



MSTCA WEST HEPTATHLON/ DECATHLON

Monday, June 5, and Tuesday, June 6, 2023 (4:00pm)

Frontier Regional HS: 113 N. Main St., South Deerfield, MA

Hosted by:	Frontier Regional High School	
Sanctioned by:	MIAA	
Meet/Site Director:	Meet/ Site Director: Bob Smith: bob.smith@frsu38.org 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 Saturday, June 3, 2023, 8:00 PM There will be NO LATE ENTRIES for any MSTCA meet this spring	
Sponsored by:	HOKA and Marathon Sports	
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	
Decathlon Events and Standards:	<u>Day 1</u> 100 Meter Dash Javelin Throw Triple Jump Discus Throw 400 Meter Dash <ul style="list-style-type: none"> ● Note: There are no standards for this meet ● Field events may be flip-flopped on either day, the Meet Director will communicate in advance 	<u>Day 2</u> 110 Meter Hurdles High Jump Shot Put Long Jump 1,500 Meter Run
Heptathlon Events and Standards:	<u>Day 1</u> 100 meter Hurdles High Jump Shot Put 200 Meters <ul style="list-style-type: none"> ● Note: There are no standards for this meet ● Field events may be flip-flopped on either day, the Meet Director will communicate in advance 	<u>Day 2</u> Long Jump Javelin Throw 800 Meters
Participation Rules:	<ul style="list-style-type: none"> ● MIAA rules will be in effect. ● NFHS Uniform rules will be enforced. ● Team must complete the MSTCA Outdoor Track SINGLE WAIVER before first meet 	
Team/Athlete Participation	<ul style="list-style-type: none"> ● Each school may enter between 1 and 6 athletes per gender ● Three athletes score as a team (A and B teams allowed) ● Teams must be declared prior to the start of competition ● A coach must accompany every athlete competing at this meet 	

Entry Fees	<ul style="list-style-type: none"> ● \$40 per individual Heptathlete ● \$50 per individual Decathlete ● \$110 for a Team of Three Heptathletes ● \$135 for a Team of Three Decathletes ● 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 West Multi Entries P.O. Box 1008 Mansfield, MA 02048
Awards	<ul style="list-style-type: none"> ● Plaques will be awarded to the top 5 individuals in each event ● Plaques will be awarded to the top 3 teams in each event ● T-shirts will be awarded to each event winner and the top 20 individuals.
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
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 each day ● Frontier Regional is a 6 lane composite track with an 8-lane straightaway
High Jump	<ul style="list-style-type: none"> ● 1 High jump pit 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.
Long Jump	<ul style="list-style-type: none"> ● 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
Triple Jump	<ul style="list-style-type: none"> ● There will be one triple jump pit with painted boards at 20', 24', 28', 32', and 36' ● Each athlete will receive 3 attempts ● All fair attempts will be measured in metric units.
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.

Javelin Throw	<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 ● Frontier Regional HS will use one grass runway
Discus	<ul style="list-style-type: none"> ● There will be one discus sector in use ● Each athlete will receive 3 attempts ● All fair attempts will be measured in metric units.
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	<ul style="list-style-type: none"> ● All athletes will begin and end each day with the stated running events. ● Seeding for running events will be random, except for the 800/ 1500 meter ● Field event rotations will be assigned by the meet director prior to the meet, and may go in any order.
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"> ● Rain date for Monday 6/5 is Tuesday 6/6 ● Rain date for Tuesday 6/6 is Wednesday 6/7 ● 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.