



## **27<sup>th</sup> Annual Girls' & Boys'**

### **M.S.T.C.A. Indoor Individual Pentathlon**

**GIRLS – Tuesday, February 28, 2023 – 3:30 PM**

**BOYS – Wednesday, March 1, 2023 – 3:30 PM**

**Robert McIntyre Track at Reggie Lewis Track and Athletic Center  
1350 Tremont St., Roxbury, MA**

<b>Hosted by:</b>	Shrewsbury High School
<b>Sanctioning:</b>	M.I.A.A. sanctioned for all MA association member schools.
<b>Meet Director:</b>	Ian Butterfield, <a href="mailto:ibutterfield@shrewsbury.k12.ma.us">ibutterfield@shrewsbury.k12.ma.us</a>
<b>Meet Description:</b>	In this meet, each athlete must complete all 5 events and their performance in each is scored according to World Athletic Council tables. The winner is the athlete with the highest overall combined score from the 5 events. You may also enter a 3-athlete team. Each athlete competes in all 5 events and a team score is derived.
<b>Mandatory Paperwork and Forms:</b>	<p><b><u>Single Waiver:</u></b></p> <ul style="list-style-type: none"><li>• All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets.</li><li>• This document can be found in the "Indoor Forms" posting on the MSTCA website <a href="http://www.mstca.org">www.mstca.org</a></li></ul> <p><b><u>Emergency Contact Form:</u></b></p> <ul style="list-style-type: none"><li>• All teams must fill out the MSTCA Reggie Lewis Center Emergency Contact Form online. You only need to complete this form once for the season (unless coaches or contact info changes).</li><li>• This document can be found in the "Indoor Forms" posting on the MSTCA website <a href="http://www.mstca.org">www.mstca.org</a></li></ul> <p><b><u>Payment:</u></b></p> <ul style="list-style-type: none"><li>• Please see the "Entry Fees" section for payment information. Payment must be arranged IN ADVANCE of any meet that your team will attend.</li><li>• The Single Payment Form is the easiest method of payment and can be found in the "Indoor Forms" posting on the MSTCA website <a href="http://www.mstca.org">www.mstca.org</a></li></ul>

<b>Events and Standards:</b>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <u><b>GIRLS EVENTS</b></u>  55 meter Hurdles  High Jump  Shot Put  Long Jump  800 meter Run </div> <div style="text-align: center;"> <u><b>BOYS EVENTS</b></u>  55 meter Hurdles  High Jump  Shot Put  Long Jump  1,000 meter Run </div> </div> <ul style="list-style-type: none"> <li>There are no standards for this meet.</li> </ul>
<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>M.I.A.A./NFHS rules will be in effect, including enforcement of the uniform rule.</li> <li>Competitor numbers must be worn on the front of the uniform.</li> <li>A school may enter a maximum of three athletes for each gender.</li> </ul>
<b>Entry Deadline</b>	<ul style="list-style-type: none"> <li>Thursday, February 23, 2023 by 8:00 p.m.</li> <li>All entries should be submitted on <a href="http://www.directathletics.com">www.directathletics.com</a>.</li> <li><b><u>Late Entry Policy:</u></b> There are NO late entries accepted for any MSTCA meets. Please be aware of this and don't miss the entry deadline.</li> </ul>
<b>Order of Events:</b>	<p>55m Hurdles - all athletes begin with the hurdles. Heats will be randomly assigned.</p> <p>At the conclusion of the hurdles, athletes will self-rotate through the three field events (Shot Put, High Jump, Long Jump)</p> <p>800m (Girls)/1000m (Boys) - After completing all 3 field events, athletes will finish with the final event on the track.</p>
<b>Entry Fees:</b>	<p>\$50 per individual or \$125 per team of 3 athletes.</p> <p>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 the day of the meet.</p> <ul style="list-style-type: none"> <li>If a school is using the MSTCA's Single Payment 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> </ul>
<b>Entry Fees</b>	

<b>(continued):</b>	<p>Please make checks payable to <b>MSTCA</b> and mail (NOTE: new mailing address) to:</p> <div> <div> MSTCA  c/o Pentathlon Entries  P.O. Box 1008  Mansfield, MA 02048 </div> <div> <b>MSTCA Tax ID # 04-3394224</b> </div> </div>
<b>Entry Lists</b>	<ul style="list-style-type: none"> <li>Entry lists will be posted on <a href="http://www.mstca.org">www.mstca.org</a> by Sunday, February 26.</li> </ul>
<b>Equipment:</b>	<ul style="list-style-type: none"> <li>Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them.</li> </ul>
<b>High Jump:</b>	<ul style="list-style-type: none"> <li>Girls Opening Height will be determined by the Meet Director</li> <li>Boys Opening Height will be determined by the Meet Director</li> <li>Each competitor will be allowed no more than six attempts in the competition.</li> <li>Each competitor must declare an opening height.</li> </ul>
<b>Long Jump:</b>	<ul style="list-style-type: none"> <li>Each jumper will be allowed three jumps.</li> <li>No runbacks are allowed. Athletes should come prepared with a mark.</li> </ul>
<b>Shot Put:</b>	<ul style="list-style-type: none"> <li>Each thrower will be allowed three throws.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>Plaques will be given to the top five individuals and the top three teams.</li> </ul>
<b>Results:</b>	<ul style="list-style-type: none"> <li>Results will be posted after the meet on <a href="http://www.mstca.org">www.mstca.org</a></li> <li>Live results will be available at <a href="https://live.mstca.org/">https://live.mstca.org/</a></li> </ul>
<b>Spikes:</b>	<ul style="list-style-type: none"> <li>Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C.</li> <li>Spikes are allowed ONLY in the track area.</li> <li>Correct spikes will be sold in the gym.</li> <li>Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.</li> </ul>
<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 6:00 a.m. on meet day.</li> <li>Notification regarding cancellations will be posted on our website <a href="http://www.mstca.org">www.mstca.org</a> and our Twitter account <a href="https://twitter.com/MSTCA1">@MSTCA1</a> and emailed through Direct Athletics to your school's contact.</li> <li><u>There is no make-up date.</u></li> </ul>

<b>Parking at Reggie Lewis Center:</b>	Parking is available for patrons attending track and field 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 along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.
<b>Version:</b>	This document was last updated on 11/06/2022