



MSTCA MULTI FEST & RELAY INVITATIONAL

Friday, April 19, 2024 (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 & Procedures	<ul style="list-style-type: none"> ● Deadline Date: Tuesday April 16, 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, April 18 																										
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>A&B Teams allowed</td> </tr> <tr> <td>4x200m Relay</td> <td>A&B Teams allowed</td> <td>1600m Sprint Medley</td> <td>A&B Teams allowed</td> </tr> <tr> <td>Distance Medley</td> <td>A&B Teams allowed</td> <td>800m Sprint Medley</td> <td>A&B Teams allowed</td> </tr> <tr> <td>Shot Put Relay</td> <td>A&B Teams allowed</td> <td>Javelin Relay</td> <td>A&B Teams allowed</td> </tr> <tr> <td>Discus Relay</td> <td>A&B Teams allowed</td> <td></td> <td></td> </tr> </tbody> </table>			Event:	Boy/Girl Standard:	Event:	Boy/Girl Standard:	Pentathlon	NO STANDARD	4x110/4x100 Hurdles	A&B Teams allowed	4x200m Relay	A&B Teams allowed	1600m Sprint Medley	A&B Teams allowed	Distance Medley	A&B Teams allowed	800m Sprint Medley	A&B Teams allowed	Shot Put Relay	A&B Teams allowed	Javelin Relay	A&B Teams allowed	Discus Relay	A&B Teams allowed		
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Participation Rules:	<ul style="list-style-type: none"> ● An athlete may participate in ANY 3 events. Pentathlon counts as one event ● MIAA rules will be in effect ● NFHS Uniform rules will be enforced. ● Team must complete the MSTCA Outdoor Track SINGLE WAIVER before first meet ● A coach must accompany every athlete competing at this meet ● Any coach entering a B team in a throwing event relay must email the meet director no later than Friday, April 12th at 8:00 PM with names and marks 																										
Payment Info	Entry Fees <ul style="list-style-type: none"> ● \$12 per individual entry ● \$30 per relay entry, including throws relays (A or B team) ● \$50 per individual entry in the pentathlon 																										

	<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	Medals will be awarded to the top 6 individuals in each Pentathlon, and participants in the top 3 relays in each event, including throws relays.
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	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
Pent 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.
Pent 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
Pentathlon 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 ● The event will take place in the shot put area on the upper field by the track
Shot Put Relay	<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 ● A relay team consists of three athletes, all must achieve a mark in order to score ● The event will take place in the shot put area on the lower field in front of NAHS
Discus Relay	<ul style="list-style-type: none"> ● Athletes will be given 3 attempts- no finals ● All fair attempts will be measured in metric units

	<ul style="list-style-type: none"> ● Athletes must bring their own implements ● A relay team consists of three athletes, all must achieve a mark in order to score ● The event will take place in the discus area on the lower field in front of NAHS
Javelin Relay	<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 no runbacks allowed ● A relay team consists of three athletes, all must achieve a mark in order to score ● The event will take place in the grass runway on the lower field in front of NAHS
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 ● Boys Long Jump/ Girls High Jump ● Boys Shot Put/ Girls Long Jump ● Boys High Jump/ Girls Shot Put ● Girls 800 Meters/ Boys 1500 Meters <p>NOTE: Pentathlon events may not be given the full NFHS 30 minute break between events, depending on the timing of the meet</p> <p>FIELD EVENTS (9:30 AM): Throwing relays take place on the lower field in front of NAHS</p> <ul style="list-style-type: none"> ● Javelin Relay- Boys followed by Girls ● Discus Relay- Boys followed by Girls ● Shot Put Relay- 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"> ● 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
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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