



MSTCA WARRIOR INVITATIONAL

Thursday, April 20, 2023 (9:30 AM Field; 10:00 AM Track)

Foxboro High School, 120 South St., Foxboro

Hosted by:	Foxboro High School																																										
Sanctioned by:	MIAA																																										
Meet/Site Director:	Meet Director: John Monz: monz.john@gmail.com Site Director: Joe Cusack: cusackj@foxborough.k12.ma.us 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 Monday, April 17, 2023: 8:00 PM There will be NO LATE ENTRIES for any MSTCA meet this spring																																										
Participating Schools	Open to all MIAA schools' boys' and girls' teams 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>100 Meters</td> <td>NO Standard</td> <td>4 x 400m Relay</td> <td>NO Standard</td> </tr> <tr> <td>200 Meters</td> <td>NO Standard</td> <td>4 x 800m Relay</td> <td>NO Standard</td> </tr> <tr> <td>400 Meters</td> <td>NO Standard</td> <td>Long Jump</td> <td>NO Standard</td> </tr> <tr> <td>800 Meters</td> <td>NO Standard</td> <td>Triple Jump</td> <td>NO Standard</td> </tr> <tr> <td>1 Mile</td> <td>5:45.00/ 6:45.00</td> <td>High Jump</td> <td>NO Standard</td> </tr> <tr> <td>2 Mile</td> <td>13:00.00/ 14:30.00</td> <td>Shot Put</td> <td>NO Standard</td> </tr> <tr> <td>110/100m Hurdles</td> <td>NO Standard</td> <td>Discus</td> <td>NO Standard</td> </tr> <tr> <td>400m Hurdles</td> <td>NO Standard</td> <td>Javelin</td> <td>NO Standard</td> </tr> <tr> <td>4 x 100m Relay</td> <td>NO Standard</td> <td></td> <td></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	NO Standard	4 x 400m Relay	NO Standard	200 Meters	NO Standard	4 x 800m Relay	NO Standard	400 Meters	NO Standard	Long Jump	NO Standard	800 Meters	NO Standard	Triple Jump	NO Standard	1 Mile	5:45.00/ 6:45.00	High Jump	NO Standard	2 Mile	13:00.00/ 14:30.00	Shot Put	NO Standard	110/100m Hurdles	NO Standard	Discus	NO Standard	400m Hurdles	NO Standard	Javelin	NO Standard	4 x 100m Relay	NO Standard		
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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 • A coach must accompany every athlete competing at this meet 																																										
Entry Lists	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Wednesday, April 19 																																										

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, including 'B' teams \$350 maximum entry per gender per school 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 Warrior Invite Entries P.O. Box 1008 Mansfield, MA 02048
Awards	<ul style="list-style-type: none"> Medals will be awarded for placing 1st through 3rd There are no team awards Athletes must pick up their awards as soon as results are announced. Awards will not be mailed
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.
Facility Information	<ul style="list-style-type: none"> Foxboro High School is an 8-lane (oval and straightaway) composite track All events are within walking distance to the track
High Jump	<ul style="list-style-type: none"> There is one composite high jump area Starting Height: Girls 4' 0", Boys 5' 0" 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 painted board All athletes will get three attempts in the trials Top 7 athletes will qualify for finals, and receive three 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 five painted boards at 20', 24', 28', 32', 36' All athletes will get three attempts in the trials Top 7 athletes will qualify for finals, and receive three more attempts

Shot Put	<ul style="list-style-type: none"> ● There will be one shot put sector next to the track ● All athletes will get three attempts in the trials ● Top 7 athletes will qualify for finals, and receive three more attempts ● Schools must provide shot puts weighing 4kg / 12 lb and meeting NFHS specs.
Javelin Throw	<ul style="list-style-type: none"> ● There will be one javelin sector on the upper field, using a grass runway. ● All athletes will get three attempts in the trials ● Top 7 athletes will qualify for finals, and receive three more attempts ● Schools must provide javelins weighing 600g / 800g and meeting NFHS specs.
Discus	<ul style="list-style-type: none"> ● There will be one discus sector on the field adjacent to the track ● All athletes will get three attempts in the trials ● Top 7 athletes will qualify for finals, and receive three more attempts ● Schools must provide discus weighing 1 kg / 1.6 kg. and meeting NFHS specs.
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
Order of Events	<p>FIELD EVENTS – 9:30 a.m. – 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 (10:00 AM)- Check in on the infield; Girls followed by Boys</p> <ul style="list-style-type: none"> ● 400 Meter Hurdles: Sections on time, fastest section last ● One Mile Run: Sections on time, fastest section last ● 100 Meter Hurdles: Sections on time, fastest section last ● 110 Meter Hurdles: Sections on time, fastest section last ● 100 Meter Dash: Sections on time, fastest section last ● 800 Meter Run: Sections on time, fastest section last ● 400 Meter Dash: Sections on time, fastest section last ● 200 Meter Dash: Sections on time, fastest section last ● Two Mile Run: Sections on time, fastest section last ● 4 x 100 Meter Relay: Sections on time, fastest section last ● 4 x 800 Meter Relay: Sections on time, fastest section last ● 4 x 400 Meter Relay: Sections on time, fastest section last <p>Athletes who are visual or mobility impaired will compete during each scheduled event</p>
Emergency Contact Form	<p>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).</p>
Inclement Weather	<ul style="list-style-type: none"> ● Any decision to cancel the meet because of inclement weather will be made by Thursday at 6:00 AM ● If any questions contact Meet Director John Monz, Site Director Joe Cusack, or Director of Meet Operations Mike Miller