



MSTCA COACHES TWILIGHT INVITATIONAL

Friday, May 10, 2024 (4:00 PM)

Foxborough High School, 120 South St., Foxborough

Hosted by:	Foxborough High School																																														
Sanctioned by:	MIAA																																														
Meet/Site Director:	Meet Director: Joe LeMar: bifrunner1@aol.com Site Director: Joe Cusack: joecusack2112@gmail.com Director of Meet Operations OTF: Mike Miller: mstca.outdoor@gmail.com																																														
Entry Deadline & Procedures	<ul style="list-style-type: none"> ● Deadline Date: Tuesday May 7, 2024 at 8:00 PM ● MSTCA is not accepting ANY late entries this outdoor season ● All entries should be submitted on https://www.athletic.net prior to the deadline. ● Entry lists will be posted on https://live.mstca.org/ by Wednesday, May 8 																																														
Participating Schools	<ul style="list-style-type: none"> ● Open to all MIAA schools' boys' and girls' teams from all divisions that are eligible to compete on their school's team according to the high school principal ● This meet is considered a separate meet from the MSTCA Invitational on Saturday, and teams/ athletes may choose to enter in either meet or both 																																														
Events and Standards:	<ul style="list-style-type: none"> ● Entries require a verified mark from athletic.net (including dual meets), from the past two outdoor seasons, or the past two indoor seasons (if applicable) ● Coaches with athletes who are visual or mobility impaired should contact the meet director with athlete name & seed; there are no standards for these events <table border="1"> <thead> <tr> <th>Event:</th> <th>Boy/Girl Standard:</th> <th>Event:</th> <th>Boy/Girl Standard:</th> </tr> </thead> <tbody> <tr> <td>100 Meters</td> <td>11.40/ 13.50</td> <td>4 x 800m Relay</td> <td>9:10.00/ 11:10.00</td> </tr> <tr> <td>200 Meters</td> <td>23.50/ 28.50</td> <td>Distance Medley</td> <td>12:00.00/ 14:00.00</td> </tr> <tr> <td>400 Meters</td> <td>54.00/ 65.00</td> <td>Long Jump</td> <td>19'6"/ 15'9"</td> </tr> <tr> <td>800 Meters</td> <td>2:08.00/ 2:34.00</td> <td>Triple Jump</td> <td>38'6"/ 32'6"</td> </tr> <tr> <td>1 Mile</td> <td>4:45.00/ 5:48.00</td> <td>High Jump/Pole Vault</td> <td>5'8"/4'8";8'6"/7'0"</td> </tr> <tr> <td>2 Mile</td> <td>10:40.00/ 12:50.00</td> <td>Shot Put</td> <td>40'0"/ 29'0"</td> </tr> <tr> <td>110/100m Hurdles</td> <td>17.80/ 18.00</td> <td>Discus</td> <td>115'0"/ 85'0"</td> </tr> <tr> <td>400m Hurdles</td> <td>64.00/ 75.00</td> <td>Javelin</td> <td>130'0"/ 85'0"</td> </tr> <tr> <td>4 x 100m Relay</td> <td>48.00/ 55.00</td> <td>Freshman 1 Mile</td> <td>5:10.00/ 6:10.00</td> </tr> <tr> <td>4 x 400m Relay</td> <td>3:50.00/ 4:30.00</td> <td>Freshman 100 M</td> <td>12.50/ 14.50</td> </tr> </tbody> </table>			Event:	Boy/Girl Standard:	Event:	Boy/Girl Standard:	100 Meters	11.40/ 13.50	4 x 800m Relay	9:10.00/ 11:10.00	200 Meters	23.50/ 28.50	Distance Medley	12:00.00/ 14:00.00	400 Meters	54.00/ 65.00	Long Jump	19'6"/ 15'9"	800 Meters	2:08.00/ 2:34.00	Triple Jump	38'6"/ 32'6"	1 Mile	4:45.00/ 5:48.00	High Jump/Pole Vault	5'8"/4'8";8'6"/7'0"	2 Mile	10:40.00/ 12:50.00	Shot Put	40'0"/ 29'0"	110/100m Hurdles	17.80/ 18.00	Discus	115'0"/ 85'0"	400m Hurdles	64.00/ 75.00	Javelin	130'0"/ 85'0"	4 x 100m Relay	48.00/ 55.00	Freshman 1 Mile	5:10.00/ 6:10.00	4 x 400m Relay	3:50.00/ 4:30.00	Freshman 100 M	12.50/ 14.50
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Participation Rules:	<ul style="list-style-type: none"> ● An athlete may participate in ANY 3 events ● MIAA rules will be in effect. ● NFHS Uniform rules will be enforced. ● Team must complete the MSTCA Outdoor Track SINGLE WAIVER before first meet
Payment Info	<p>Entry Fees</p> <ul style="list-style-type: none"> ● \$12 per individual entry ● \$30 per relay entry <p>Payment Forms:</p> <p>**Payment must be arranged IN ADVANCE of any meet that your team will attend. Regardless of payment method, please complete the SINGLE PAYMENT FORM 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 mstca.cfo@gmail.com</p> <p>The MSTCA Tax ID# 04-3394224</p> <p>Mailing Address: MSTCA P.O. Box 1008 Mansfield, MA 02048</p>
Awards	<ul style="list-style-type: none"> ● Medals will be awarded for placing 1st through 6th ● Athletes must pick up their awards as soon as results are announced. Awards will not be mailed
Results	Results will be posted on www.mstca.org , the official MSTCA web site and live results will be found at https://live.mstca.org
Spikes	<ul style="list-style-type: none"> ● Only 1/8” or 1/4” PYRAMID spikes allowed. ● Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.
Facility Information	<ul style="list-style-type: none"> ● The Foxboro HS Track is an 8-lane composite track w/ an 8-lane straightaway ● Vehicle parking may be limited at the facility. Bus parking may be off site, come prepared for this scenario. ● MSTCA T-shirts will be on sale. Food will be available for purchase at the concession stand
High Jump	<ul style="list-style-type: none"> ● There is one composite high jump area ● Starting Height: Girls 4' 8", Boys 5' 8" ● Height progression will be opening height, then up 2" ● There is no limit to the amount of total jumps an athlete may take in competition
Long Jump	<ul style="list-style-type: none"> ● No runbacks are allowed. Athletes should come prepared with a mark ● There will be one long jump pit with a painted board ● All athletes will get three attempts and the top 7 competitors will advance to a final and get 3 more attempts

Triple Jump	<ul style="list-style-type: none"> No runbacks are allowed. Athletes should come prepared with a mark There will be one triple jump pit with painted boards at 24', 28', 32', 36' All athletes will get three attempts and the top 7 competitors will advance to a final and get 3 more attempts
Shot Put	<ul style="list-style-type: none"> There will be one shot put sector at the facility All athletes will get three attempts and the top 7 competitors will advance to a final and get 3 more attempts Schools must provide shot puts weighing 8 kg or 12 lb. and meeting NFHS specs.
Javelin Throw	<ul style="list-style-type: none"> There will be one javelin sector at the facility using a grass runway All athletes will get three attempts and the top 7 competitors will advance to a final and get 3 more attempts Schools must provide javelins weighing 600g or 800g and meeting NFHS specs. There are no runbacks allowed per NFHS rules
Discus	<ul style="list-style-type: none"> There will be one discus sector at the facility All athletes will get three attempts and the top 7 competitors will advance to a final and get 3 more attempts Schools must provide discus weighing 1 kg or 1.6 kg. and meeting NFHS specs.
Pole Vault	<ul style="list-style-type: none"> Pole Vault will take place at Natick HS on Thursday, May 9 at 4:00 PM Starting Height: Girls 7' 0", Boys 8' 6" Height progression will be opening height, then up 6" There is no limit to the amount of total jumps an athlete may take in competition There are no runbacks allowed per NFHS rules
Order of Events	<p>FIELD EVENTS (4:00 PM): Check in at each pit.</p> <ul style="list-style-type: none"> Javelin Throw: Boys followed by Girls Discus Throw: Boys followed by Girls Shot Put: Girls followed by Boys Long Jump: Boys followed by Girls Triple Jump: Girls followed by Boys High Jump: Girls followed by Boys Pole Vault: Girls followed by Boys (Thursday 5/9 at Natick HS at 4:00 PM) <p>TRACK EVENTS (4:30 PM)– Check in on the infield; Girls followed by Boys</p> <ul style="list-style-type: none"> Two Mile Run: Sections on time, fastest section last 400 Meter Hurdles: Sections on time, fastest section last 200 Meter Dash: FINAL on time, fastest section last 1 Mile Run: Sections on time, fastest section last Freshman 1 Mile Run: Sections on time, fastest section last 100/110 Meter Hurdles: Sections on time, fastest last, top 8 advance to a Final 100 Meter Dash: Sections on time, fastest last, top 8 advance to a Final Freshman 100M Dash: Sections on time, fastest last, top 8 advance to a Final 800 Meter Run: Sections on time, fastest section last 400 Meter Dash: Sections on time, fastest section last 100 Meter Hurdles: Finals/ 110 Meter Hurdles: Finals 100 Meter Dash: Finals Freshman 100 Meter Dash: Finals 4 x 800 Meter Relay: Sections on time, fastest section last 4 x 100 Meter Relay: Sections on time, fastest section last 4 x 400 Meter Relay: Sections on time, fastest section last Distance Medley Relay (1200-400-800-1600): 1 section each, top 15 teams only <p>Athletes who are visual or mobility impaired will compete during each scheduled event</p>

Equipment	<ul style="list-style-type: none"> • The host school will provide blocks for all events. Please do not bring your own • Participating schools must bring their own throwing implements • Participating schools must provide their own relay batons
Emergency Contact Form	All coaches must have filled out a MSTCA EMERGENCY CONTACT FORM 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).
Inclement Weather	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by Friday at 12:00 Noon • If any questions contact Meet Director Joe LeMar; Site Director Joe Cusack; or Director of Meet Operations Mike Miller
MSTCA Online/ Social Media:	Website: www.mstca.org ; Entry Lists and Meet Results: live.mstca.org Live Streams of Meets: https://mstca.tv/ Instagram: https://www.instagram.com/mass_state_track/ Twitter/X: @MSTCA1; TikTok: @mstca Facebook: https://www.facebook.com/groups/154532424151/
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