

31st Annual Mass State Track Coaches Assn.
GIRLS' INVITATIONAL TRACK & FIELD MEET

At Plymouth South H.S., Plymouth, MA
- **Saturday May 12, 2007** -
10:00 a.m. field events - 10:30 a.m. running events

Sanctioned by M.I.A.A.
Sponsored by Plymouth South H.S.
Event Manager: Carl Braun

Meet Directors: Charlie O'Rourke, Somerville HS
Jack Lang, Chelmsford HS

EVENTS	MEET STANDARDS #
100 meter Hurdles	:18.5
100 meter Dash	:13.5
200 meter Dash	:28.5
300 meter Hurdles	:52.0
400 meter Run	1:04.0
800 meter Run	2:30.0
One Mile Run	5:50.0
Two Mile Run	12:40.0
High Jump	4' 10" (Opening Height 4' 08")
Shot Put	29' 00"
Discus	90' 00"
Javelin	90' 00"
Triple Jump	32' 00"
Long Jump	15' 06"
Pole Vault **	7' 00"

** P.V. at Notre Dame Acad.-Hingham. Friday, 5-11 @ 3:30 PM

4 x 100 meter Relay 4 x 400 meter Relay 4 x 800 meter Relay
All athletes/relays entered in the meet must have met the entry standard

Do not enter athletes who have NOT met the standards.
No athlete will be allowed to compete if she has not equaled/bettered the meet standard.
This meet is not intended for athletes that are "borderline qualifiers".

MEET INFORMATION

1. M.I.A.A. rules will be in effect for this meet. UNIFORM RULE WILL BE ENFORCED. An athlete may compete in ONE RUNNING, ONE FIELD and ONE RELAY, or TWO RELAYS and a FIELD event.
2. Each school may enter THREE ATHLETES and ONE RELAY team per event.
3. **ENTRY FEES:** \$5.00 per event per athlete. \$15.00 per relay team. Entry fees are non-refundable. Checks should be made payable to: MSTCA. MSCTA tax I.D. # is 04-3394224

ALL ENTRIES MUST BE ENTERED ON DIRECT ATHLETICS - SEE INST. BELOW.
Entries close time on Direct Athletics is May 4th at 12:00 noon.

The confirmation e-mails from Direct Athletics must be signed by your Principal/Athletic Director and sent with check or a P.O. to the meet director by Wednesday, May 9th, 2007

*All entries NOT including a check or school purchase order will be rejected.
Teams that do not send signed confirmations will not be allowed to compete.*

4. **DEADLINE: Confirmations must be sent to the meet director BY WEDNESDAY, MAY 9th, 2007**
Confirmations sent without a Principal's or Athletic Directors signature will not be accepted.
5. Mail confirmation and fees to:
Charlie O'Rourke, Meet Director
91 Glencoe Street
Brighton, MA 02135

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Any questions contact Meet Directors:

Charlie O'Rourke (cell) 617 - 842 - 9317

(H) 617 - 787 - 1198

(fax) 617 - 783 - 7292

Jack Lang (school) 978 - 251 - 5131

(H) 978 - 689 - 9742

6. M.S.T.C.A. medals will be awarded to the top six placers in each event, including relays. NO team awards. **There will be a track side award ceremony for each event as soon as the event is completed and results are available. Please inform your athletes.**
7. Admission to the meet will be: Adults \$5.00; students \$2.00
8. Bring a self-addressed stamped # 10 envelope and leave it at the table and you will be sent results of the meet and your team's performances from this meet to be used for state certification. Include \$2.00 in envelope.



M.S.T.C.A. Online Entry Instructions
www.directathletics.com

****Important Note for Existing DirectAthletics Account Holders****

If you already have a DirectAthletics account for your team, you should login at www.directathletics.com and use your existing account to submit your entries. The MSTCA entry process is no different than submitting entries to other DA meets.

If you know you have an account but have forgotten your username/password, you can click the "I forgot my password" link in the login box.

STEP 1—Creating a DirectAthletics Account

If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:

- 1) Go to www.directathletics.com
- 2) On the right side (in the New Account Creation box), select your Division.
- 3) Select your team, choosing only what genders you are submitting entries for. Enter your contact information—this information will be used only by the meet hosts. Lastly, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like "bears" or "adam" or "track" are likely to be taken.
- 4) Click Continue and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account (i.e. Texas (Men)). If you have a Men's and Women's account, it will usually default to Men first.
- 5) Follow Step 2 below to enter your roster.

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STEP 2—Setting Up Your Online Roster

Before submitting your entries for the MSTCA Girls Invitational, you must first add all attending athletes to your Direct Athletics roster:

- 1) On the default Team Roster page, click the green “Add Athletes” link above “Welcome to your Direct Athletics account!”
- 2) Select the number of athletes you wish to enter. You can always add more later.
- 3) Enter your athletes’ First Names, Last Names and School Years and click “Submit”. Please be aware of what gender you are entering—you will complete the roster and entry process for one gender first, and then repeat the process for the other gender (see the Important Notice after Step 3 below)
- 4) The system will display the athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

STEP 3--Submitting Your Roster/Entries

Once your athletes are added to your roster, you must submit your roster to MSTCA Meet.

- 1) Click the HOME tab in the upper left of the site. Under Upcoming Meets, click the green Register button next to the MSTCA Girls Invitational.
- 2) Check off the box for each athlete you wish to enter. You can check the top box to select (or unselect) your entire roster. If you have left anyone off your roster accidentally, you can add them using the “Add New Entry” box.
- 3) When you have completed your entries, click “Submit”. You MUST click “Submit” to submit your entries.
- 4) You will see your current, submitted entries on the “View Entries” page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the “View Entries” page. An Email Confirmation will be sent to the email address in your account.
- 5) At any time before the entry deadline, you may edit your entries by clicking the “Edit Entries” link next to the meet in the HOME tab.

****Important Note for Coaches Entering Men AND Women****

If you are entering Men AND Women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender (i.e. Dedham (Women)) from the Team dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for Men and Women.

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- ORDER OF EVENTS -

Field Events

10:00 a.m. All field events

Running Events 10:00 a.m - - All Two Milers must check in.

10:30 Two Mile Run – Sections on time
100 m Dash - Trials
100 m Hurdles - Trials
200 m Dash - Trials
100 m Dash - Semi-finals
100 m Hurdles - Semi-finals
One Mile Run – Sections on time
200 m Dash - Semi-finals
800 m Run – Sections on time
300 m Hurdles - Sections on time
400 m Dash – Sections on time
200 m Dash - Final
100 m Hurdles - Final
100 m Dash - Final
4 x 800 m Relay
4 x 100 m Relay
4 x 400 m Relay

The Games Committee reserves the right to make changes in the order of events to insure an efficient meet and fair competition, especially if the number of entries calls for elimination of trials or conditions warrant changes in the established heights in the vertical jumps.

PLEASE READ AND OBSERVE THE FOLLOWING CRITERIA FOR COMPETITION

HIGH JUMP: “Five Person Alive” will be used in the H.J. until there are six competitors remaining, and then the event will progress in a regular rotation.
OPENING HEIGHT FOR THIS EVENT WILL BE 4’08”

POLE VAULT: “Five Person Alive” will be used in the P.V. until there are six competitors remaining, and then the event will progress in a regular rotation.
OPENING HEIGHT FOR THIS EVENT WILL BE 7’00”

Do not enter athletes that have not cleared a height equal to or better than the opening height this season.

**** P.V. at Notre Dame Acad.-Hingham. Friday, 5-11 @ 3:30 PM**

Minimum Performances for Measurement

Shot Put - 27'00" Javelin 85' 00" Discus 85' 00" Long Jump 15' 00" Triple Jump 31' 00"

DIRECTIONS TO Plymouth South H.S.

From North / Take Route 3 South to Exit 3. Right at the end of ramp, and right at the end of road. PSHS is 1 mile on right.
From South/ Take Route 3 North to Exit 3. Left at the end of ramp, and right at the end of road. PSHS is 1 mile on right.

>>>>>>>>>> STATE MEET CERTIFICATION <<<<<<<<<<<

The “Team Performance List” from any MSTCA meet can be used as certification for the State Meet. You need to have the Team Performance Sheet sent to you so you can have it for your State Meet entry certification.

DOWNLOADED results from any MSTCA site ARE NOT ACCEPTABLE for certification.