



MSTCA SOUTH SHORE TWILIGHT INVITATIONAL

Saturday, May 20, 2023 (2:00 PM)

Norwell High School, 18 South St., Norwell

Hosted by:	Norwell High School																																														
Sanctioned by:	MIAA																																														
Meet/Site Director:	Meet/ Site Director: Chuck Martin: massrunners@gmail.com Director of Meet Operations OTF: Mike Miller: mstca.outdoor@gmail.com																																														
Entry Deadline	Deadline Date: All entries are due on www.directathletics.com by WEDNESDAY, May 17, 2023 8:00 PM There will be NO LATE ENTRIES for any MSTCA meet this spring																																														
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 																																														
Events and Standards:	<ul style="list-style-type: none"> Please do not enter an athlete if he/she is not capable of achieving the standards in each event <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Event:</th> <th>Boy/Girl Standard:</th> <th>Event:</th> <th>Boy/Girl Standard:</th> </tr> </thead> <tbody> <tr> <td>100 Meters</td> <td>14.00/ 16.00</td> <td>Long Jump</td> <td>16'0"/ 12'0"</td> </tr> <tr> <td>200 Meters</td> <td>29.00/ 33.00</td> <td>Triple Jump</td> <td>34'0"/ 27'0"</td> </tr> <tr> <td>400 Meters</td> <td>64.00/ 74.00</td> <td>High Jump</td> <td>5'4"/ 4'4"</td> </tr> <tr> <td>800 Meters</td> <td>2:40.00/ 3:20.00</td> <td>Shot Put</td> <td>26'0"/ 20'0"</td> </tr> <tr> <td>1 Mile</td> <td>6:00.00/ 7:00.00</td> <td>Discus</td> <td>100'0"/ 70'0"</td> </tr> <tr> <td>2 Mile</td> <td>12:00.00/ 14:00.00</td> <td>Javelin</td> <td>100'0"/ 70'0"</td> </tr> <tr> <td>110/100m Hurdles</td> <td>21.00/ 22.00</td> <td>Freshman 100 M</td> <td>15.00/ 17.00</td> </tr> <tr> <td>400m Hurdles</td> <td>75.00/ 80.00</td> <td>Freshman 400 M</td> <td>70.00/ 76.0</td> </tr> <tr> <td>4 x 100m Relay</td> <td>50.00/ 60.00</td> <td>Freshman 1 Mile</td> <td>6:30.00/ 7:00.00</td> </tr> <tr> <td>4 x 800m Relay</td> <td>9:30.00/ 11:30.00</td> <td>Sprint Medley</td> <td>4:00.00/ 5:00.00</td> </tr> </tbody> </table> <p>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</p>			Event:	Boy/Girl Standard:	Event:	Boy/Girl Standard:	100 Meters	14.00/ 16.00	Long Jump	16'0"/ 12'0"	200 Meters	29.00/ 33.00	Triple Jump	34'0"/ 27'0"	400 Meters	64.00/ 74.00	High Jump	5'4"/ 4'4"	800 Meters	2:40.00/ 3:20.00	Shot Put	26'0"/ 20'0"	1 Mile	6:00.00/ 7:00.00	Discus	100'0"/ 70'0"	2 Mile	12:00.00/ 14:00.00	Javelin	100'0"/ 70'0"	110/100m Hurdles	21.00/ 22.00	Freshman 100 M	15.00/ 17.00	400m Hurdles	75.00/ 80.00	Freshman 400 M	70.00/ 76.0	4 x 100m Relay	50.00/ 60.00	Freshman 1 Mile	6:30.00/ 7:00.00	4 x 800m Relay	9:30.00/ 11:30.00	Sprint Medley	4:00.00/ 5:00.00
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Entry Lists	<ul style="list-style-type: none"> Entry lists will be posted on the MSTCA web site by Thursday, May 18 																																														
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. 																																														

	<ul style="list-style-type: none"> ● Team must complete the MSTCA Outdoor Track SINGLE WAIVER before first meet ● Each school may enter any athletes in each event that meet the qualifying guidelines
Entry Procedure	<ul style="list-style-type: none"> ● All entries should be submitted on www.directathletics.com prior to the entry deadline ● MSTCA is not accepting ANY late entries this outdoor season
Entry Fees	<ul style="list-style-type: none"> ● \$10 per individual entry ● \$25 per relay entry ● Maximum entry fee is \$350 per gender ● 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. ● 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 MSTCA Tax ID # 04-3394224 c/o South Shore Twilight Entries P.O. Box 1008 Mansfield, MA 02048
Awards	<ul style="list-style-type: none"> ● Medals will be awarded for placing 1st through 6th ● Athletes or coaches must be present to pick up medals- they will not be mailed ● Team plaques will awarded to the first and second place teams from each gender
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
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.
High Jump	<ul style="list-style-type: none"> ● There will be one 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 ● There will be one long jump pit with a 12' board ● Alternating flights will warmup on additional pits, eliminating time between flights ● All athletes will get three attempts and the top 8 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 24', 28', 32', 36'

	<ul style="list-style-type: none"> ● Alternating flights will warmup on additional pits, eliminating time between flights ● All athletes will get three attempts and the top 8 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 8 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 specs.
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 8 competitors will advance to a final and get 3 more attempts ● Schools must provide javelins weighing 600g or 800g and meeting NFHS specs.
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 8 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 specs.
Order of Events	<p>FIELD EVENTS (2:00 PM): Check in at each pit.</p> <ul style="list-style-type: none"> ● Javelin Throw: Girls followed by boys ● Discus Throw: Girls followed by boys ● Shot Put: Boys followed by girls ● Long Jump: Boys followed by girls ● Triple Jump: Girls followed by boys ● High Jump: Boys followed by girls <p>TRACK EVENTS (2:00 PM)– Check in on the infield; Girls followed by Boys</p> <ul style="list-style-type: none"> ● Freshman 1 Mile Run: Sections on time, fastest section last ● Unseeded 1 Mile Run: Sections on time, fastest section last (ALL BUT TOP 15) ● 400 Meter Hurdles: Sections on time, fastest section last ● 200 Meter Dash: FINAL on time, fastest section last ● Two Mile Run: Sections on time, fastest section last ● 100/110 Meter Hurdles: Sections on time, fastest last, top 8 advance to a Final ● Freshman 100M Dash: Sections on time, fastest last, top 8 advance to a Final ● 100 Meter Dash: Sections on time, fastest last, top 8 advance to a Final ● Freshman 400 Meter Dash: Sections on time, fastest section last ● 400 Meter Dash: Sections on time, fastest section last ● Seeded 1 Mile Run: TOP 15 ATHLETES ● 800 Meter Run: Sections on time, fastest section last ● 100 Meter Hurdles: Finals/ 110 Meter Hurdles: Finals ● Freshman 100 Meter Dash: Finals ● 100 Meter Dash: Finals ● 4 x 800 Meter Relay: Sections on time, fastest section last ● 4 x 100 Meter Relay: Sections on time, fastest section last ● Sprint Medley Relay (200-200-400-800): Sections on time, fastest section last <p>Athletes who are visual or mobility impaired will compete during each scheduled event</p>
Facility Information	<ul style="list-style-type: none"> ● The Norwell HS Track is an 8-lane composite track w/ an 8-lane straightaway ● Vehicle parking may be limited at the facility. Bus parking may 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
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

	<ul style="list-style-type: none">• Participating schools must provide their own relay batons
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 Friday at 11:00 AM• If any questions contact Meet Director Chuck Martin or Director of Meet Operations Mike Miller