

39th Annual Girls' and 70th Annual Boys'

Massachusetts State Coaches Relays

Saturday, April 27, 2013

Division II – at Walpole High School
Division III – at Pembroke High School

Sunday, April 28, 2013

Division I – at Andover High School
Division IV – at Abington High School

Meet Directors: James Kalperis and John Carroll, Falmouth.

Asst. Meet Director: Frank Mooney, Seekonk, Executive Secretary, Mass. State Track Coaches Assn.

Meet Sponsors: Andover HS, Walpole HS, Pembroke HS, Abington HS.

Site Directors: **Andover:** Peter Comeau; **Walpole:** Conor Cashman;

Pembroke: Greg Zopatti; **Abington:** Brian Lanner.

Meet Directors: **Andover:** John Carroll; **Walpole:** Lou Tozzi; **Pembroke:** Jim Hoar; **Abington:** Frank Mooney

ORDER OF EVENTS

Boys Field Events – 9:30 a.m.

Shot Put – Discus Throw – Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (**See note below**)

Girls Running Events – 10:00 a.m.

4 x 1600 m. Relay (Boys 4x1600 run after girls 4x1600)
Shuttle Hurdle Relay
4 x 100 meter Relay
Sprint Medley Relay (800-200-200-400)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Boys Running Events – as soon as girls are done.

4 x 1600 m. Relay (right after the girls, at 10:15)
Shuttle Hurdle Relay
4 x 100 meter Relay
Sprint Medley Relay (800-200-200-400)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Girls Field Events – as soon as boys are done.

Shot Put – Discus Throw – Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (**See note below**)

SEE MORE DETAILED INSTRUCTIONS ON PAGE SIX

SPECIAL INSTRUCTIONS ON THE POLE VAULT

Divisions I and III pole vault will be held on meet day at the respective sites, Andover and Pembroke.

Division II pole vault will be held at **North Andover High School** and **Division IV** at **Weston High School, both on Thursday, April 24 at 3:30 p.m. sharp.**

In case of inclement weather on Thursday, the rain date is Friday, April 25, at 3:30 p.m.

This schedule is necessary because not all the relay sites have pole vault facilities and equipment. It may also encourage more vault teams to compete in the event. The pole vault will be a scoring event (regardless of how many teams show up for a particular division) and the site directors will be notified of the results that evening.

Entry Deadline: April 17, 2013

Entries for this meet are not on-line, you must submit the paper entry form(s) below.

BOYS ENTRY - Mass State Track Coaches Relays – BOYS ENTRY

Name of School _____ Division _____
 Div. I at Andover HS; Div. II at Walpole HS; Div. III at Pembroke HS; Div. IV at Abington HS

Check the teams you wish to enter. Seeding of running events will be done at the meet from times submitted that day. 'B' teams can score. For 4x1600m, Distance Medley or exceptional field event teams, see additional information on page four.

FIELD EVENTS – 9:30 a.m.

- _____ Shot Put
- _____ Discus Throw
- _____ Javelin Throw
- _____ High Jump
- _____ Long Jump
- _____ Triple Jump
- _____ Pole Vault – see special instructions

RUNNING EVENTS – as soon as girls are done

- | | A team | B team |
|-----------------------------|--------|------------------------------|
| 4 x 1600 meter Relay _____ | _____ | <input type="checkbox"/> XXX |
| Shuttle Hurdle Relay _____ | _____ | _____ |
| 4 x 100 meter Relay _____ | _____ | _____ |
| Sprint Medley Relay _____ | _____ | _____ |
| 4 x 800 meter Relay _____ | _____ | _____ |
| 4 x 200 meter Relay _____ | _____ | _____ |
| Distance Medley Relay _____ | _____ | <input type="checkbox"/> XXX |
| 4 x 400 meter Relay _____ | _____ | _____ |
- Boys 4 x 1600 meters Relay runs at 10:15 AM**

SEE PAGE SIX for additional Field Event Information.

**ENTRY FEE IS \$12.00 per 'A' relay team – 'B' teams \$20.00 each
 MAXIMUM BOYS TEAM FEE IS \$225.00**

See payment voucher below for sending payment.

Mail Entry Form to: John Carroll, Relays Director
 47 Dove Cottage Rd, Falmouth, MA 02540
 Cell phone: 508-737-7874

Or scan the completed form and e-mail it to: trackjc@hotmail.com

ENTRY DEADLINE – in Director's hands by April 17, 2013

 Coach's name – please print

 Coach's e-mail

 Coach's phone number

 School phone number

If you have not submitted the Single Waiver Form, your principal or athletic director must sign this form below.

I attest that all the athletes that will be participating in the MSTCA Relays are student athletes, in good standing in our high school and are bona fide members of the team. Our school district recognizes that there are certain risks associated with participation in this sport and waives, releases and holds harmless the MSTCA, its officers, sponsors and representatives, as well as the host community, from any injury that may be incurred by an athlete in the normal course of participation in the MSTCA Relays.

 Athletic Director's or PRINCIPAL'S SIGNATURE

 SCHOOL ADDRESS

MSTCA Relays Payment Voucher

Mail this voucher with your payment or Purchase Order to:

MSTCA State Relays
C/O Elaine Mooney
60 Cynthia St.
Seekonk, MA 02770

If paying by check, make the check payable to: **MSTCA**.
MSTCA tax ID number: **04-3394224**

If you're using the "single payment" option for the spring season, please check here and you will not need to send a separate payment for the relays.

DO NOT MAIL THE ENTRY FORM to Mrs. Mooney. Complete the entry information below and calculate your total entry fees before mailing this form to Mrs. Mooney.

Name of School _____ Division _____

Payment for: (check one) Boys team Girls Team Both

FIELD EVENTS

Shot Put
 Discus Throw
 Javelin Throw
 High Jump
 Long Jump
 Triple Jump
 Pole Vault

RUNNING EVENTS

	A team	B team
4 x 1600 meter Relay	<input type="checkbox"/>	<input type="checkbox"/>
Shuttle Hurdle Relay	<input type="checkbox"/>	<input type="checkbox"/>
4 x 100 meter Relay	<input type="checkbox"/>	<input type="checkbox"/>
Sprint Medley Relay	<input type="checkbox"/>	<input type="checkbox"/>
4 x 800 meter Relay	<input type="checkbox"/>	<input type="checkbox"/>
4 x 200 meter Relay	<input type="checkbox"/>	<input type="checkbox"/>
Distance Medley Relay	<input type="checkbox"/>	<input type="checkbox"/>
4 x 400 meter Relay	<input type="checkbox"/>	<input type="checkbox"/>

**ENTRY FEE IS \$12.00 per 'A' relay team – 'B' teams \$20.00 each
MAXIMUM BOYS TEAM FEE IS \$225.00**

Number of "A" relays entered: _____ x \$12 = \$ _____
Number of "B" relays entered: _____ x \$20 = \$ _____

Total due \$ _____ or maximum of \$225.

Does your school need to be invoiced for payment?

Yes No P.O. Number _____

GIRLS ENTRY - Mass State Track Coaches Relays – GIRLS ENTRY

Name of School _____ **Division** _____
 Div. I at Andover HS; Div. II at Walpole HS; Div. III at Pembroke HS; Div. IV at Abington HS

Check the teams you wish to enter. Seeding of running events will be done at the meet from times submitted that day. 'B' teams can score. For 4x1600m, Distance Medley or exceptional field event teams, see additional information on page four.

FIELD EVENTS – as soon as boys are done.

_____ Shot Put
 _____ Discus Throw
 _____ Javelin Throw
 _____ High Jump
 _____ Long Jump
 _____ Triple Jump
 _____ Pole Vault – see special instructions

RUNNING EVENTS – 10 a.m.

	A team	B team
4 x 1600 meter Relay _____	_____	<input type="checkbox"/> XXX
Shuttle Hurdle Relay _____	_____	_____
4 x 100 meter Relay _____	_____	_____
Sprint Medley Relay _____	_____	_____
4 x 800 meter Relay _____	_____	_____
4 x 200 meter Relay _____	_____	_____
Distance Medley Relay _____	_____	<input type="checkbox"/> XXX
4 x 400 meter Relay _____	_____	_____

SEE PAGE SIX for additional Field Event Information.

**ENTRY FEE IS \$12.00 per relay team – 'B' teams \$20.00
 MAXIMUM GIRLS TEAM FEE IS \$225.00**

See payment voucher below for sending payment.

Mail Entry Form to: John Carroll, Relays Director
 47 Dove Cottage Rd, Falmouth, MA 02540
 Cell phone: 508-737-7874

Or scan the completed form and e-mail it to: trackjc@hotmail.com

ENTRY DEADLINE – in Director's hands by April 17, 2013

 Coach's name (please print clearly)

 Coach's e-mail (please print clearly)

 Coach's phone number

 School phone number

If you have not submitted the Single Waiver Form, your principal or athletic director must sign this form below.

I attest that all the athletes that will be participating in the MSTCA Relays are student athletes, in good standing in our high school and are bona fide members of the team. Our school district recognizes that there are certain risks associated with participation in this sport and waives, releases and holds harmless the MSTCA, its officers, sponsors and representatives, as well as the host community, from any injury that may be incurred by an athlete in the normal course of participation in the MSTCA Relays.

 Athletic Director's or PRINCIPAL'S SIGNATURE

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MSTCA tax ID number: **04-3394224**

If you're using the "single payment" option for the spring season, please check here and you will not need to send a separate payment for the relays.

DO NOT MAIL THE ENTRY FORM to Ms. Mooney. Complete the entry information below and calculate your total entry fees before mailing this form to Ms. Mooney.

Name of School _____ Division _____

Payment for: (check one) Boys team Girls Team Both

FIELD EVENTS

- _____ Shot Put
- _____ Discus Throw
- _____ Javelin Throw
- _____ High Jump
- _____ Long Jump
- _____ Triple Jump
- _____ Pole Vault

RUNNING EVENTS

- | | A team | B team |
|-----------------------|--------|--------------------------|
| 4 x 1600 meter Relay | _____ | <input type="checkbox"/> |
| Shuttle Hurdle Relay | _____ | _____ |
| 4 x 100 meter Relay | _____ | _____ |
| Sprint Medley Relay | _____ | _____ |
| 4 x 800 meter Relay | _____ | _____ |
| 4 x 200 meter Relay | _____ | _____ |
| Distance Medley Relay | _____ | <input type="checkbox"/> |
| 4 x 400 meter Relay | _____ | _____ |

**ENTRY FEE IS \$12.00 per 'A' relay team – 'B' teams \$20.00 each.
MAXIMUM BOYS TEAM FEE IS \$225.00**

Number of "A" relays entered: _____ x \$12 = \$ _____
Number of "B" relays entered: _____ x \$20 = \$ _____

Total due \$ _____ or maximum of \$225.

Does your school need to be invoiced for payment?

Yes No P.O. Number _____

PAGE SIX-Detailed Instructions

In past years field events at the relays have lasted an unusually long time. This was due to several factors: (1) the large number to teams entered; (2) the number of athletes doing other events when their turn in the field event arrived; (3) the fact that quite a few athletes entered in the field event relays were not "state caliber."

The MSTCA has developed individual standards for the field events so that these events will move along more quickly and teams will not be waiting for results or team scores long after the running events conclude.

The minimum standards for field events are listed below. **All first legal throws and jumps will be measured, then only those performances that equal or better the standard will be measured.**

All field event implements will be inspected, approved and marked for competition.

BOYS	L.J.	T.J.	S.P.	DISC.	JAV.
Division I	17'00"	36'00"	38'00"	98'	115'
Division II	17'00"	36'00"	37'00"	98'	115'
Division III	17'00"	35'06"	35'06"	95'	112'
Division IV	17'00"	35'00"	35'06"	85'	110'

GIRLS	L.J.	T.J.	S.P.	DISC.	JAV.
Division I	13'06"	27'00"	25'00"	65'	75'
Division II	13'06"	27'00"	25'00"	70'	75'
Division III	13'06"	26'06"	24'06"	60'	65'
Division IV	13'06"	26'06"	24'00"	60'	65'

If you feel that your athlete will not make these minimum standards, you may want to consider **not** having him/her jump or throw in the event. In the past we have had Javelin athletes throwing 50' for the boys and 18' for the girls. They should not be in a state-level competition.

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.

STARTING HEIGHTS

<u>Boys High Jump:</u>	Opens at 5'02", then 5'06", <u>5'10"</u> and up by two inches. Div. IV opens at 5'01", then 5'06", <u>5'09"</u> and up by two inches.
<u>Girls High Jump:</u>	4'03", then 4'06", 4'09", <u>4'11"</u> and up by two inches. Div. IV opens at 4'03", then 4'06", 4'08", <u>4'10"</u> and up by two inches.
<u>Boys Pole Vault:</u>	8'00" to 9'00" and then up by six inches
<u>Girls Pole Vault:</u>	6'00" to 7'00" and then up by six inches

If a member of a High Jump/Pole Vault team does not make his/her opening height, the entire team is eliminated from further competition and cannot score. Competitors must declare opening height.

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 less than six (6) teams, the jump limit will be removed.

4x1600 and Distance Medley Relays

The 4x1600 and the Distance Medley entry standards are below. Coaches should only enter teams that will run under these standards.

Distance Medley Relay

Boys: D. I (11:50); II (11:50); III (12:00); IV (13:00)
Girls: D. I (14:30); II (14:30); III (15:00); IV (15:00)

4x1600 Relay (One section only!)

I (20:00); II (20:45); III (20:45); IV (22:00)
I (24:00); II (24:00); III (24:20); IV (24:30)

'B' Teams

'B' teams are allowed in running events where listed. Anyone who wishes to enter an exceptional 'B' team in the DMR, 4x1600 and exceptional field events teams must contact the meet director, John Carroll (trackjc@hotmail.com) by April 12. You must submit the names of the athletes that will make up both teams and their potential performances.

RELAY CARDS

Relay cards will be in your team envelope when you arrive at the meet. Seeding of running events will be based on the time indicated on the relay cards that you submit. You **only** need to write the **school name** and a **reasonable performance** expected and turn in the cards. Just indicate the school name and the seed time and place the cards in the special containers at the clerk's table. **All running events cards must be turned in by 9:30 a.m. for girls and by 11:00 a.m. for boys.**

Field event cards must contain the school name and the names of the three athletes in that event. Your athletes must give the card to the field event official at check-in time. If you have entered a field event team that will not compete, please e-mail John Carroll (trackjc@hotmail.com) by the Wednesday prior to the meet to eliminate it from the field event flights, or notify the meet director as soon as you arrive at the meet.

ADDITIONAL MEET INFORMATION

1. The meet will be conducted under National Federation Track and Field rules.
2. A competitor may compete in TWO TRACK AND ONE FIELD, or ONE TRACK AND TWO FIELD events.
3. **UNIFORM RULE WILL BE STRICTLY ENFORCED. School-issued uniforms only.**
4. Please come dressed to compete. There are no dressing facilities at the various sites.
5. State Relay T-shirts will be on sale at all sites. Food will be available for purchase.
6. No starting blocks may be used in any event. Only 1/4" spikes allowed at all sites.
7. Sprint Medley order: 800-200-200-400. Distance Medley order: 1200-400-800-1600.
8. Each Division will have a Team Champion and runner-up trophy. Medals awarded for placing 1st through 6th. Scoring will be 10, 8, 6, 4, 2, 1. In case of ties, the points will be split equally. Please tell your athletes to pick up their awards as soon as the results are announced. Awards will not be mailed.
9. If you enter the meet your school is responsible for payment, whether you compete or not.

Please note your division and date of competition. Your team will not be allowed to compete if you show up at the wrong day or place. Schools entered will be posted on the MSTCA site the Thursday (4/25/2013) before the meet.

LATE ENTRY FEES

If you miss the deadline, you may still enter the meet, but you will have to pay the regular entry fee plus the applicable late fee below. You must contact the meet director about being accepted into the meet after the deadline.

Late Fee \$50 per relay after April 17 to April 20.
Late Fee \$100 per relay April 21 to April 24 noon.
Last hope date is April 24, 2013 by noon.

Inclement Weather

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 your e-mail or you may call any of the numbers listed below:

- D-I John Carroll: 508-737-7874
 Peter Comeau: 978-475-8176
 Charlie O'Rourke: 617-842-9317
 Jack Lang: 978-689-9742

- D-II Lou Tozzi: 617-947-1031
 John Carroll: 508-737-7874
 Conor Cashman: 781-534-3551

- D-III Jim Hoar: 508-776-7589
 Greg Zopatti: 781-888-3772
 Dale Synder: 781-871-4147
 John Carroll: 508-737-7874

- D-IV Frank Mooney: 508-728-9921
 Brian Lanner: 781-773-1718
 Lou Tozzi: 617-947-1031

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STATE MEET CERTIFICATION

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The HyTek "Team Performance List" from any MSTCA Relays can be used as certification for the Eastern Mass. State Meet. You need to request the report by completing an envelope, available at the computer table. If you have athletes that make qualifying marks in any field event and would like them on the Team Performance List, complete the short form available with the envelopes and include it in the envelope. The signed reports will be sent to you in the envelope you completed.

DOWNLOADED results from web sites ARE NOT ACCEPTABLE for certification.