

**M.S.T.C.A.**  
**Freshmen/Sophomore Meet – Small School**



Specials Thanks to Asics Company

**Sanctioned by:** MIAA

**Date:** Saturday May 4, 2013

Meet Director: Dale Synder

EMIAL: [icoachrunning@verizon.net](mailto:icoachrunning@verizon.net)

**Hosted by:** Westwood HS

**Place:** Westwood HS

Site Manager: Jen Teahan

**Time:** 9:30am

**Cost:** \$6 per event \$20 per relay team.

**Maximum** per single team \$ 125 per gender or max \$250 for both boys & girls teams.

Entries are done via [www.directathletics.com](http://www.directathletics.com) and DUE by Monday, April 29, 2013.

**All first time users of directathletics, should log on the site to obtain a password and submit your team roster 4-5 days prior to the entry deadline date.**

**Entry Limitations:** A school may enter **THREE** female and **THREE** male entries in all events except the relays. In the relays, schools will be allowed to enter one[1] relay team per relay event, both boys and girls. **Coaches, please note: this is a state level meet.** Enter only those who meet the event standard and are capable of competing at the state level. No 7<sup>th</sup>/8<sup>th</sup> graders may be entered in this meet.

**Individual Limitations:** 2-1 Rule: 2 Field, 1 Running or 2 Running, 1 Field

**Event Standards**

Event	Girls	Boys
100 Meters	14.50	12.50
200 Meters	29.00	27.50
400 Meters	68.00	58.00
800 Meters	2:40.0	2:20.0
1 Mile	6:15.0	5:25.0
2 Mile	13:30.0	11:40.0
400 M IH	No Standard	No Standard
100 M HH	20.50	20.50
HJ	4'03"	5'03"
LJ	14'00"	17'00"
TJ	26'00"	32'00"
JT	70'00"	100'00"
SP	25'00"	30'00"
DT	70'00"	80"
4 x 100 M	No Standard	No Standard
4 x 400 M	4:40.0	4:10.0
4 x 800	11:00	9:45.0

**Important facts:**

- \* M.I.A.A. and National Federation Rules will be in effect.
- \* Only ¼ inch pyramid spikes will be allowed in the facility. If an athlete is caught wearing longer spikes he or she will be disqualified from that event.
- \* Opening height in the High Jump will be 5'3" for the boys and 4'3" for the girls
- \* The limitations for measuring field events will be in effect. All first throws and jumps will be measured, and then the athlete will have to meet the minimum standard to be measured.

1. In the field events 7 athletes will go back to a final.
2. A food concession will be available.
3. This meet is intended to be a **state level** meet, please do not enter athletes who have not met the standard
4. All entries must be entered onto Direct Athletics by Monday, April 29. Once you enter on directathletics.com your school is responsible for the entry fee regardless if your school competes or not. It is an entry fee not a participation fee.
5. All competing schools must have returned the one time waiver form mailed to your athletic director from the MSTCA. The deadline for the one time waiver with a copy of the team roster is April 15<sup>th</sup> due to Jim Hoar, President, MSTCA 31 Champion Rd, Yarmouthport, MA 02675
6. **Payment mail to:**  
Elaine Mooney 60 Cythnia Rd Seekonk, MA 02771
7. Late Entry Fee Policy Wednesday –noon \$50 per athlete, by Thursday-noon \$100 per athlete-can only be accepted by the MEET DIRECTOR.
8. **\*\*\*Tax Number 043394224. Checks should be made out to MSTCA**  
**A check or Purchase must be received in order to compete.**
9. Inclement weather-We intend to run as much as possible. If any doubts call, we will email the person who is listed as the contact on Directathletics.com.
10. **Small Schools contact:** Dale Snyder-Meet Director  
Cell Phone 617-645-6586                      email address [icoachrunning@verizon.net](mailto:icoachrunning@verizon.net)

Order of Events

**9:30 AM - FIELD EVENTS**

TRIPLE JUMP	G-B
HIGH JUMP	B-G
SHOT PUT	B-G
DISCUS	G-B
JAVELIN	G-B
LONG JUMP	B-G

**10:00 AM - RUNNING EVENTS**

400 METER HURDLES	FINAL ON TIME G-B
200 METER DASH	TRIALS G-B
TWO MILE RUN	FINAL ON TIME G-B
800 METER RUN	FINAL ON TIME G-B
400 METER RUN	FINAL ON TIME G-B
100 METER DASH	TRIALS G-B
100 METER HURDLES	TRIALS G
110 METER HURDLES	TRIALS B
ONE MILE RUN	FINAL ON TIME G-B
200 METER DASH	FINALS G-B
100 METER DASH	FINALS G-B
110 METER HIGH HURDLES	FINAL B
100 METER HURDLES	FINAL G
3200 METER RELAY	FINAL ON TIME G-B
400 METER RELAY	FINAL ON TIME G-B
1600 METER RELAY	FINAL ON TIME G-B