



**Massachusetts State Coaches-Dr. George Steele Relays**  
**Saturday, April 28, 2018 (9:30am)**  
**West Springfield High School**  
**550 Amostown Road, West Springfield, MA**

<b>Hosted by:</b>	West Springfield High School
<b>Sanctioned by:</b>	M.I.A.A.
<b>Meet Director:</b> <b>MD Emeritus:</b>	Linda Rowbotham, (413) 455-9051, Email: <a href="mailto:coachrow413@gmail.com">coachrow413@gmail.com</a> Bill Kane
<b>Entry Deadline</b>	<b>Monday, April 23, 2018 at midnight.</b> - All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a>
<b>Sponsored by:</b>	Marathon Sports
<b>Participating Schools</b>	Open to all MIAA schools' Girls' & Boys' teams from Western Mass and Central Mass that are eligible to compete on their school's team according to the high school principal.
<b>Events and Standards:</b>	<p><b>Girls Field Event Standards:</b> High Jump – no standard    Pole Vault – no standard  Long Jump – 13'06"    Triple Jump -- 26'06"  Discus – 60'00"    Javelin – 65'00"    Shot Put – 24'00"</p> <p><b>Boys Field Event Standards:</b> High Jump – no standard    Pole Vault – no standard  Long Jump – 17'00"    Triple Jump -- 35'00"  Discus – 85'00"    Javelin – 110'00"    Shot Put – 35'06"</p> <p>If a coach feels that athletes will not make the minimum field event standards, then he/she may want to consider not having them jump or throw in the event. There are no minimum standards for the High Jump or the Pole Vault. There is the six-jump rule and first jump clearance rule that automatically provides limitations for these events.</p> <p><b>Distance Medley Relay:</b>                      Girls: 15:00    Boys: 13:00  <b>4x1600 Relay (One section only!):</b>      Girls: 24:30    Boys: 22:00</p> <p>Coaches should only enter teams that will run under the 4x1600 and the Distance Medley entry standards listed above.</p>
<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>• M.I.A.A. rules will be in effect.</li> <li>• An athlete may participate in <b>any three events</b>.</li> <li>• A relay counts as a running event.</li> <li>• NFHS Uniform rules will be enforced.</li> </ul>
<b>Team/Athlete Participation</b>	<p style="text-align: center;"><b>'B' Teams:</b></p> <p><b>'B' teams are allowed in all running events except the 4x1600m and the Distance Medley. 'B' teams are not allowed in the field events.</b> Any coach who wishes to enter an exceptional 'B' team in the DMR, 4x1600 or a field event must contact the Meet Director by <b>April 20</b>. You must submit the names of the athletes that will make up each team and their potential performances. If approved, the meet director will add those B teams to the database.</p>
<b>Entry Fees</b>	<ul style="list-style-type: none"> <li>• <b>\$20 per A team</b></li> <li>• <b>\$25 per B team</b></li> </ul> <p>If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if they do not compete. If your school uses the Single Payment option, you complete the entry process, come to the meet and pick up your packet.</p> <p>Make checks payable to: MSTCA.  Payment must be received by April 26, 2018 or your athletes will not be able to compete.  MSTCA IRS Tax ID number: 04-3394224</p>

	<p><b>Payments</b> in the form of a check or purchase order, <b>payable to <u>MSTCA</u></b>, should be mailed as soon as possible to:</p> <p><b>MSTCA</b>  <b>c/o Elaine Mooney</b>  <b>60 Cynthia Road</b>  <b>Seekonk, MA 02771</b></p> <p><b>LATE ENTRIES:</b> Late entries are strongly discouraged; however, there is a late fee policy for MSTCA meets. If you miss the <b>Monday (4/23/18)</b> deadline, and still want your team to compete, you must contact the meet director by <b>Tuesday, 4/24</b>, no later than 8 p.m. He is the only one to deal with this request. You will not be able to access Direct Athletics. The late fee will be \$100 per person or relay. No entries will be accepted after <b>Tuesday 4/24</b> at 8:00 p.m. Schools that enter late entrants must bring to the meet a check or Purchase Order for the entry fees plus the late fees, to give to the meet director, or they will not be allowed to compete.</p>
<b>Awards</b>	<p>Medals will be awarded for placing 1st through 6th. Team scoring will be 10, 8, 6, 4, 2, 1. A Team Champion and Runner-up trophy will be awarded at the conclusion of the meet. Athletes must pick up their awards as soon as the results are announced. Awards will not be mailed. <b>Team champions will be awarded T-shirts donated by the Tommy Cochary Mile, an event that encourages young people, especially high school students, to “make smart choices.”</b></p>
<b>Results</b>	<p>Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a>, the official MSTCA web site.</p>
<b>Spikes</b>	<p>Only 1/8" 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> Spikes are allowed ONLY in the track area.</p>
<b>Facility Information</b>	<p>The track is a 6-lane composite track with 8 lanes on the straightaway.  All field events are within walking distance to the track.  Vehicle parking is on site; bus drop-off at Clark Field Sports Complex, parking at nearby West Springfield High School, unless otherwise directed.</p>
<b>High Jump</b>	<p>There is one composite high jump area  Starting Height: 4'0" Girls/5'0" Boys  Height progression will be:  Girls 4'0"-4'3"-4'6" then up 2"  Boys 5'0"-5'3"-5'6" then up 2"  If there are more than six teams competing in the event, each jumper will only be allowed a total of six (6) jumps. If there are fewer than six (6) teams, the jump limit will be removed.</p>
<b>Long Jump</b>	<p>There will be one long jump pit with a painted board  All athletes will get <b>three</b> attempts <b>AND</b> all <b>fair</b> attempts will be measured, but please do not bring athletes who have not met the standard.</p>
<b>Triple Jump</b>	<p>There will be one triple jump pit with painted boards at 24', 28', 32', 36', 40'  All athletes will get <b>three</b> attempts <b>AND</b> all <b>fair</b> attempts will be measured, but please do not bring athletes who have not met the standard.</p>
<b>Pole Vault</b>	<p>There is one pole vault pit  Starting Height: 5'6" Girls/7'6" Boys  Height progression will be 6"  If there are more than six teams competing in the event, each jumper will only be allowed a total of six (6) jumps. If there are fewer than six (6) teams, the jump limit will be removed. Pole Vault certification information if applicable</p>
<b>Shot Put</b>	<p>There will be one shot put sector down in the designated throws area past the end of the Clark Field parking lot.  All athletes will get <b>three</b> attempts <b>AND</b> all <b>fair</b> attempts will be measured, but please do not bring athletes who have not met the standard.  Schools must provide shot puts meeting NFHS specifications.</p>
<b>Discus</b>	<p>There will be one discus sector down in the designated throws field past the end of the Clark Field parking lot.  All athletes will get <b>three</b> attempts <b>AND</b> all <b>fair</b> attempts will be measured, but please do not bring</p>

	<p>athletes who have not met the standard. Schools must provide discus meeting NFHS specifications.</p>
<b>Javelin</b>	<p>There will be one javelin sector down in the designated throws field past the end of the Clark Field parking lot using a grass runway. All athletes will get <b>three</b> attempts <u>AND</u> all <b>fair</b> attempts will be measured, but please do not bring athletes who have not met the standard. Schools must provide javelins meeting NFHS specifications.</p>
<b>Equipment</b>	<p>Schools must provide their own relay batons. No starting blocks may be used in any event.</p>
<b>Order of Events</b>	<p><b><u>Girls Field Events – 9:30 a.m.// Boys Field Events – as soon as Girls are done.</u></b></p> <p>Shot Put – Discus Throw – Javelin Throw</p> <p>High Jump – Long Jump – Triple Jump</p> <p>Pole Vault (See special instructions below.)</p> <p><b><u>Boys Running Events – 10:00 a.m.// Girls Running Events – as soon as ALL Boys relays are done.</u></b> <b>(EXCEPT Girls 4 x 1600 m. Relay which will race right after the Boys at 10:25 a.m.)</b></p> <p>4 x 1600 m. Relay (Girls 4x1600 run after the Boys 4x1600)</p> <p>Shuttle Hurdle Relay</p> <p>4 x 100 meter Relay</p> <p>Sprint Medley Relay (800-200-200-400)</p> <p>4 x 800 meter Relay</p> <p>4 x 200 meter Relay</p> <p>Distance Medley Relay (1200-400-800-1600)</p> <p>4 x 400 meter Relay</p> <p style="text-align: center;"><b>*Lane preferences at this facility are : 3 &amp; 4</b></p>
<b>Emergency Contact &amp; Team Waiver</b>	<p>All coaches must have filled out an MSTCA 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. Also, all coaches must fill out the Single Season waiver form found on <a href="http://www.mstca.org">www.mstca.org</a> prior to registering your team for the meet.</p>
<b>Inclement Weather</b>	<p>In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, check the email address you have listed in Direct Athletics, or you may call any of the listed numbers:</p> <p>Linda Rowbotham 413-455-9051 (Meet Director) Matt Griffin 413-313-3640 (Site Director) Michael Budd 413-364-1168 (MSTCA) Rick Kates 781-706-3340 (MSTCA) Frank Mooney 508-728-9921 (MSTCA)</p>