



MSTCA JIM HOAR FRESHMAN-SOPHOMORE INVITATIONAL

Saturday, May 4, 2024 (9:30 AM)

Weymouth High School: 1 Wildcat Way, Weymouth

Hosted by:	Weymouth High School																																										
Sanctioned by:	MIAA																																										
Meet/Site Director:	Meet Director: Mike Miller: mstca.outdoor@gmail.com Site Director: John Connolly: john.connolly@weymouthps.org Director of Meet Operations OTF: Mike Miller: mstca.outdoor@gmail.com																																										
Entry Deadline & Procedures	<ul style="list-style-type: none"> ● Deadline Date: Tuesday April 30, 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 Thursday, May 2 																																										
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 separate from the MSTCA Lou Tozzi Invitational on Friday, and teams/ athletes may choose to enter athletes in either/ 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) ● This meet is limited to MIAA eligible bona fide high school student-athletes from grades 10 or under only- NO juniors or seniors should be entered <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>12.00/ 14.00</td> <td>4 x 100m Relay</td> <td>NO STANDARD</td> </tr> <tr> <td>200 Meters</td> <td>25.00/ 29.00</td> <td>4 x 400m Relay</td> <td>4:00.00/ 4:50.00</td> </tr> <tr> <td>400 Meters</td> <td>57.00/ 67.00</td> <td>4 x 800m Relay</td> <td>9:40.00/ 11:40.00</td> </tr> <tr> <td>800 Meters</td> <td>2:18.00/ 2:40.00</td> <td>Long Jump</td> <td>18'6"/ 14'6"</td> </tr> <tr> <td>1 Mile</td> <td>5:18.00/ 6:10.00</td> <td>Triple Jump</td> <td>35'0"/ 29'0"</td> </tr> <tr> <td>2 Mile</td> <td>11:30.00/ 13:20.00</td> <td>High Jump</td> <td>5'4"/ 4'4"</td> </tr> <tr> <td>110/100m Hurdles</td> <td>20.00/ 20.00</td> <td>Shot Put</td> <td>33'0"/ 25'0"</td> </tr> <tr> <td>400m Hurdles</td> <td>70.00/ 78.00</td> <td>Discus</td> <td>88'0"/ 65'0"</td> </tr> <tr> <td></td> <td></td> <td>Javelin</td> <td>110'0"/ 70'0"</td> </tr> </tbody> </table>			Event:	Boy/Girl Standard:	Event:	Boy/Girl Standard:	100 Meters	12.00/ 14.00	4 x 100m Relay	NO STANDARD	200 Meters	25.00/ 29.00	4 x 400m Relay	4:00.00/ 4:50.00	400 Meters	57.00/ 67.00	4 x 800m Relay	9:40.00/ 11:40.00	800 Meters	2:18.00/ 2:40.00	Long Jump	18'6"/ 14'6"	1 Mile	5:18.00/ 6:10.00	Triple Jump	35'0"/ 29'0"	2 Mile	11:30.00/ 13:20.00	High Jump	5'4"/ 4'4"	110/100m Hurdles	20.00/ 20.00	Shot Put	33'0"/ 25'0"	400m Hurdles	70.00/ 78.00	Discus	88'0"/ 65'0"			Javelin	110'0"/ 70'0"
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	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
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 ● Each school may enter up to THREE athletes per gender per event, provided they meet the standard
Payment Info	<p>Entry Fees</p> <ul style="list-style-type: none"> ● \$12 per individual entry ● \$30 per relay entry <p>Payment Forms: **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 Weymouth HS Track is a 6-lane composite track w/ a 6-lane straightaway ● Vehicle parking may be limited at the facility. Bus parking will 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' 4", Boys 5' 4" ● 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

	<ul style="list-style-type: none"> ● 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 20', 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 specifications
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 specifications. 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 specifications
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
Order of Events	<p>FIELD EVENTS (9:30 AM): 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 <p>TRACK EVENTS (10:00 AM)– 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: Sections on time, fastest section last ● One Mile Run: Sections on time, fastest section last ● 100/110 Meter Hurdles: Sections on time; Fastest 12 advance to a 2 section final ● 100 Meter Dash: Sections on time; Fastest 12 advance to a 2 section 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 (fastest section last) ● 100 Meter Dash: Finals (fastest section last) ● 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. <p>Athletes who are visual or mobility impaired will compete during each scheduled event</p>

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 Saturday at 6:00 AM• If any questions contact Site Director John Connolly or Meet Director/ 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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