



25th Annual Girls' & Boys'

Indoor Individual Pentathlon

GIRLS – Tuesday, February 25, 2020 – 3:30 PM

BOYS – Wednesday, February 26, 2020 – 3:30 PM

**Robert McIntyre Track at Reggie Lewis Track and Athletic Center
1350 Tremont St., Roxbury, MA**

Hosted by:	Shrewsbury High School	
Sanctioning:	M.I.A.A.	
Meet Director:	Ian Butterfield, ibutterfield@shrewsbury.k12.ma.us , 508-868-3373	
Sponsor:	MSTCA and Marathon Sports	
Events and Standards	<p><u>GIRLS EVENTS</u></p> <p>55 meter Hurdles High Jump Shot Put Long Jump 800 meter Run</p>	<p><u>BOYS EVENTS</u></p> <p>55 meter Hurdles High Jump Shot Put Long Jump 1,000 meter Run</p> <ul style="list-style-type: none"> • There are no standards for this meet. • <u>A school may enter a maximum of three athletes for each gender.</u>
Waiver & Participation Rules:	<ul style="list-style-type: none"> • All teams MUST submit the <u>MSTCA Single Waiver Form</u> 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 Champion Road Yarmouthport, MA 02675 <ul style="list-style-type: none"> • M.I.A.A. rules will be in effect, including enforcement of the uniform rule. • A school may enter a maximum of three athletes for each gender. 	

Entry Deadline	<ul style="list-style-type: none"> • Tuesday, February 18, 2020 by 11:59 p.m. • All entries should be submitted on www.directathletics.com.
Entry Fees	<p>\$25 per individual or \$70 per team of 3 athletes.</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> <ul style="list-style-type: none"> • 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. <p>Please make checks payable to: MSTCA and mail to</p> <p>MSTCA MSTCA Tax ID # 04-3394224 c/o Individual Pentathlon Entries 956 Turnpike Road, Unit D Canton, MA 02021</p>
Entry Lists	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Monday, February 24.
Equipment: Shots & Blocks	<ul style="list-style-type: none"> • Shots and blocks will be provided by meet management. Teams cannot use their own. Please do not bring them.
Shot Put	<ul style="list-style-type: none"> • Each thrower will be allowed three throws.
Long Jump	<ul style="list-style-type: none"> • Each jumper will be allowed three jumps. • No runbacks are allowed. Athletes should come prepared with a mark.
High Jump	<ul style="list-style-type: none"> • Girls Opening Height will be determined by the Meet Director • Boys Opening Height will be determined by the Meet Director • Each competitor will be allowed a total of six attempts in the competition. • Each competitor must declare an opening height.

Awards	<ul style="list-style-type: none"> • Plaques/Trophies will be given to the top individuals and teams.
Results	<ul style="list-style-type: none"> • 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 are allowed at R.L.C. • Anyone using needle spikes or longer spikes than recommended will be disqualified for the remainder of the meet.
Emergency Contact Form	<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>
Inclement Weather	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by 12:00 p.m. on meet day. • If there is any doubt, you may call one of the following to check: <p>Reggie Lewis Center: 617-541-3535 Ian Butterfield: 508-868-3373 Rick Kates: 781-706-3340</p>
Parking at Reggie Lewis Center	<p>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.</p>