										
Meet Director:	North: John Monz, (c) 781-492-7693, monzj@weston.org South: Rick Kates, (c) 781-706-3340, rkates@ndahingham.com West: Brandon Palmer coachpalmer4@gmail.com										
Entry Deadline	Deadline Date - All entries will be due on www.directathletics.com by Saturday, June 1, 2019, at 11:59pm.										
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 style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%;"><u>Day 1</u></td> <td style="text-align: center; width: 50%;"><u>Day 2</u></td> </tr> <tr> <td style="text-align: center;">100 meter Hurdles</td> <td style="text-align: center;">Long Jump</td> </tr> <tr> <td style="text-align: center;">High Jump</td> <td style="text-align: center;">Javelin Throw</td> </tr> <tr> <td style="text-align: center;">Shot Put</td> <td style="text-align: center;">800 Meters</td> </tr> <tr> <td style="text-align: center;">200 Meters</td> <td></td> </tr> </table> <p style="text-align: center;">Note: Field events may be flip-flopped on either day. Come prepared.</p>	<u>Day 1</u>	<u>Day 2</u>	100 meter Hurdles	Long Jump	High Jump	Javelin Throw	Shot Put	800 Meters	200 Meters	
<u>Day 1</u>	<u>Day 2</u>										
100 meter Hurdles	Long Jump										
High Jump	Javelin Throw										
Shot Put	800 Meters										
200 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 Team of Three <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, 2019 (Day 1, prior to competition) or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224 POs can be sent electronically to: mstca.billing@gmail.com</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): MSTCA c/o Hepathlon Entries 956 Turnpike Road, Unit D Canton, MA, 02021</p>										

Awards	<ul style="list-style-type: none"> • Plaques to the top 5 individuals • 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	Notre Dame Academy is an 8-lane composite track with an 8-lane straightaway Weston is a 6-lane composite track with an 8-lane straightaway
High Jump	2 high jump pits will be used at Notre Dame and Weston Athletes may take no more than 6 total jumps in the competition. High jump will start as low as 1.03m (approximately 3'4.5") and will move in 5cm increments.
Long Jump	There will be two long jump pits with a painted board at both sites Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric.
Shot Put	Both sites will use one shot put area Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric. Athletes must bring their own 8 kg. shot puts that meet all NFHS specifications
Javelin Throw	Weston and Notre Dame may use two javelin areas Javelin will use a grass runway at Weston and 1 grass, 1 composite at Notre Dame Athletes will be given 3 attempts--no finals. All fair attempts will be measured in metric. Athletes must bring their own 600 gram javelins that meet all NFHS specifications
Equipment	Blocks will be provided, please do not bring your own
Order of Events	<ul style="list-style-type: none"> • Day one begins with the 100-meter hurdles for all athletes (random seeding) • Athletes will rotate either shot put/ high jump or javelin/ long jump on day one • Day one ends with the 200-meter dash for all athletes (random seeding) • Athletes will rotate either shot put/ high jump or javelin/ long jump on day two • Day two ends with the 800-meter run for all athletes (seeded by points)
Emergency Contact	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:</p> <p>North (meet director): John Monz, (c) 781-492-7693, monzj@weston.org; South (meet director): Rick Kates, (c) 781-706-3340, rkates@ndahingham.com Frank Mooney 508-728-9921 (MSTCA) Jim Hoar 508-776-7589 (MSTCA)</p>