



Massachusetts State Track Coaches Relays

Saturday, May 16, 2020 (9:30am)

Division I @ Braintree High School- 128 Town St Braintree, MA

Division IV at Triton High School- 112 Elm St, Byfield, MA

Sunday, May 17, 2020 (9:30am)

Division II @ Gloucester High School 32 Leslie O Johnson Rd, Gloucester, MA

Division III at Pembroke High School- 80 Learning Lane Pembroke, MA

Hosted by:	Braintree High School (DI), Triton High School (DIV), Gloucester High School (DII), Pembroke HS (DIII)				
Sanctioned by:	M.I.A.A.				
Meet Directors:	<p>Division II –Lou Tozzi; lp.tozzi@gmail.com; cell phone: 617-947-1031 Site Director: David Coleman</p> <p>Division III –Jim Hoar; hoarj@dy-regional.k12.ma.us; cell phone: 508-776-7589 Site Director: Greg Zopatti</p> <p>Division I – Zack Lankow zlinkow@stjohnsprep.org Site Director: Joe Rich</p> <p>Division IV –Jay Sylvain; jsylvain@wbridgewater.com; cell phone: 508-641-1524 Site Director: Zane Fyfe</p>				
Entry Deadline	<p>Monday, May 11, 2020 at midnight.</p> <p>- All entries will be due on www.directathletics.com</p>				
Sponsored by:	Marathon Sports				
Participating Schools	Open to all MIAA schools' Girls' & Boys' teams from outdoor divisions I, II, III, and IV. You must compete in the division you are aligned to in the 2019 MIAA alignment. Visit www.miaa.net if unsure about which division your team is in.				
Events and Standards:	<p>See below under "Pole Vault" section for special pole vault instructions for DII and DIV.</p> <p>New last year: A team standard has been set for the discus and javelin. If you feel that your teams will not make these minimum standards, you should not have them throw in the event.</p> <table border="0"> <tr> <td> <p>Boys Field Events (9:30):</p> <p>High Jump- opening height 5'0"</p> <p>Pole vault- opening height 8'0" (7'6" DIII)</p> <p>Long jump- no standard</p> <p>Triple Jump- no standard</p> <p>Shot Put- no standard</p> <p>Javelin- 310' (DI/ DII); 300' (DIII/ DIV)</p> <p>Discus- 260' (DI, DII, DIII, DIV)</p> </td><td> <p>Girls Field Events (at conclusion of boys*):</p> <p>High Jump- opening height 4'4" (4'3" DIV)</p> <p>Pole vault- opening height 6'0"</p> <p>Long jump- no standard</p> <p>Triple jump- no standard</p> <p>Shot Put- no standard</p> <p>Javelin- 195' (DI/ DII/ DIII); 180' (DIV)</p> <p>Discus- 195' (DI/ DII/ DIII); 180' (DIV)</p> </td></tr> <tr> <td> <p>Girls Running Events (10:00)</p> <p>4 x 1600m relay- Standards: <u>24:00 (DI/DII), 24:20 (DIII), 24:30 (DIV)</u></p> <p>4 x 100 meter shuttle hurdles</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- Standards: <u>14:30 (DI/DII), 15:00 (DIII/ DIV)</u></p> <p>4 x 400 meter Relay</p> </td><td> <p>Boys Running Events (at conclusion of girls):</p> <p>4 x 1600m relay (10:25 a.m.) Standards: <u>20:00 (DI), 20:45 (DII, DIII), 22:00 (DIV)</u></p> <p>4 x 110 meter shuttle hurdles</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- Standards: <u>11:50 (DI/DII), 12:00 (DIII), 13:00 (DIV)</u></p> <p>4 x 400 meter Relay</p> </td></tr> </table>	<p>Boys Field Events (9:30):</p> <p>High Jump- opening height 5'0"</p> <p>Pole vault- opening height 8'0" (7'6" DIII)</p> <p>Long jump- no standard</p> <p>Triple Jump- no standard</p> <p>Shot Put- no standard</p> <p>Javelin- 310' (DI/ DII); 300' (DIII/ DIV)</p> <p>Discus- 260' (DI, DII, DIII, DIV)</p>	<p>Girls Field Events (at conclusion of boys*):</p> <p>High Jump- opening height 4'4" (4'3" DIV)</p> <p>Pole vault- opening height 6'0"</p> <p>Long jump- no standard</p> <p>Triple jump- no standard</p> <p>Shot Put- no standard</p> <p>Javelin- 195' (DI/ DII/ DIII); 180' (DIV)</p> <p>Discus- 195' (DI/ DII/ DIII); 180' (DIV)</p>	<p>Girls Running Events (10:00)</p> <p>4 x 1600m relay- Standards: <u>24:00 (DI/DII), 24:20 (DIII), 24:30 (DIV)</u></p> <p>4 x 100 meter shuttle hurdles</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- Standards: <u>14:30 (DI/DII), 15:00 (DIII/ DIV)</u></p> <p>4 x 400 meter Relay</p>	<p>Boys Running Events (at conclusion of girls):</p> <p>4 x 1600m relay (10:25 a.m.) Standards: <u>20:00 (DI), 20:45 (DII, DIII), 22:00 (DIV)</u></p> <p>4 x 110 meter shuttle hurdles</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- Standards: <u>11:50 (DI/DII), 12:00 (DIII), 13:00 (DIV)</u></p> <p>4 x 400 meter Relay</p>
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Participation Rules:	<ul style="list-style-type: none"> • M.I.A.A. rules will be in effect. • An athlete may participate in any three events. • A relay counts as a running event. • NFHS Uniform rules will be enforced.
Team/Athlete Participation	<ul style="list-style-type: none"> • PLEASE NOTE THE NEW ENTRY PROCEDURE • Running Events <ul style="list-style-type: none"> • Prior to the deadline, enter a seed time for each event the school plans to race. • Seed times may be changed up to Friday May 16, 2020 at 8pm before the start of the meet on DirectAthletics to accommodate roster changes. • <u>No new relays may be added after initial Monday, May 11, 2020 entry deadline.</u> • Scratches will still be taken at the meet. • Field Events <ul style="list-style-type: none"> • Prior to the entry deadline, enter the names and seed performances of each competitor. This will decrease check-in time at the meet. • No new relays may be added after initial entries -Monday May 11, 2020 entry deadline. • Scratches/Field Event Name Changes will still be taken at the meet.
Entry Fees	<ul style="list-style-type: none"> • \$25 per A team • \$30 per B team <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 25, 2019 or your athletes will not be able to compete. MSTCA IRS Tax ID number: 04-3394224</p> <p>Payments in the form of a check or purchase order, payable to <u>MSTCA</u>, should be mailed as soon as possible to: MSTCA c/o EMass Relays Entries 956 Turnpike Road, Unit D Canton, MA, 02021</p> <p>\$25 per 'A' relay team \$225 maximum fee per gender . \$30 per 'B' relay team – This fee is not subject to the maximum fee per gender. 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.
Awards	<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 results are announced. Awards will not be mailed.</p>
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
Spikes	Only 1/8" or 1/4" PYRAMID spikes allowed. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.

Facility Information	<ul style="list-style-type: none"> Braintree High School (DI) is a 8-lane composite track with a 8-lane straightaway Walpole High School (DII) is a 6-lane composite track with a 6-lane straightaway Pembroke High School (DIII) 6-lane composite track with an 8-lane straightaway Apponequet High School (DIV) 6-lane composite track with a 6-lane straightaway Vehicle parking may be limited at each facility. Bus parking may be off-site. Please plan accordingly. MSTCA Relay T-shirts will be on sale at all sites. Food will be available for purchase at the concession stand.
High Jump	<ul style="list-style-type: none"> There is one composite high jump area at each site Competitors must declare opening height before the start of competition. They must take their first jump at that height. If a member of a High Jump team does not make his/her opening height, the entire team is eliminated from further competition and cannot score If there are more than 6 teams competing in the event, each jumper will be allowed a total of 6 jumps. If there are fewer than 6 teams, the jump limit will be removed GIRLS (2019): Meet director may hold this event until girls running events finish Opening heights and progressions: Division 1 Boys HJ 5'0" -5'3"-5'6"-5'8" then up 2" Division 2 Boys HJ 5'0"-5'3"-5'6"-5'8" then up 2" Division 3 Boys HJ 5'0" -5'3"-5'6"-5'8" then up 2" Division 4 Boys HJ 5'0"-5'3"-5'6"-5'8" then up 2" Division 1 Girls HJ 4'4" -4'6"-4'8"-4'10" then up 2" Division 2 Girls HJ 4'4" -4'6"-4'8"-4'10" then up 2" Division 3 Girls HJ 4'4" -4'6"-4'8"-4'10" then up 2" Division 4 Girls HJ 4'3"-4'6"-4'8"-4'10" then up 2"
Long Jump	<ul style="list-style-type: none"> There will be one long jump pit with a painted board All athletes will get three attempts, all legal attempts will be measured in metric units. GIRLS (2019): Meet director may hold this event until girls running events finish
Triple Jump	<ul style="list-style-type: none"> There will be one triple jump pit with at least four painted boards at 24', 28', 32', 36' All athletes will get three attempts, all legal attempts will be measured in metric units. GIRLS (2019): Meet director may hold this event until girls running events finish
Pole Vault	<ul style="list-style-type: none"> Thursday May 14, 2020 3:45pm Division 1 at Andover HS Division 2 North Andover Pole vault will be on site at divisions IV[Triton] and DIII [Pembroke] There is one pole vault pit with a composite runway at each site Competitors must declare opening height before the start of competition. They must take their first jump at that height If a member of a Pole Vault team does not make his/her opening height, the entire team is eliminated from further competition and cannot score If there are more than 6 teams competing in the event, each jumper will be allowed a total of 6 jumps. If there are fewer than 6 teams, the jump limit will be removed <u>Opening heights and progressions:</u> Division 1 Boys PV 8'0" then progress 6" at each height Division 2 Boys PV 8'0" then progress 6" at each height Division 3 Boys PV 7'6" then progress 6" at each height Division 4 Boys PV 8'0" then progress 6" at each height Division 1 Girls PV 6'0" then progress 6" at each height Division 2 Girls PV 6'0" then progress 6" at each height Division 3 Girls PV 6'0" then progress 6" at each height Division 4 Girls PV 6'0" then progress 6" at each height
Shot Put	<ul style="list-style-type: none"> There will be one shot put sector at each facility

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Discus	<ul style="list-style-type: none"> • There will be one discus sector at each facility • All athletes will get three attempts, all legal attempts will be measured in metric units • Schools must provide discus weighing 1 kg or 1.6 kg. and meeting NFHS specifications.
Javelin	<ul style="list-style-type: none"> • There will be one javelin sector at each facility using a grass runway • All athletes will get three attempts, all legal attempts will be measured in metric units • Schools must provide javelins weighing 600g or 800g and meeting NFHS specifications.
Equipment	<ul style="list-style-type: none"> • Schools must provide their own relay batons. • No starting blocks may be used in any event.
Order of Events	<p><u>Boys Field Events – 9:30 a.m.// Girls Field Events – as soon as Boys Field events are done.</u></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><u>Girls Running Events – 10:00 a.m.// Boys Running Events – as soon as girls running events are done. (EXCEPT Boys 4 x 1600 m. Relay, which will race right after the Girls at 10:25 a.m.)</u></p> <p>4 x 1600 m. Relay (Boys 4x1600 run after the Girls 4x1600)</p> <p>4x100/ 110 meter 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>
Emergency Contact & Team Waiver	<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 www.mstca.org prior to registering your team for the meet.</p>
Inclement Weather	<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>Zack Lankow 617-839-7795 [D1 Meet Director]</p> <p>Lou Tozzi 617-947-1031 (DII Meet Director)</p> <p>Jim Hoar 508-776-7589 (DIII Meet Director)</p> <p>Jay Sylvain 508-641-1524 (DIV Meet Director)</p> <p>Rick Kates 781-706-3340 (MSTCA)</p>