

**39<sup>th</sup> Annual MSTCA Boys Outdoor Track & Field Invitational**  
**Saturday, May 11, 2013**  
**Field Events: Start @ 9:30am – Track Events Start @ 10:00am**

Greater New Bedford Regional Vocational Technical High School - 1121 Ashley Boulevard - New Bedford - MA – 02745

Sanctioned by the MIAA  
Sponsored by: New Bedford Vocational HS

Meet Director: Jim Kelley  
Event Mgr.: Mark Thornhill

**Coach's Please READ:** Below are this meets qualifying standards. These standards are in place so that athletes are properly placed in flights and heats. Do not assume your athlete will perform better and displace another athlete who has achieved their mark. Coaches might be called to the table if an athlete does not achieve the entered standard.

**Qualifying Standards**

100 meter – 11.5	200 meter – 23.5	400 m IH – 62.0	400 meter – 53.5
800 meter – 2:08.0	Mile – 4:50.0	2 Mile – 10:30.0	110 HH – 16.5
High Jump – 5'10"	Pole Vault – 10'06"***	Long Jump – 20'00"	Triple Jump 42'00"
Discus – 130'00"	Javelin – 150'00"	Shot Put – 45'00"	

**Only one relay per school:**

4 x 100 m relay – 51.0      4 x 400 m relay – 4:02.0      4 x 800 m relay – 8:59.0

\*\* Pole Vault will be contested on Friday, May 10 at 3:30 PM at Durfee HS.

**Athlete Limitations:** 2 running and 1 field, or 2 field and 1 running. Relays are considered a running event. A school may enter unlimited athletes in each event, as long as each athlete has met the qualifying standard.

**ENTRY DEADLINE**

**MONDAY, May 6, 2013 - before 11:30 PM**

**ALL entries Must Be submitted on Direct Athletics. [www.directathletics.com](http://www.directathletics.com)**

- ❖ MIAA rules will be in effect for this meet. Uniform & Jewelry rule will be enforced.
- ❖ You MUST enter on-line using Direct Athletics. If you require more information, the MSTCA web-site contains instructions for the entry process for the meet. There will be NO paper entries.
- ❖ **Entry Fees:** \$6.00 dollars - per event (**NOT Athlete**) and \$ 20.00 per relay. Example: John Doe is entered in the - 1)long jump, 2)triple Jump, 3)100m, This is three events for a total of = \$18.00
- ❖ **Checks Payable to MSTCA:** MSTCA Tax ID #: 04-3394224. Once the Direct Athletic entry is completed and the deadline has past, the school is responsible for payment. Payments in the form of checks and purchase order are acceptable. All money should be sent to: **MSTCA, c/o Elaine Mooney, 60 Cynthia Street, Seekonk, MA 02771**
- ❖ **Waiver Form:** A complete team roster must be sent to Jim Hoar, President of MSTCA, before Friday – April 12<sup>th</sup>, 2013. The form is available on the MSTCA web-site. This form and attached team roster is valid for the entire spring 2013 season. NO school will be allowed to compete in any MSTCA event until this roster is received and verified by Jim Hoar. The waiver form serves to verify that the athletes entered fulfill the eligibility requirements of the MIAA and are bona-fide members of the track team. It also confirms that the times and distances submitted are accurate. If the Games Committee determines that a coach has entered inflated times and distances, the MSTCA will notify the teams school administration of the occurrence and also enforce MSTCA penalty.
- ❖ **MSTCA single payment options:** These schools only need to pick up the athlete packet on-site. Please bring a DA copy for possible verification purposes.
- ❖ **MSTCA schools with Checks or PO's:** Before picking up the school athletes packet, MSTCA must verify the school has a check or PO for this meet prior to receiving the packet on-site. Please bring a DA copy for possible verification purposes.
- ❖ **Schools without Single waiver form:** Must have a copy of the Direct Athletic confirmation, which is signed by the Principal or Athletic Director, confirming that the athlete-s are athletically eligible and a member of the track team. Payment options must also be shown at this time before picking up the schools athlete packet.
- ❖ **Medals:** will be awarded to the top 6 in each event. There is NO TEAM SCORING. Coaches' will be asked to nominate the Best Field, Best Running, Best all-around athlete of the meet.

- ❖ **The track:** is a 6 lane oval with a 8 lane straight and ONLY ¼” pyramid spikes can be worn. Athletes will be disqualified if longer or needle spikes are worn.
- ❖ **Javelin:** will be thrown off a grass runway. Wear appropriate footwear.
- ❖ **No Measure distances:** each athlete will receive 1 legal throw or jump. After the 1<sup>st</sup> legal throw/jump the no measure distances will be in effect as follows. **Shot Put-** 45’, **Discus-** 130’, **Long Jump-** 20’, **Triple Jump-** 42’. **Javelin-** 150’
- ❖ **Starting Heights:** High Jump, 5’8” to 5’9”, 5’10” then up 2 inches. Pole Vault, 9’0”, then up 6 inches
- ❖ **Field Events:** After all competitors have had 3 attempts, the top 8 will compete in the finals with an additional 3 attempts.
- ❖ **Final Results:** will be posted on the MSTCA web-site. Only a *signed copy from the HYTEK computer* print will be acceptable for MIAA certification. \$2.00 in a self-addressed envelope will get a copy of your athlete’s performances.

## **Order of Events**

### **9:30 AM – all field events begin**

1 legal throw/jump – then no measure distance will apply

### **10:00 AM – Track events begin**

- 400 meter IM Hurdles – slow to fast – **Final on Time**
  - 2 mile run – slow to fast – **Final on Time**
- 200 meter dash – Trials – Top 8 (FAT) advance to the Finals
  - Mile Run – slow to fast – **Final on Time**
- 110 meter HH – Trials – Top 8 (FAT) advance to the Finals
- 100 meter dash – Trials Top 8 (FAT) advance to the Finals
  - 400 meter dash – slow to fast – **Final on Time**
  - 200 meter dash –(2 heat final – 4&4) - **Final on Time**
    - 800 meter run – slow to fast – **Final on Time**
      - 110 meter HH – **Final on Time**
      - 100 meter dash – **Final on Time**
  - 400 meter relay – slow to fast – **Final on Time**
  - 3200 meter relay – slow to fast – **Final on Time**
  - 1600 meter relay – slow to fast – **Final on Time**

For meet information: Contact Meet Director – Jim Kelley – Cell: 508-269-9720

In case of weather issues call Frank Mooney @ 508 728-9921 and also check MSTCA.org web-site

Directions to Greater New Bedford Vocational:

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1121 Ashley Boulevard  
New Bedford - MA – 02745**