



MSTCA CENTRAL Girls & Boys Pentathlon Invitational
Wednesday, April 17, 2019 (10am)
Shrewsbury High School
64 Holden Street, Shrewsbury, MA 01545

Hosted by:	Shrewsbury High School
Sanctioned by:	M.I.A.A.
Meet Director:	Ian Butterfield. ibutterfield@shrewsbury.k12.ma.us . (508) 868-3373
Entry Deadline	April 15th, 2019 at midnight - All entries will be due on www.directathletics.com
Sponsored by:	
Participating Schools	Open to all MIAA athletes from all divisions and regions that are eligible to compete on their school's team according to the high school principal.
Events and Standards:	<ul style="list-style-type: none"> ● Shot Put- no standard ● Long Jump- no standard ● High Jump- no standard ● 100 Meter (girls) /110 Meter (boys) Hurdles- no standard ● 1,500 meters (boys)- no standard ● 800 meters (girls)- no standard
Participation Rules:	<ul style="list-style-type: none"> ● M.I.A.A. rules will be in effect. ● NFHS Uniform rules will be enforced ● All athletes must be accompanied by a coach
Team/Athlete Participation	Schools are only allowed 3 athletes per gender. If you would like to enter more than three, a wait list will be established. Please contact meet director.
Entry Fees	<ul style="list-style-type: none"> ● \$50 per student athlete <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 April 11th, 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 MSTCA, should be mailed as soon as possible to:</p> <p>POs can be sent electronically to: mstca.billing@gmail.com</p> <p>MSTCA c/o Individual Pentathlon Entries 956 Turnpike Road, Unit D Canton, MA, 02021</p> <p>LATE ENTRIES: Late entries are strongly discouraged; however, there is a late fee policy for MSTCA meets. If you miss the Monday (4/15/19) deadline, and still want your team to compete, you must contact the meet director by Tuesday, 4/16, 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 Tuesday 4/16 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	Top 5 boys and girls will receive awards. No team scoring

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	Shrewsbury High School is an 6-lane oval and 8-lane straightaway
High Jump	2 high jump pits will be in use Starting Heights: Girls – 3' 11.5"; Boys -4' 7.75" High jump attempts will be measured in metric Height progression will be up by 5 centimeters
Long Jump	2 long jump pits will be in use Each athlete will receive 3 attempts All fair attempts will be measured in metric
Shot Put	1 shot put area will be in use Each athlete will receive 3 attempts All fair attempts will be measured in metric
Equipment	Please bring your own shot puts. Starting blocks will be provided.
Order of Events	10:00 am start: 110 Hurdles (boys) 100 Hurdles (girls) Long jump – boys (2 pits) High Jump – girls (pit 1) High Jump – boys (pit 2) Shot Put – girls Shot put – boys Long Jump – girls (2 pits) 800 Meters – girls
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	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. Ian Butterfield 508-868-3373 Charles Butterfield 508-886-6015 Rick Kates 781-706-3340 Frank Mooney 508-728-9921