

INFORMATION ON THE 2010 M.S.T.C.A. SPRING RELAYS

This is the first time we have used the Direct Athletics process for the outdoor relays. So, when you entered you teams, you put down a performance and that means you have already seeded your teams. You will not have to fill out any cards, **unless you need to do one of the following.**

- **Changing an athlete in a running relay** – you need to come to the desk and get a change card. Please note you can only substitute an athlete that is already in the database. You will not be allowed to add someone that is not in the meet.
- **Changing an athlete in a field event** – you need to come to the desk and talk to the meet director about this change. Please note that only athletes already entered in the meet will allowed to be added to a field event. You will then be given an approval form to take to the field event official.
- **Change a seed time** – you can only seed worse – you need to go to the desk and talk to the computer people.

The D-II PV (at Notre Dame, Hingham) and D-IV PV (at No. Reading) has been changed to THURSDAY, MAY 13, AT 3:30. Please note this change.

*** N E W * Field Event Warm up Procedure:** In some field events your athletes will be given only one run-through on the event runway. They will be allowed to warm up in other areas, i.e., Javelin, and then come to the event.

In the **Long Jump** and **Triple Jump** your athletes will **NOT** be allowed to get marks by running from the board back up the runway to find a mark. This wastes time, theirs and ours. You need to have your athletes determine their mark at home on Thursday or Friday. Measure that distance, write it down (on their shoes) someplace. Then when they come to the meet use the measuring tape along the runway to place their mark. This saves time, and will allow athletes to do more actual run throughs.

Other Field Event Information is contained in the second sheet of this e-mail.

STANDARDS: The MSTCA has set standards for all field events. These standards were listed on “Page Three” of the entry format. We would like to see all field event athletes able to make the standard performance for that event. This year all first legal performances will be measured. After that only those performance that exceed the standard will be measured. Make sure your athletes can meet the standard.

Javelin Check: All javelins must be checked before they may be used in the meet. This should be done as soon as you arrive at the meet. No javelins will be checked after the meet begins (9:30 a.m.).

Order of Events Correction: There is a change in the order of running events. The Boys 4x1600 relay goes before the Girls 4x1600 relay.

Uniforms: Schools-issued uniforms only. No random tops/bottoms, especially in field events. Relays uniforms have to match. Solid colors only under uniforms. If two or more runners wear something under their uniforms, ALL four must wear the same-color garment under the uniform. Make sure your athletes observe the “Jewelry Rule”.

All teams should have submitted waivers for the meet. If we do not receive your waiver form you will not be allowed to participate. Information is on the MSTCA site. The following teams have not submitted waivers. No waiver – no run/jump/throw!

Apponoquet B/G
Austin Prep B/G
Bishop Fenwick B/G
Concord-Carlisle B/G
Dracut B/G
Lawrence B/G
Lynn Classical B/G
Madison Park B/G
Malden B/G
Mashpee B/G
Millis B
Waltham B
Wayland B
Wilmington B