



# MSTCA WEST HEPTATHLON/ DECATHLON

Monday, June 3, and Tuesday, June 4, 2024 (4:00pm)

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

<b>Hosted by:</b>	Frontier Regional High School												
<b>Sanctioned by:</b>	MIAA												
<b>Meet/Site Director:</b>	Meet/ Site Director: Bob Smith: <a href="mailto:bob.smith@frsu38.org">bob.smith@frsu38.org</a> Director of Meet Operations OTF: Mike Miller: <a href="mailto:mstca.outdoor@gmail.com">mstca.outdoor@gmail.com</a>												
<b>Entry Deadline &amp; Procedures</b>	<ul style="list-style-type: none"> <li>● <b>Deadline Date: Saturday June 1, 2024 at 8:00 PM</b></li> <li>● <b>MSTCA is not accepting ANY late entries this outdoor season</b></li> <li>● <b>All entries should be submitted on <a href="https://www.athletic.net">https://www.athletic.net</a> prior to the deadline.</b></li> <li>● Entry lists will be posted on <a href="https://live.mstca.org/">https://live.mstca.org/</a> by Sunday, June 2</li> </ul>												
<b>Participating Schools</b>	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												
<b>Decathlon Events and Standards:</b>	<table border="0"> <tr> <td style="text-align: center;"><b>Day 1</b></td> <td style="text-align: center;"><b>Day 2</b></td> </tr> <tr> <td>100 Meter Dash</td> <td>110 Meter Hurdles</td> </tr> <tr> <td>Javelin Throw</td> <td>High Jump</td> </tr> <tr> <td>Triple Jump</td> <td>Shot Put</td> </tr> <tr> <td>Discus Throw</td> <td>Long Jump</td> </tr> <tr> <td>400 Meter Dash</td> <td>1,500 Meter Run</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>	<b>Day 1</b>	<b>Day 2</b>	100 Meter Dash	110 Meter Hurdles	Javelin Throw	High Jump	Triple Jump	Shot Put	Discus Throw	Long Jump	400 Meter Dash	1,500 Meter Run
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<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 per gender</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> </ul>												

	<ul style="list-style-type: none"> <li>● A coach must accompany every athlete competing at this meet</li> </ul>
<b>Payment Info</b>	<p><b>Entry Fees:</b></p> <ul style="list-style-type: none"> <li>● \$40 per individual Heptathlete</li> <li>● \$110 per team of three Heptathletes</li> <li>● \$50 per individual athlete</li> <li>● \$135 for a team of three Decathletes</li> </ul> <p><b>Payment Forms:</b>  **Payment must be arranged IN ADVANCE of any meet that your team will attend. Regardless of payment method, please complete the <a href="#">SINGLE PAYMENT FORM</a> 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 <a href="mailto:mstca.cfo@gmail.com">mstca.cfo@gmail.com</a></p> <p>The MSTCA Tax ID# 04-3394224</p> <p><b>Mailing Address:</b>  MSTCA  P.O. Box 1008  Mansfield, MA 02048</p>
<b>Awards</b>	<ul style="list-style-type: none"> <li>● Plaques will be awarded to the top 5 individuals in each event</li> <li>● Plaques will be awarded to the top 3 teams in each event</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 and live results will be found at <a href="https://live.mstca.org">https://live.mstca.org</a>
<b>Spikes</b>	Only 1/8”, 3/16” 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>	<ul style="list-style-type: none"> <li>● Vehicle and bus parking are on site. There will be a concession stand each day</li> <li>● Frontier Regional is a 6 lane composite track with an 8-lane straightaway</li> </ul>
<b>High Jump</b>	<ul style="list-style-type: none"> <li>● 1 High jump pit 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>Triple Jump</b>	<ul style="list-style-type: none"> <li>● There will be one triple jump pit with painted boards at 20', 24', 28', 32', and 36'</li> <li>● Each athlete will receive 3 attempts</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> </ul>

	<ul style="list-style-type: none"> <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>● Frontier Regional HS will use one grass runway</li> <li>● There are no runbacks allowed per NFHS rules</li> </ul>
<b>Discus</b>	<ul style="list-style-type: none"> <li>● There will be one discus sector in use</li> <li>● Each athlete will receive 3 attempts</li> <li>● All fair attempts will be measured in metric units.</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>	<ul style="list-style-type: none"> <li>● All athletes will begin and end each day with the stated running events.</li> <li>● Seeding for running events will be random, except for the 800/ 1500 meter</li> <li>● Field event rotations will be assigned by the meet director prior to the meet, and may go in any order.</li> </ul>
<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 6/3 is Tuesday 6/4</li> <li>● Rain date for Tuesday 6/4 is Wednesday 6/5</li> <li>● Meet directors will email postponement/cancellation info to participating schools based on the athletic.net contact information, make sure that you as the head coach is the contact prior to the season.</li> </ul>
<b>MSTCA Online/ Social Media:</b>	Website: <a href="http://www.mstca.org">www.mstca.org</a> ; Entry Lists and Meet Results: <a href="http://live.mstca.org">live.mstca.org</a> Live Streams of Meets: <a href="https://mstca.tv/">https://mstca.tv/</a> Instagram: <a href="https://www.instagram.com/mass_state_track/">https://www.instagram.com/mass_state_track/</a> Twitter/X: @MSTCA1; TikTok: @mstca Facebook: <a href="https://www.facebook.com/groups/154532424151/">https://www.facebook.com/groups/154532424151/</a>
<b>Version:</b>	This document was updated on 2/19/2024