

MASSACHUSETTS STATE TRACK COACHES ASSOCIATION
19th Annual BOYS and GIRLS TEAM PENTATHLON

Friday, December 30, 2016; 9:00 AM

Bob McIntyre Track at Reggie Lewis Athletic Center, Roxbury, MA

Sanctioned by MIAA
Event Manager and Meet Director: JIM HOAR

Hosted by: Dennis-Yarmouth Reg. H.S.
Sponsored by: Marathon Sports

The Team Pentathlon is an event where a school team must be made up of five athletes, each athlete participating in only one event. You select your best athlete in each event and enter the five as a team. You may enter more than one team per gender and should also have one or more alternates available. **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" and "C" teams will be allowed, and are counted in the 20- team limit.**

EVENTS

55 METER HURDLES - HIGH JUMP - SHOT PUT - LONG JUMP - 800 METERS (girls) - 1,000 METERS (boys)

This is a MAIL-IN entry form. All entries must be in the hands of the meet director by Wednesday, December 28, 2016.

Late entries will be subject to an additional late fee of \$50 per team if the meet director decides to accept them after the Dec. 28 deadline; however, no entries will be accepted after Dec. 28. Mail your entries early.

Mail your fully completed entry form(s) to: **Jim Hoar, Meet Director**
31 Champion Road
Yarmouth Port, MA 02675

Phones: **508-258-0038 (home) 508-776-7589 (cell)** E-mail: **hoarj@dy-regional.k12.ma.us**

ORDER OF EVENTS: 55 meter hurdles, then high jump, shot put, and long jump. If necessary there will be two 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) and 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. Members of the top three teams will receive T-shirts and individual event winners not on the top three teams will also receive T-shirts.

FEES:

The entry fee is \$40.00 per five-person team, separate fees for boys' and girls' teams. Purchase Orders or checks payable to MSTCA, with a copy of the entry form(s) must be sent to: MSTCA, c/o Elaine Mooney, 60 Cynthia Road, Seekonk, MA 02771, as soon as you send your entry form to the meet director. **If you enter a team, your school is responsible for payment even if your team does not compete.** MSTCA Tax I.D. # 04-3394224

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 John J. Carroll, Jr. 508-737-7874
Frank Mooney 508-728-9921 Jim Hoar 508-776-7589

**** 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.

Meet Information

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, as all field events will be conducted at the same time. Athletes are expected to compete in the flight assigned.

HURDLES

The 55m 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.

The distances in the field events will be measured in metric.

HIGH JUMP

When you know which pit your high jumpers will jump, 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 after this time. The event should move along quickly and smoothly, as these are your best jumpers. 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 their flight.

800 meters (Women) 1,000 meter (Men)

Sections for the final event will be set up based on accumulated 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 each event. 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. Each athlete may compete in ONE EVENT only.

RESULTS

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. Results will not be mailed.

REGGIE LEWIS PARKING

Parking is available for patrons attending track events at the Reggie Lewis Center on a first-come, space-available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located less than 1/4 mile from the Reggie Lewis Center, along Columbus Ave. at the corner of New Heath Street (Lot 2) and Centre Street (Lot 3). Please give this information to your athletes and their parents.

2016 TEAM PENTATHLON ENTRY FORM

BOYS A B C GIRLS A B C

CIRCLE A or B or C TEAMS ABOVE

Please use a separate sheet for each team.

School _____ School Phone _____

Coach _____ Coach's personal e-mail _____

(Please print legibly.)

Coach's Home Phone _____ Cell Phone _____

Event	NAME (Last, First)	School Grade 9,10,11,12	Performance
Hurdles	_____	_____	_____
Shot Put	_____	_____	_____
Long Jump	_____	_____	_____
High Jump	_____	_____	_____
800/1000*	_____	_____	_____

* If you don't have a 1,000 meter time, please list an equivalent mile time and check here _____.

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: _____ School phone: _____

Coach's Signature: _____

**Mail competed entry form to: Jim Hoar, Meet Director
31 Campion Road
Yarmouth Port, MA 02675**

E-mail: hoarj@dy-regional.k12.ma.us

REMINDER: There is a 20-team limit in competition for the boys and girls teams. "B" and "C" teams will be allowed and will be counted toward the 20-team limit for each gender.

Make a copy of the completed entry form(s) and mail with your payment to MSTCA, C/O Elaine Mooney, 60 Cynthia Road, Seekonk, MA 02771.

If your school has used the "Single Payment Form" at the start of the season, you don't need to send a payment.