



MSTCA MULTI FEST & RELAY INVITATIONAL

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

North Andover High School: 430 Osgood St, North Andover

Hosted by:	North Andover High School																		
Sanctioned by:	MIAA																		
Meet/Site Director:	Meet/ Site Director: Steve Nugent: nugents@nak12.com Director of Meet Operations OTF: Mike Miller: mstca.outdoor@gmail.com																		
Entry Deadline	Deadline Date: All entries will be due on www.directathletics.com by Tuesday, April 18, 2023, 8:00 PM There will be NO LATE ENTRIES for any MSTCA meet this spring																		
Participating Schools	Open to all MIAA athletes from all divisions and regions that are eligible to compete on their school's team according to the high school principal																		
Events and Standards:	<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>Pentathlon</td> <td>NO STANDARD</td> <td>4x110/4x100 Hurdles</td> <td>NO STANDARD</td> </tr> <tr> <td>4x200m Relay</td> <td>NO STANDARD</td> <td>1600m Sprint Medley</td> <td>NO STANDARD</td> </tr> <tr> <td>Distance Medley</td> <td>NO STANDARD</td> <td>800m Sprint Medley</td> <td>NO STANDARD</td> </tr> </tbody> </table>			Event:	Boy/Girl Standard:	Event:	Boy/Girl Standard:	Pentathlon	NO STANDARD	4x110/4x100 Hurdles	NO STANDARD	4x200m Relay	NO STANDARD	1600m Sprint Medley	NO STANDARD	Distance Medley	NO STANDARD	800m Sprint Medley	NO STANDARD
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Participation Rules:	<ul style="list-style-type: none"> • MIAA rules will be in effect. • NFHS Uniform rules will be enforced. • Team must complete the MSTCA Outdoor Track SINGLE WAIVER before first meet 																		
Team/Athlete Participation	<ul style="list-style-type: none"> • A coach must accompany every athlete competing at this meet • An athlete may participate in any three events. Pentathlon counts as one event 																		
Entry Fees	<ul style="list-style-type: none"> • \$25 per relay entry • \$50 per individual entry in Pentathlon • Each school must notify Jayson Sylvain, the MSTCA's Chief Financial Officer, at mstca.cfo@gmail.com of its payment plan for the entry fees prior to meet day • 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. • 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. 																		

	<ul style="list-style-type: none"> ● 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. ● 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. ● 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. ● Please make checks payable to: MSTCA and mail to MSTCA c/o Multi Fest Entries P.O. Box 1008 Mansfield, MA 02048 MSTCA Tax ID # 04-3394224
Awards	Medals will be awarded to the top 6 individuals in each Pentathlon, and participants in the top 3 relays in each event.
Results	Results will be posted on www.mstca.org , the official MSTCA web site
Spikes	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"> ● Vehicle and bus parking are on site. There will be a concession stand at the meet selling drinks and food. ● North Andover is an 8 lane composite track with an 8-lane straightaway
High Jump	<ul style="list-style-type: none"> ● 2 High jump pits will be used ● Each athlete must declare an opening height ● Athletes may take no more than 6 total jumps in the competition ● Opening height will be determined by the meet director and will move in 5 cm increments.
Long Jump	<ul style="list-style-type: none"> ● 2 long jump pits will be in use ● No runbacks are allowed. Athletes should come prepared with a mark ● Athletes will be given 3 attempts- no finals ● All fair attempts will be measured in metric units
Shot Put	<ul style="list-style-type: none"> ● Athletes will be given 3 attempts- no finals ● All fair attempts will be measured in metric units ● Athletes must bring their own implements ● There are two shot put circles available at North Andover HS
Equipment	<ul style="list-style-type: none"> ● Blocks will be provided by the host school ● Participating schools must bring their own throwing implements
Order of Events	<p>PENTATHLON (9:30 AM): *Field event order subject to change based on entries*</p> <ul style="list-style-type: none"> ● Girls 100/ Boys 110 Meter Hurdles ● Long Jump ● Shot Put ● High Jump ● Girls 800 Meters/ Boys 1500 Meters <p>TRACK EVENTS (10:00 AM)- Check in on the infield; Girls followed by Boys</p> <ul style="list-style-type: none"> ● 4x100/ 110m Shuttle Hurdles ● 1600m Sprint Medley Relay (200-200-400-800) ● 4x200m Relay ● Distance Medley Relay (1200-400-800-1600) ● 800m Sprint Medley Relay (100-100-200-400)

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 6:00 AM on Friday• If any questions contact Meet/ Site Director Steve Nugent; or Director of Meet Operations Mike Miller