



**MASSACHUSETTS STATE TRACK COACHES ASSOCIATION
34th ANNUAL BOY'S OUTDOOR TRACK & FIELD INVITATIONAL**



Saturday - May 12th, Wilmington High School, MA
10 AM all Field Events Start - 1030 AM Track events Start
Sanctioned by the MIAA

Meet Sponsored by: Wilmington High School.....Event Manager: Ed Harrison
Coach's and Athletic Directors: Please read the following rules for this track & field meet. Strict guidelines will be maintained and followed.

All Entries will be sent via: <http://www.directathletics.com/>

Electronic due date is: May 3rd at noon

Your Schools Receipt/Copy from Direct Athletics MUST be mailed to:

Jim Kelley / PO Box 527 / Assonet, MA 02702

This must be received on May 9th.... *NOT Post Marked*...if the receipt is not received by that date, a \$100.00 late fee must be received before the athlete can compete.

The Athletic Director and Coach must sign the Receipt/Copy from Direct Athletics
And include a Purchase Order or Check.

Event Standards: NMD=No Measure Distance

100m – 11.5	Mile - 4:50.0	Long Jump - 20-0 / NMD=19-0
200m – 23.5	2 Mile - 10:30.0	Triple Jump – 41-0 / NMD=40-0
300m IH – 44.0	110HH - 16.6	Discus – 135-0 / NMD=130-0
400m – 53.5	High Jump - 5-10	Javelin – 160-0 / NMD=150-0
800m – 2:08.0	Pole Vault - 10-6	Shot Put – 47-0 / NMD=45-0

Event Limits: 1 running, 1 field, 1 relay <or> 1 field, 2 relays <> “A” relays only per event

Entry Fee: \$5.00 each event, each athlete - \$15.00 each relay

Example: John Doe: Long Jump = \$5.00, 400m = \$5.00 – Total for athlete \$10.00

Spectator Admission to the meet: Adult: \$5.00 – Student: \$2.00

Running Event Order:

- 2 Mile - **Final on Time** - Slow to Fast
- 100 Meter Dash - **Top 18 (FAT) Advance** - To Semi Finals
- 110 Meter High Hurdles - **Top 18 (FAT) Advance** - To the Semi Finals
 - 200 Meter Dash - **Top 6 (FAT) Advance** - Final on Time
 - 100 Meter Dash - **Semi Final - Top 6 (FAT)** - Advance to Final
 - 110 Meter High Hurdle - **Semi Final - Top 6 (FAT)** - Advance to Final
 - Mile Run - **Final on Time** - Slow to Fast
 - 300 Meter Intermediate Hurdles - **Final on Time** - Slow to Fast
 - 400 Meter Dash - **Final on Time** - Slow to Fast
 - 800 Meter Dash - **Final on Time** - Slow to Fast
 - 200 Meter Dash - **Final on Time**
 - 110 High Hurdles - **Final on Time**
 - 100 Meter Dash - **Final on Time**
- (1) 3200 meter relay, (2) 400 meter relay, (3) 1600 meter relay - **Finals on Time**



National Federation Rules / MIAA rules will be in effect.
Awards: MSTCA Medals will be awarded to the top (6) athletes/relays
Outstanding Performances: Running, Field, Overall Meet