



# MSTCA WILLIAM C. KANE DEVELOPMENTAL INVITATIONAL

Friday, April 21, 2023 (9:30 AM)

Lou Conte Track, Agawam High School: 760 Cooper St., Agawam

| <b>Hosted by:</b>            | Agawam High School   |                |                    |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
|------------------------------|--|----------------|--------------------|--------|--------------------|--------|--------------------|------------|--------------|----------------|-------------|------------|--------------|----------------|-------------|------------|--------------|-----------|--------------|------------|------------------|-------------|--------------|--------|------------------|-----------|--------------|--------|-------------------|------------|------------|------------------|--------------|----------|--------------|--------------|--------------|--------|--------------|----------------|-------------|---------|--------------|
| <b>Sanctioned by:</b>        | MIAA   |                |                    |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| <b>Meet/Site Director:</b>   | Meet Director: William C. Kane: <a href="mailto:kaner5000@comcast.net">kaner5000@comcast.net</a><br>Site Director: Dan Pryce: <a href="mailto:dpryce@agawamed.org">dpryce@agawamed.org</a><br>Director of Meet Operations OTF: Mike Miller: <a href="mailto:mstca.outdoor@gmail.com">mstca.outdoor@gmail.com</a>   |                |                    |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| <b>Entry Deadline</b>        | <b>Deadline Date:</b><br><b>All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a> by Tuesday, April 18, 2023, 8:00 PM</b><br><b>There will be NO LATE ENTRIES for any MSTCA meet this spring</b>   |                |                    |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| <b>Participating Schools</b> | Open to all MIAA schools' boys' and girls' teams from all divisions and regions that are eligible to compete on their school's team according to the high school principal   |                |                    |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| <b>Events and Standards:</b> | <ul style="list-style-type: none"> <li>● MINIMUM Entry Guidelines: Please do not enter an athlete if he/she is not at least capable of achieving these minimums OR if he or she has <b><u>met or exceeded the MIAA qualifying standard</u></b></li> <li>● This meet is intended as a developmental meet and is limited to MIAA eligible bona fide student-athletes from <b><u>grades 7 through 10</u></b></li> </ul> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 25%;">Event:</th> <th style="width: 25%;">Boy/Girl Standard:</th> <th style="width: 25%;">Event:</th> <th style="width: 25%;">Boy/Girl Standard:</th> </tr> </thead> <tbody> <tr> <td>100 Meters</td> <td>12.80/ 14.50</td> <td>4 x 400m Relay</td> <td>NO Standard</td> </tr> <tr> <td>200 Meters</td> <td>26.00/ 31.00</td> <td>4 x 800m Relay</td> <td>NO Standard</td> </tr> <tr> <td>400 Meters</td> <td>65.00/ 75.00</td> <td>Long Jump</td> <td>15'6"/ 12'6"</td> </tr> <tr> <td>800 Meters</td> <td>2:27.00/ 3:05.00</td> <td>Triple Jump</td> <td>33'0"/ 27'0"</td> </tr> <tr> <td>1 Mile</td> <td>5:38.00/ 6:35.00</td> <td>High Jump</td> <td>4'10"/ 3'10"</td> </tr> <tr> <td>2 Mile</td> <td>12:30.00/15:00.00</td> <td>Pole Vault</td> <td>7'0"/ 6'0"</td> </tr> <tr> <td>110/100m Hurdles</td> <td>20.00/ 21.50</td> <td>Shot Put</td> <td>28'0"/ 22'0"</td> </tr> <tr> <td>400m Hurdles</td> <td>75.00/ 85.00</td> <td>Discus</td> <td>82'0"/ 63'0"</td> </tr> <tr> <td>4 x 100m Relay</td> <td>NO Standard</td> <td>Javelin</td> <td>85'0"/ 65'0"</td> </tr> </tbody> </table> <p style="margin-top: 10px;">Coaches with athletes who are visual or mobility impaired should contact the meet director with athlete's name, event, and seed; there are no standards for these events</p> |                |                    | Event: | Boy/Girl Standard: | Event: | Boy/Girl Standard: | 100 Meters | 12.80/ 14.50 | 4 x 400m Relay | NO Standard | 200 Meters | 26.00/ 31.00 | 4 x 800m Relay | NO Standard | 400 Meters | 65.00/ 75.00 | Long Jump | 15'6"/ 12'6" | 800 Meters | 2:27.00/ 3:05.00 | Triple Jump | 33'0"/ 27'0" | 1 Mile | 5:38.00/ 6:35.00 | High Jump | 4'10"/ 3'10" | 2 Mile | 12:30.00/15:00.00 | Pole Vault | 7'0"/ 6'0" | 110/100m Hurdles | 20.00/ 21.50 | Shot Put | 28'0"/ 22'0" | 400m Hurdles | 75.00/ 85.00 | Discus | 82'0"/ 63'0" | 4 x 100m Relay | NO Standard | Javelin | 85'0"/ 65'0" |
| Event:                       | Boy/Girl Standard:   | Event:         | Boy/Girl Standard: |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 100 Meters                   | 12.80/ 14.50   | 4 x 400m Relay | NO Standard        |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 200 Meters                   | 26.00/ 31.00   | 4 x 800m Relay | NO Standard        |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 400 Meters                   | 65.00/ 75.00   | Long Jump      | 15'6"/ 12'6"       |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 800 Meters                   | 2:27.00/ 3:05.00   | Triple Jump    | 33'0"/ 27'0"       |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 1 Mile                       | 5:38.00/ 6:35.00   | High Jump      | 4'10"/ 3'10"       |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 2 Mile                       | 12:30.00/15:00.00  | Pole Vault     | 7'0"/ 6'0"         |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 110/100m Hurdles             | 20.00/ 21.50   | Shot Put       | 28'0"/ 22'0"       |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 400m Hurdles                 | 75.00/ 85.00   | Discus         | 82'0"/ 63'0"       |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |
| 4 x 100m Relay               | NO Standard  | Javelin        | 85'0"/ 65'0"       |        |                    |        |                    |            |              |                |             |            |              |                |             |            |              |           |              |            |                  |             |              |        |                  |           |              |        |                   |            |            |                  |              |          |              |              |              |        |              |                |             |         |              |

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| Entry Lists          | <ul style="list-style-type: none"> <li>● Entry lists will be posted on the MSTCA web site by Wednesday, April 19</li> </ul>   |
| Participation Rules: | <ul style="list-style-type: none"> <li>● An athlete may participate in ANY 3 events</li> <li>● MIAA rules will be in effect</li> <li>● NFHS Uniform rules will be enforced.</li> <li>● Team must complete the MSTCA Outdoor Track <a href="#">SINGLE WAIVER</a> before first meet</li> <li>● 'B' teams are allowed in all relay events, but are subject to an additional entry fee</li> <li>● There will be no 'C' Relay teams in any event</li> </ul>  |
| Entry Procedure      | <ul style="list-style-type: none"> <li>● All entries should be submitted on <a href="http://www.directathletics.com">www.directathletics.com</a> prior to the entry deadline</li> <li>● <b>MSTCA is not accepting ANY late entries this outdoor season</b></li> </ul>   |
| Entry Fees           | <ul style="list-style-type: none"> <li>● \$10 per individual entry</li> <li>● \$25 per relay entry</li> <li>● \$350 maximum fee per gender</li> <li>● Each school must notify Jayson Sylvain, the MSTCA's Chief Financial Officer, at <a href="mailto:mstca.cfo@gmail.com">mstca.cfo@gmail.com</a> of its payment plan for the entry fees prior to meet day</li> <li>● If a school is using the MSTCA's <a href="#">SINGLE PAYMENT</a> method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment.</li> <li>● If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email.</li> <li>● If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email.</li> <li>● If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email.</li> <li>● Please note these are entry fees, not participation fees. Once the entries close, each school is responsible for paying the total fee for its entries, regardless of how many individuals actually compete.</li> <li>● <b>Please make checks payable to: MSTCA and mail to</b><br/> MSTCA<br/> c/o Bill Kane Invite Entries<br/> P.O. Box 1008<br/> Mansfield, MA 02048<br/> MSTCA Tax ID # 04-3394224</li> </ul> |
| Awards               | <ul style="list-style-type: none"> <li>● Medals will be awarded for placing 1st through 6th</li> <li>● Athletes must pick up their awards as soon as results are announced. Awards will not be mailed</li> </ul>  |
| Results              | Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.   |
| Spikes               | <ul style="list-style-type: none"> <li>● Only 1/8" or 1/4" PYRAMID spikes allowed.</li> <li>● <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b></li> </ul>   |
| Facility Information | <ul style="list-style-type: none"> <li>● The Lou Conte Track is a 6-lane composite track with an 8-lane straightaway</li> <li>● Vehicle parking may be limited at the facility. Bus parking will be a drop off at the track facility with the parking in the rear of the school. A map of the parking directions will be sent to all coaches.</li> <li>● MSTCA T-shirts will be on sale. Food will be available for purchase at the concession stand</li> </ul>   |
| Pole Vault           | <ul style="list-style-type: none"> <li>● There is one pole vault pit with a composite runway at the site</li> <li>● Starting Height: 5'6" girls, 6'6" boys</li> <li>● Height progression will be opening height, then up by 6"</li> <li>● There is no limit to the amount of total jumps an athlete may take in competition</li> </ul>  |

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| <b>High Jump</b>       | <ul style="list-style-type: none"> <li>● There is one composite high jump area</li> <li>● Starting Height: Girls 3' 8", Boys 4' 8"</li> <li>● Height progression will be opening height, then up 2"</li> <li>● There is no limit to the amount of total jumps an athlete may take in competition</li> </ul>   |
| <b>Long Jump</b>       | <ul style="list-style-type: none"> <li>● No runbacks are allowed. Athletes should come prepared with a mark</li> <li>● There will be one long jump pit with a painted board</li> <li>● All athletes will get four attempts and there will be no final</li> </ul>  |
| <b>Triple Jump</b>     | <ul style="list-style-type: none"> <li>● No runbacks are allowed. Athletes should come prepared with a mark</li> <li>● There will be one triple jump pit with five painted boards at 20', 24', 28', 32', 36'</li> <li>● All athletes will get four attempts and there will be no final</li> </ul>   |
| <b>Shot Put</b>        | <ul style="list-style-type: none"> <li>● There will be one shot put sector at the facility</li> <li>● All athletes will get four attempts and there will be no final</li> <li>● Schools must provide shot puts weighing 4 kg or 12 lb. and meeting NFHS specifications</li> </ul>   |
| <b>Javelin Throw</b>   | <ul style="list-style-type: none"> <li>● There will be one javelin sector at the facility using a grass runway</li> <li>● All athletes will get four attempts and there will be no final</li> <li>● Schools must provide javelins weighing 600g or 800g and meeting NFHS specifications</li> </ul>  |
| <b>Discus</b>          | <ul style="list-style-type: none"> <li>● There will be one discus sector at the facility</li> <li>● All athletes will get four attempts and there will be no final</li> <li>● Schools must provide discus weighing 1 kg or 1.6 kg. and meeting NFHS specifications</li> </ul>   |
| <b>Equipment</b>       | <ul style="list-style-type: none"> <li>● The host school will provide blocks for all events. Please do not bring your own</li> <li>● Participating schools must bring their own throwing implements</li> <li>● Participating schools must provide their own relay batons</li> </ul>   |
| <b>Order of Events</b> | <p><b>FIELD EVENTS (9:30 AM):</b></p> <ul style="list-style-type: none"> <li>● <b>Girls Javelin (followed by Boys)</b></li> <li>● <b>Girls Discus (followed by Boys)</b></li> <li>● <b>Girls Triple Jump (followed by Boys)</b></li> <li>● <b>Boys Pole Vault (followed by Girls)</b></li> <li>● <b>Boys Shot Put (followed by Girls)</b></li> <li>● <b>Boys High Jump (followed by Girls)</b></li> <li>● <b>Boys Long Jump (followed by Girls)</b></li> </ul> <p><b>RUNNING EVENTS (10:00 AM) GIRLS followed immediately by BOYS</b></p> <ul style="list-style-type: none"> <li>● <b>100m/110m HH- trials: sections on time, fast to slow (top 8 to final)</b></li> <li>● <b>100 meter Dash- trials: sections on time, fast to slow (top 8 to final)</b></li> <li>● <b>GIRLS 100 meter Hurdle final</b></li> <li>● <b>BOYS 110 meter Hurdle final</b></li> <li>● <b>100 meter dash final- top 8 GIRLS followed by BOYS</b></li> <li>● <b>2 Mile Run- Sections on time, slow to fast.</b></li> <li>● <b>400m Hurdles- Sections on time, slow to fast.</b></li> <li>● <b>200m Dash- Sections on time, slow to fast</b></li> <li>● <b>1 Mile Run- Sections on time, slow to fast.</b></li> <li>● <b>400 meter Run- Sections on time, slow to fast.</b></li> <li>● <b>800 meter Run- Sections on time, slow to fast.</b></li> <li>● <b>4 x 100m Relay- Sections on time, slow to fast.</b></li> <li>● <b>4 x 800m Relay- Sections on time, slow to fast.</b></li> <li>● <b>4 x 400m Relay- Sections on time, slow to fast</b></li> </ul> <p><b>Athletes who are visual or mobility impaired will compete during each scheduled event</b></p> |

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| <b>Emergency Contact Form</b> | All coaches must have filled out a <a href="#">MSTCA EMERGENCY CONTACT FORM</a> online before being allowed to retrieve your packet for your team. You only need to complete this form once for the season (unless coaches or contact info changes).   |
| <b>Inclement Weather</b>      | <ul style="list-style-type: none"><li>• Any decision to cancel the meet because of inclement weather will be made by Friday at 6:00 AM</li><li>• There is a rain date of Saturday, April 22 at 9:30 AM</li><li>• If any questions contact Meet Director Bill Kane; Site Director Dan Pryce; or Director of Meet Operations Mike Miller</li></ul> |