

MASSACHUSETTS STATE TRACK COACHES ASSOCIATION
FRESHMAN-SOPHOMORE BOYS - GIRLS
TEAM PENTATHLON

Tuesday, December 30, 2008 10:00 AM
Bob McIntyre Track at Reggie Lewis Athletic Center, Roxbury, MA

SANCTIONED BY M.S.T.C.A.
EVENT MANAGER: JIM HOAR

SPONSORED BY DENNIS-YARMOUTH REG. H.S.

The Frosh-Soph Team Pentathlon is a NEW event where a school team must be made up of five athletes, each athlete participating in only one event. Basically, you select your best athlete in each event and enter the five as a team. A school may enter only one boys' team and one girls' team. You should also have one or more alternates available. 'B' teams allowed if space permits and with permission of the meet director.

EVENTS

**55 METER HURDLES - HIGH JUMP - SHOT PUT - LONG JUMP -
800 METERS (WOMEN) / 1,000 METERS (MEN)**

The order of events will be as follows:

The 55 meter hurdles, then High Jump, shot put, and long jump. If necessary there will be several H.J. pits, two S.P. areas, and two L.J. pits is use. The H.J./L.J./S.P. will be conducted at the same time. At the conclusion of the three field events the heats for the 800 (women) or 1,000 (men) will be set up based on point totals.

AWARDS: Points will be awarded for performances in each event, and the boys' and girls' school scoring the highest number of points will be declared "Mass. Team Pentathlon Champion".

Team plaques will be awarded to the first five teams in the competition based on total points. The top three teams will receive T-shirts and to top individuals in each event not on one of the top five teams.

FEE: The cost of entering a team in the event is \$40.00 per team. Separate fees for boys and girls teams and A and B teams. Checks should be made payable to MSTCA. Failure to include the fee, or a purchase order will result in the entry being rejected. Mass. State Coaches Tax I.D. # 04-3394224

If you enter a team your school is responsible for payment even if your team does not compete.

EVENT **THERE IS A 20 TEAM LIMIT FOR THIS COMPETITION. THE FIRST TWENTY (20) BOYS TEAMS AND THE FIRST TWENTY (20) GIRLS TEAMS ENTRIES RECEIVED WILL BE ACCEPTED.**

"B" teams will be allowed, and are counted in the 20 team limit.

All entries must be in the hands of the meet director by December 23, 2008.

No entry will be accepted after December 27, 2008. \$50.00 late fee. Mail early.

MEET DIRECTOR Your school's fully completed entry form, with check or P.O., must BE MAILED to:

Jim Hoar, Meet Director
31 Campion Road
Yarmouth Port, MA 02675

508-258-0038

Inclement Weather

In case of inclement weather the decision to postpone the meet will be made by 7:00 AM. If there is any doubt monitor TV broadcasts (look for Roxbury Community College), radio announcements, or you may call any of these numbers:

Reggie Lewis Center 617 – 541 - 3535
Frank Mooney 508 - 336 – 8291

John J. Carroll, Jr. 508 – 737 - 7874
Jim Hoar 508 – 258 - 0038

Information

**** Do not show up at RLC if you did not send in an entry. You'll not compete! **
Entered Schools will be posted on MSTCA web site by December 28, 2008.**

UPON ARRIVAL

When you arrive at Reggie Lewis you should check to see which High Jump pit athletes have been assigned. Also check flights in the Shot Put and the Long Jump, since all field events will be conducted at the same time. Athletes will be expected to compete in the flight assigned.

HURDLES

The 55 meter hurdles sections will be set up on a random draw. Fully Automatic Timing will be used. Coaches may be asked to assist as a backup.

HIGH JUMP

When you know which pit your High Jumpers will jump at they should immediately get their marks and take some practice jumps. Once the hurdles have been completed the High Jump will begin. No warm up jumps will be allowed at this time. Since these are your best jumpers the event should move along smoothly. Starting heights will be established after entries have been received.

LONG JUMP & SHOT PUT

The Long Jump and Shot Put events will be arranged in flights. Your athlete should be ready when his/her flight is called. Each athlete will be allowed three jumps/throws in the competition. Athletes will be given two warm-up attempts just prior to the flight.

The distances in the field events will be measured metrically.

THE RUN: 800 meters (Women) 1,000 meter (Men)

Sections for the final event will be set up based on team points. This event will not begin until all the competitors have completed the first four events. The number of athletes in each section will be determined the day of the competition.

ALTERNATES

You should have one or more alternates for this competition. Each athlete may compete in ONE EVENT only. If you have an athlete that cannot compete in his/her event you may not use an athlete in a second event, but will need the alternate.

*At the end of each event, or as sections in the HJ/LJ/SP are completed
updated scoring (if practical) will be posted.
Complete results will be available at the computer table at the end of the competition.
No results will be mailed.*

FRESHMAN-SOPHOMORE TEAM PENTATHLON ENTRY

BOYS A _____ B _____ GIRLS A _____ B _____

School _____

Coach _____

Sch. Phone _____ Home Phone _____

E-mail _____

Event	NAME (Last, First)	School Grade 9, 10,	Performance
Hurdles	_____	_____	_____
Shot Put	_____	_____	_____
Long Jump	_____	_____	_____
High Jump	_____	_____	_____
800/1000*	_____	_____	_____

* for 1,000 times please list a mile time or equivalent.

I attest that the athletes listed above are student athletes in good standing from our school. Our school district recognizes that there are certain risks associated with participation in this sport and hereby waives, releases and holds harmless the Mass State Track Coaches Association, its officers, sponsors, supervisors and representatives for any injury that might be incurred by one of our athletes in the normal course of participation in this event. My school is responsible for payment of the entry fee, whether we attend or not.

A.D. or Principal's Signature: _____

Coach's Signature _____

Mail competed entry form, with P.O. or check, to Meet Director:

**Jim Hoar, Meet Director
31 Campion Road
Yarmouth Port, MA 02675**

REMINDER: There is a twenty (20) team limit in competition for the boys and girls teams. "B" teams are allowed.

All entries received after December 23, 2008, will be returned.