

Coaches MSTCA News

Coaches Invitational Meet EntriesDirect Athletics deadline...Tuesday May 4th at 12 noon. Please be aware of the limitations for the athletes, we are following the state limitations. Please be accurate with your names and performances we had some really unusual entries for the Freshman Sophomore meet. Remember school PO, Check or Cash must for entry fees need to be in our hands before the athletes can compete.
Somerville Girls Site Duxbury is the boys site.

Relay Meet information....Pole Vault for Division 2 and 4....the competition will be held Thursday May 13th with Friday May 14th as the rain date.

Field Events have standards please understand we will measure the first legal attempt and the next 2 attempts will be marked only if the standard is made.

Please have your athletes know their marks in the long jump and triple jump so they can measure with a tape where their approximate starting point is. We will not allow multiple attempts with no measured mark to find a mark. All Javelins must be checked in at the gate before the meet begins.

Entries Please be very accurate with your entries onto DA you will not be allowed to add an athlete to an event at the meet site unless there is an injury and then and only then will you fill out a card at the computer table. Athletes only on your DA roster for the relays will be allowed to fill in for an injured athlete. Meet Deadline Monday May 10th 12 NOON.....**NO LATE ENTRIES ACCEPTED** PO/check/cash for entries must be in our hands before your athlete competes in the relays.

Order of Events: Boys run first 4x1 mile boys followed by 4x1 mile girls then rest of boys running races. Girls field events first..

With school budgets getting tighter and tighter and the cost of busing skyrocketing MSTCA needs to find ways to make meets move along a bit faster. The Relays are traditionally the longest meets of the year. We are trying to out new standards and procedures to help make the meet move along. If we do not do these things the Relays as you know it might not exist in a few years.

Summer Camp Camperships will be announce next week. Please inform the athletes on your team that applied to be looking at MSTCA.org for the winners listing.

MSTCA 1st Cross Country Coaches Clinic to be held at Reggie Lewis on Friday June 25th...information will be in your packets at our spring meets and found on line. It should be a great day and its cheap!