



MSTCA SOUTH SHORE TWILIGHT INVITATIONAL

Saturday, May 18, 2024 (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 & Procedures	<ul style="list-style-type: none"> ● Deadline Date: Wednesday May 15, 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 16 																																												
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:	<p>Please do not enter an athlete if he/she is not capable of achieving the entry standard</p> <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>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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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 																																												

Payment Info	<p>Entry Fees</p> <ul style="list-style-type: none"> ● \$12 per individual entry ● \$30 per relay entry ● Maximum entry fee is \$350 per gender <p>Payment Forms:</p> <p>**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 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	<p>Results will be posted on www.mstca.org, the official MSTCA web site and live results will be found at https://live.mstca.org</p>
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' ● 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

	<ul style="list-style-type: none"> 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 4 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. There are no runbacks allowed per NFHS rules 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: 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 (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 1 Mile Run: ALL Sections on time, fastest section last 400 Meter Hurdles: Sections on time, fastest section last 200 Meter Dash: FINAL 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 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 Two Mile Run: Sections on time, 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 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 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 Saturday at 8:00 AM

	<ul style="list-style-type: none">• If any questions contact Meet Director Chuck Martin 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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