



MSTCA GIRLS' and BOYS' Indoor Team Pentathlon
Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA

Saturday, December 21, 2019 9:00am

Hosted by:	Dennis Yarmouth High School
Sanctioned by:	M.I.A.A
Meet Director:	Jim Hoar, 508-258-0038 (home) 508-776-7589 (cell), E-mail: hoarj@dy-regional.k12.ma.us
Sponsor:	Marathon Sports
Events	<p>The Team Pentathlon is an event where a school team must be made up of five athletes, each athlete participating in only one event. You select your best athlete in each event and enter the five as a team. You may enter more than one team per gender and should also have one or more alternates available. THERE IS A 20-TEAM LIMIT FOR THIS COMPETITION. THE FIRST TWENTY (20) BOYS TEAMS AND THE FIRST TWENTY (20) GIRLS TEAMS ENTRIES RECEIVED WILL BE ACCEPTED. "B" and "C" teams will be allowed, and are counted in the 20- team limit.</p> <p>EVENTS 55 METER HURDLES - HIGH JUMP - SHOT PUT - LONG JUMP – 800 METERS (girls) / 1,000 METERS (boys)</p>
Waiver & Participation Rule	<ul style="list-style-type: none"> • All teams MUST submit the MSTCA Single Waiver Form for the Indoor Season along with a copy of their team roster, prior to their team being allowed to compete. • Please submit your waiver form and team roster by Friday, December 13, 2019. • Waivers and rosters can be mailed to: Jim Hoar 31 Campion Road Yarmouthport, MA 02675 • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • An athlete may participate in 2 running events and 1 field event. • A relay counts towards the running event limit. • Competitor numbers must be worn on the front of the uniform, including relays.
ENTRY DEADLINE	<ul style="list-style-type: none"> • Monday, December 16, 2019 by 11:59 p.m. • All entries should be submitted on www.directathletics.com. • There are no late entries allowed for this meet.

<p>Entry Fees</p>	<p>The entry fee is \$50.00 per five-person team. Separate fees for boys' and girls' teams.</p> <p>Each school must notify the MSTCA's Finance Officer at mstca.billing@gmail.com of its payment plan for the entry fees prior to the day of the meet.</p> <p>**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.</p> <p>**If a school is paying with a Purchase Order for this meet only, the schools should notify the MSTCA of the PO number via email.</p> <p>**If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTC via email.</p> <p>**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.</p> <p>MSTCA c/o Team Pentathlon Entries 956 Turnpike Road, Unit D Canton, MA 02021</p> <p>MSTCA Tax ID # 04-3394224</p>
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<p>Entry list</p>	<p>Entry lists will be posted on the MSTCA web site by Wednesday, December 17, 2019.</p>
<p>Equipment</p>	<p>Meet Management will provide Shout Puts. Teams can not use their own.</p>
<p>Results</p>	<p>Results will be posted on www.mstca.org</p>
<p>Spikes</p>	<ul style="list-style-type: none"> • Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. • Spikes are allowed ONLY in the track area. • Correct spikes will be sold in the gym. • Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.
<p>Emergency Contact</p>	<p>All coaches must have filled out a MSTCA Reggie Lewis Center Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team.</p>
<p>Inclement Weather</p>	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. • There is no make-up date. • If there is any doubt, you may call one of the following to check: <p>Reggie Lewis Center: 617-541-3535 Rick Kates: 781 -706-3340</p>

**Parking
At RLAC**

Parking is available for patrons attending track and field events at the Reggie Lewis Center on a first-come-space available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.