



# MSTCA SOUTH HEPTATHLON

Monday, June 5, and Tuesday, June 6, 2023 (3:30pm)

Notre Dame Academy-Hingham, 1073 Main Street, Hingham, MA

<b>Hosted by:</b>	Notre Dame Academy										
<b>Sanctioned by:</b>	MIAA										
<b>Meet/Site Director:</b>	Meet Director: Rick Kates: <a href="mailto:rkates2005@gmail.com">rkates2005@gmail.com</a> Director of Meet Operations OTF: Mike Miller: <a href="mailto:mstca.outdoor@gmail.com">mstca.outdoor@gmail.com</a>										
<b>Entry Deadline</b>	<b>Deadline Date:</b> <b>All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a> by Saturday, June 3, 2023, 8:00 PM</b> <b>There will be NO LATE ENTRIES for any MSTCA meet this spring</b>										
<b>Participating Schools</b>	All MIAA member schools. The dividing line is the Mass Turnpike for North and South.										
<b>Events and Standards:</b>	<table border="0"> <tr> <td style="text-align: center;"><u><b>Day 1</b></u></td> <td style="text-align: center;"><u><b>Day 2</b></u></td> </tr> <tr> <td>100 meter Hurdles</td> <td>Long Jump</td> </tr> <tr> <td>High Jump</td> <td>Javelin Throw</td> </tr> <tr> <td>Shot Put</td> <td>800 Meters</td> </tr> <tr> <td>200 Meters</td> <td></td> </tr> </table> <ul style="list-style-type: none"> <li>Note: There are no standards for this meet</li> <li>Field events may be flip-flopped on either day, the Meet Director will communicate in advance</li> </ul>	<u><b>Day 1</b></u>	<u><b>Day 2</b></u>	100 meter Hurdles	Long Jump	High Jump	Javelin Throw	Shot Put	800 Meters	200 Meters	
<u><b>Day 1</b></u>	<u><b>Day 2</b></u>										
100 meter Hurdles	Long Jump										
High Jump	Javelin Throw										
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200 Meters											
<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>MIAA rules will be in effect.</li> <li>NFHS Uniform rules will be enforced.</li> <li>Team must complete the MSTCA Outdoor Track <a href="#">SINGLE WAIVER</a> before first meet</li> </ul>										
<b>Team/Athlete Participation</b>	<ul style="list-style-type: none"> <li>Each school may enter between 1 and 6 athletes</li> <li>Three athletes score as a team (A and B teams allowed)</li> <li>Teams must be declared prior to the start of competition</li> <li>A coach must accompany every athlete competing at this meet</li> </ul>										
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>\$40 per individual athlete</li> <li>\$110 for a Team of Three</li> <li>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 meet day</li> <li>If a school is using the MSTCA's <a href="#">SINGLE PAYMENT</a> 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> </ul>										

	<ul style="list-style-type: none"> <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> <li>● 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.</li> <li>● <b>Please make checks payable to: MSTCA and mail to</b>  MSTCA  MSTCA Tax ID # 04-3394224  c/o MSTCA Heptathlon Entries  P.O. Box 1008  Mansfield, MA 02048</li> </ul>
<b>Awards</b>	<ul style="list-style-type: none"> <li>● Plaques will be awarded to the top 5 individuals</li> <li>● Plaques will be awarded to the top 3 teams</li> <li>● T-shirts will be awarded to each event winner and the top 20 individuals.</li> </ul>
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.
<b>Spikes</b>	Only 1/8" or 1/4" PYRAMID spikes allowed. <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b>
<b>Facility Information</b>	Vehicle and bus parking are on site. There will be no concession stand.
<b>High Jump</b>	<ul style="list-style-type: none"> <li>● 2 high jump pits will be used</li> <li>● Each athlete must declare an opening height</li> <li>● Athletes may take no more than 6 total jumps in the competition</li> <li>● Opening height will be determined by the meet director and will move in 5 cm increments.</li> </ul>
<b>Long Jump</b>	<ul style="list-style-type: none"> <li>● No runbacks are allowed. Athletes should come prepared with a mark</li> <li>● Athletes will be given 3 attempts- no finals</li> <li>● All fair attempts will be measured in metric units</li> </ul>
<b>Shot Put</b>	<ul style="list-style-type: none"> <li>● Athletes will be given 3 attempts- no finals</li> <li>● All fair attempts will be measured in metric units</li> <li>● Athletes must bring their own implements.</li> </ul>
<b>Javelin Throw</b>	<ul style="list-style-type: none"> <li>● Athletes will be given 3 attempts- no finals</li> <li>● All fair attempts will be measured in metric units</li> <li>● Athletes must bring their own implements</li> <li>● NDA will use one grass and one composite runway, prepare for both</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>● Blocks will be provided by the host school</li> <li>● Participating schools must bring their own throwing implements</li> </ul>
<b>Order of Events</b>	All athletes will begin and end each day with the stated running events. Seeding for running events will be random, except for the 800 meter. Field event rotations will be assigned by the meet director prior to the meet, and may go in any order.
<b>Emergency Contact Form</b>	All coaches must have filled out a <a href="#">MSTCA EMERGENCY CONTACT FORM</a> 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).
<b>Inclement Weather</b>	<ul style="list-style-type: none"> <li>● Rain date for Monday 6/5 is Tuesday 6/6</li> <li>● Rain date for Tuesday 6/6 is Wednesday 6/7</li> <li>● Meet directors will email postponement/cancellation info to participating schools based on the directathletics.com contact information, make sure that you as the head coach is the contact prior to the season.</li> </ul>