



# MSTCA WILLIAM C. KANE DEVELOPMENTAL INVITATIONAL

Friday, April 19, 2024 (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> Site Director: Dan Pryce: <a href="mailto:dpryce@agawamed.org">dpryce@agawamed.org</a> Director of Meet Operations OTF: Mike Miller: <a href="mailto:mstca.outdoor@gmail.com">mstca.outdoor@gmail.com</a>			
<b>Entry Deadline &amp; Procedures</b>	<ul style="list-style-type: none"> <li><b>Deadline Date: Tuesday April 16, 2024</b></li> <li><b>MSTCA is not accepting ANY late entries this outdoor season</b></li> <li><b>All entries should be submitted on <a href="https://www.athletic.net">https://www.athletic.net</a> prior to the deadline.</b></li> <li>Entry lists will be posted on <a href="https://live.mstca.org/">https://live.mstca.org/</a> by Thursday, April 18</li> </ul>			
<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>			
	<b>Event:</b>	<b>Boy/Girl Standard:</b>	<b>Event:</b>	<b>Boy/Girl Standard:</b>
	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"

	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
<b>Participation Rules:</b>	<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>
<b>Payment Info</b>	<p><b>Entry Fees</b></p> <ul style="list-style-type: none"> <li>● \$12 per individual entry</li> <li>● \$30 per relay entry</li> <li>● \$350 maximum entry per gender per school</li> </ul> <p><b>Payment Forms:</b>  **Payment must be arranged IN ADVANCE of any meet that your team will attend. Regardless of payment method, please complete the <a href="#">SINGLE PAYMENT FORM</a> prior to the day of the meet.</p> <p>** 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 athletes or relay teams actually compete.</p> <p>**Checks should be made payable to the "MSTCA"</p> <p>**Questions regarding entry fees should be addressed to Jayson Sylvain, the MSTCA's Chief Financial Officer, at <a href="mailto:mstca.cfo@gmail.com">mstca.cfo@gmail.com</a></p> <p>The MSTCA Tax ID# 04-3394224</p> <p><b>Mailing Address:</b>  MSTCA  P.O. Box 1008  Mansfield, MA 02048</p>
<b>Awards</b>	<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>
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site and live results will be found at <a href="https://live.mstca.org">https://live.mstca.org</a>
<b>Spikes</b>	<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>
<b>Facility Information</b>	<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 and along the side 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>
<b>Pole Vault</b>	<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> </ul>

	<ul style="list-style-type: none"> <li>● There is no limit to the number of total jumps an athlete may take in competition</li> <li>● There are no runbacks allowed per NFHS rules</li> </ul>
<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 number 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 (girls) or 12 lb. (boys) 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 (girls) or 800g (boys) and meeting NFHS specifications. There are no runbacks allowed per NFHS rules</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 (girls) or 1.6 kg. (boys) 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>Javelin Throw: Boys followed by Girls</b></li> <li>● <b>Discus Throw: Boys followed by Girls</b></li> <li>● <b>Shot Put: Girls followed by Boys</b></li> <li>● <b>Long Jump: Boys followed by Girls</b></li> <li>● <b>Triple Jump: Girls followed by Boys</b></li> <li>● <b>High Jump: Girls followed by Boys</b></li> </ul> <p><b>TRACK EVENTS (10:00 AM)- Check in on the infield; Girls followed 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>

	<b>Athletes who are visual or mobility impaired will compete during each scheduled event</b>
<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 20 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>
<b>MSTCA Online/ Social Media:</b>	Website: <a href="http://www.mstca.org">www.mstca.org</a> ; Entry Lists and Meet Results: <a href="http://live.mstca.org">live.mstca.org</a> Live Streams of Meets: <a href="https://mstca.tv/">https://mstca.tv/</a> Instagram: <a href="https://www.instagram.com/mass_state_track/">https://www.instagram.com/mass_state_track/</a> Twitter/X: @MSTCA1; TikTok: @mstca Facebook: <a href="https://www.facebook.com/groups/154532424151/">https://www.facebook.com/groups/154532424151/</a>
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