



52nd Annual James Kalperis Indoor Relays



Division 4 – Friday, January 17, 2020 – 4:30 PM
Division 5 – Saturday, January 18, 2020 – 9:00 AM
Division 1 – Saturday, January 18, 2020 – 3:00 PM
Division 2 – Sunday, January 19, 2020 – 9:00 AM
Division 3 – Sunday, January 19, 2020 – 3:00 PM

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

Hosted by:	Division 1 – Haverhill High School Division 2 – North Andover High School Division 3 – Malden Catholic High School Division 4 – Burlington High School Division 5 – Mahar Regional High School										
Sanctioning :	M.I.A.A										
Meet Directors:	Division 1 – Mike Maguire, mikemags1@yahoo.com , 978-387-7953 Division 2 – Steve Nugent, nugents@nak12.com , 978-361-5155 Division 3 – Zach Creeden, creedenz@maldencatholic.org , 978-618-5866 Division 4 – Matt Carr, carr@bpsk12.org , 781-439-8222 Division 5 – Sarah Woodward, Swoodward@rcmahar.org , 413-535-7115,										
Sponsor :	Boston Athletic Association										
Division Threshold	<ul style="list-style-type: none"> Each school's data is based on the 2019-2020 MIAA alignments. <p style="text-align: center;">MIAA Indoor Track and Field Alignment</p>										
Events and Standards	<p><u>Events</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">4 x 200 Meter Relay</td> <td style="width: 50%;">4 x 50 Yard Dash Relay</td> </tr> <tr> <td>4 x 400 Meter Relay</td> <td>4 x 50 Yard Hurdle Relay</td> </tr> <tr> <td>4 x 800 Meter Relay</td> <td>Long Jump Relay</td> </tr> <tr> <td>Sprint Medley Relay</td> <td>High Jump Relay</td> </tr> <tr> <td>Distance Medley Relay</td> <td>Shot Put Relay</td> </tr> </table>	4 x 200 Meter Relay	4 x 50 Yard Dash Relay	4 x 400 Meter Relay	4 x 50 Yard Hurdle Relay	4 x 800 Meter Relay	Long Jump Relay	Sprint Medley Relay	High Jump Relay	Distance Medley Relay	Shot Put Relay
4 x 200 Meter Relay	4 x 50 Yard Dash Relay										
4 x 400 Meter Relay	4 x 50 Yard Hurdle Relay										
4 x 800 Meter Relay	Long Jump Relay										
Sprint Medley Relay	High Jump Relay										
Distance Medley Relay	Shot Put Relay										

<p>Waiver & Participation Rules:</p>	<ul style="list-style-type: none"> All teams <u>MUST</u> 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 Campion Road Yarmouthport, MA 02675 M.I.A.A. rules will be in effect, including enforcement of the uniform rule. An athlete may participate in a maximum of 3 events. 'B' teams are allowed in all running events except for the 4 x 800 Meter Relay and Distance Medley Relay. Prior to 11:59 p.m. on Friday, January 10, a coach may request <u>only to the Meet Director</u> to enter an excellent 'B' team in a field event, the 4 x 800 Meter Relay, or the Distance Medley Relay. The Meet Director will require a list of the names and estimated performances of each member of both the 'A' and 'B' teams before deciding whether or not to approve the 'B' team.
<p>Entry Deadline</p>	<ul style="list-style-type: none"> Monday, January 13, 2020 by 11:59 p.m. All entries should be submitted on www.directathletics.com. <p><u>PLEASE NOTE THE NEW ENTRY PROCEDURE</u></p> <p><u>Running Events</u></p> <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 2 hours before the start of the meet on Direct Athletics to accommodate roster changes. No new relays may be added after entry deadline. Scratches will still be taken at the meet. <p><u>Field Events</u></p> <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 entry deadline. Scratches/Changes will still be taken at the meet.
<p>Order of Events</p>	<p>FIELD EVENTS – 4:30 p.m. (Friday) – 9:00 a.m. (Saturday/Sunday Morning) – 3:00 p.m. (Saturday/Sunday Afternoon)</p> <p>Shot Put: Girls and Boys compete simultaneously.</p> <p>Long Jump: Girls followed by Boys</p> <p>High Jump: Girls and Boys compete simultaneously.</p>

<p>Order of Events</p>	<p>INFIELD – Check-in in the infield; Girls Followed by Boys</p> <ul style="list-style-type: none"> – 4:30 p.m. (Friday) – 9:00 a.m. (Saturday/Sunday Morning) – 3:00 p.m. (Saturday/Sunday Afternoon) <p>4 x 50 yard Shuttle Hurdles: Sections on time, fastest section last. 4 x 50 yard Shuttle Dash: Sections on time, fastest section last.</p> <ul style="list-style-type: none"> • Three hurdles for Boys; distance: 45' – 30' – 30' – 45' • Four hurdles for Girls; distance: 13.0m – 8.5m – 8.5m – 8.5m – 6.5m <p>OVAL – Check-in in the gym; Girls Followed by Boys</p> <ul style="list-style-type: none"> – 5:00 p.m. (Friday) – 9:30 a.m. (Saturday/Sunday Morning) – 3:30 p.m. (Saturday/Sunday Afternoon) <p>4 x 800 Meter Relay: Sections on time, fastest section last. Sprint Medley Relay: Sections on time, fastest section last.* 4 x 200 Meter Relay: Sections on time, fastest section last.* Distance Medley Relay: Sections on time, fastest section last. 4 x 400 Meter Relay: Sections on time, fastest section last.*</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p> <ul style="list-style-type: none"> • The SMR order will be 200/200/400/800 • The DMR order will be 1200/400/800/1600
<p>Entry Fees</p>	<p>\$20 per 'A' relay team \$175 maximum fee per gender</p> <p>\$25 per 'B' relay team – This fee is not subject to the maximum fee per gender.</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>Entry Fees</p>	<p>Please make checks payable to: MSTCA and mail to</p> <p>MSTCA MSTCA Tax ID # 04-3394224 c/o Kalperis Indoor Relays 956 Turnpike Road, Unit D Canton, MA 02021</p> <p><u>Late Entry Policy:</u> If a school misses the Monday deadline and still wants to compete, the coach must contact and receive permission <u>from the Meet Director</u>.</p> <ul style="list-style-type: none"> • Prior to 10:00 p.m. on January 14: Late entry fee is \$50 per relay • Prior to 6:00 p.m. on January 15: Late entry fee is \$100 per relay • After 6:00 p.m. on January 15, no entries will be accepted. • Late fees must be paid before the team is allowed to compete.
<p>Entry Lists</p>	<ul style="list-style-type: none"> • Entry lists will be posted on the MSTCA web site by Thursday, January 16.
<p>Equipment: Shots & Batons</p>	<ul style="list-style-type: none"> • Teams must provide their own relay batons. • Shots will be provided by meet management. Teams cannot use their own. Please do not bring them.
<p>Shot Put</p>	<ul style="list-style-type: none"> • Each thrower will be allowed three throws. • All first legal throws will be measured. Then, only throws of 20' and over (girls) and 35' and over (boys) will be measured • All three field event athletes must post a mark for the team to score in the event.
<p>Long Jump</p>	<ul style="list-style-type: none"> • Each jumper will be allowed two attempts. • No runbacks are allowed. Athletes should come prepared with a mark. • All three field event athletes must post a mark for the team to score in the event.
<p>High Jump</p>	<ul style="list-style-type: none"> • Each competitor will be allowed a total of six attempts in the competition. • Each competitor must declare an opening height. • The "Five Alive" rule will be used until only six jumpers remain in the competition. • All three field event athletes must post a mark for the team to score in the event. • If a competitor fails to clear her/his opening height, all other jumpers on the team will be eliminated from further jumping. • The formula for Opening Heights and Progressions will be as follows: <ul style="list-style-type: none"> ○ Opening Height will be 8" below the MIAA Qualifying Standard ○ Second Height will be 3" above the Opening Height ○ Third Height will be 3" above the Second Height ○ Fourth Height will always be the MIAA Qualifying Standard ○ Fifth (and subsequent) Heights will be 2" above the previous height.

Awards	<ul style="list-style-type: none"> • Medals will be awarded to each member of the top 6 relay teams in each event. • Athletes should collect their medals as soon as the results are announced. • Trophies/Plaques will be awarded to the top 2 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. • Spikes are allowed ONLY in the track area. • Correct spikes will be sold in the gym. • 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 noon (Friday) or 6:00 a.m. (Saturday & Sunday). • If there is any doubt, you may call one of the following to check: <p><u>All Division Contacts</u> Reggie Lewis Center: 617-541-3535 Louis Tozzi: 617-947-1031 Rick Kates: 781-706-3340</p> <p><u>Division Specific Contacts</u> Mike Maguire: 978-387-7953 Matt Carr: 781-439-8222 Steve Nugent: 978-361-5155 Sarah Woodward: 413-535-7115 Zach Creeden: 978-618-5866</p>