

33rd Annual Girls & 64th Annual Boys

Massachusetts State Coaches Relays

April 28th, 2007

Class A	Andover H.S.
Class B	Dennis–Yarmouth Reg. H.S.
Class C	Milton H.S.
Class D	Seekonk H.S.

Meet Directors: James Kalperis and John Carroll, Falmouth.
Asst. Meet Director: Frank Mooney, Seekonk, Executive Secretary, State Coaches Assn.

Meet Sponsors: Andover HS, D–Y Reg. HS, Milton HS, Seekonk HS.

Site Directors: *Andover* – Peter Comeau
Milton – Dale Snyder

D–Y – Jim Hoar
Seekonk – Frank Mooney

ORDER OF EVENTS

Girls Field Events – 12:30 p.m.

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

Boys Running Events – 12:30 p.m.

4 x 1 Mile Relay (Note: 9:45 AM after Girls 4x1m)
Shuttle Hurdle Relay
4 x 100 meter Relay
Sprint Medley Relay (400-200-200-800)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Girls Running Events – 9:30 a.m.

4 x 1 Mile Relay (before the Boys)
Shuttle Hurdle Relay (12:30)
4 x 100 meter Relay
Sprint Medley Relay (400-200-200-800)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Boys Field Events – 9:30 a.m.

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

**See NOTE on the 4 x 1 Mile and DM
Relays on the entry. Enter carefully.**

SPECIAL INSTRUCTIONS ON THE POLE VAULT

The Pole Vault will be conducted under the following guidelines. **Class A PV Saturday @ Andover H.S.;**
Class B PV will be at Notre Dame Academy, Hingham, on Friday April 27, 3:30; **Class C PV Saturday at Milton;**
Class D PV will be at Weston H.S., Friday, April 27, 3:30 PM. This happens because not all the relay sites have pole vault facilities and equipment. It will also encourage a sufficient number of vault teams to compete in the event. The pole vault will be a scoring event (no matter how many teams show up for a particular class) and the site directors will be notified that evening of the results.

Entry Deadline: Friday, April 13th, 2007

BOYS ENTRY - Mass State Track Coaches Relays – BOYS ENTRY

Name of School _____ Class _____
 'A' – Andover HS / 'B' – Dennis-Yarmouth Reg. HS / 'C' – Milton HS / 'D' – Seekonk HS

Check the teams you wish to enter. Seeding will be done at the meet. 'B' teams can score in the running events. No 'B' teams allowed in the field events.

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 – 12:30 p.m.

- | | A team | B team |
|-----------------------------|--------|------------------------|
| 4 x One Mile Relay _____ | _____ | <input type="text"/> * |
| 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="text"/> * |
| 4 x 400 meter Relay _____ | _____ | _____ |

Boys 4 x One Mile Relay runs at 9:45 AM

* 'B' Teams in 4x1Mile and DMR should be carefully considered. This is a STATE Relay meet not a league or other meet. Do not enter Boys 4x 1 Mile teams slower than 19:00, or DMR teams slower 14:00.

ENTRY FEE IS \$10.00 per relay team – MAXIMUM TEAM FEE IS \$170.00

RETURN THIS FORM WITH A Purchase Order OR CHECK PAYABLE TO:
MASS. STATE RELAYS
MSTCA Tax I.D. NUMBER: 04-3394224

Mail entry and fees to: John Carroll, Relays Director,
 47 Dove Cottage Road, Falmouth, MA 02540

**** ENTRY DEADLINE – in Director's hands – Friday, April 13th, 2007 ****

PRINCIPAL'S SIGNATURE	COACH'S NAME – PRINT
SCHOOL ADDRESS	COACH'S HOME ADDRESS
SCHOOL PHONE	COACH'S HOME PHONE

Does your school need to be invoiced for payment?

Yes _____ No _____ P.O. Number _____

Number or relay teams entered _____ X \$10.00 = \$ _____ Maximum Fee _____

GIRLS ENTRY - Mass State Track Coaches Relays - GIRLS ENTRY

Name of School _____ Class _____
 'A' - Andover HS / 'B' - Dennis-Yarmouth HS / 'C' - Milton HS / 'D' - Seekonk HS

Check the teams you wish to enter. Seeding will be done at the meet. 'B' teams can score in the running events. No 'B' teams allowed in the field events.

FIELD EVENTS - 12:30 p.m.

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

RUNNING EVENTS - 9:30 a.m.

	A team	B team
4 x One Mile Relay *	_____	<input type="text"/> *
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="text"/> *
4 x 400 meter Relay	_____	_____

Boys 4 x One Mile Relay runs at 9:45 AM

* 'B' Teams in 4x1Mile and DMR should be carefully considered. This is a STATE Relay meet not a league or other meet. Do not enter Girls 4x 1 Mile teams slower than 24:00, or DMR teams slower 16:00.

ENTRY FEE IS \$10.00 per relay team - MAXIMUM TEAM FEE IS \$170.00

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**** ENTRY DEADLINE - in Director's hands - Friday, April 13th, 2007 ****

 PRINCIPAL'S SIGNATURE

 COACH'S NAME - PRINT

 SCHOOL ADDRESS

 COACH'S HOME ADDRESS

 SCHOOL PHONE

 COACH'S HOME PHONE

Does your school need to be invoiced for payment?

Yes _____ No _____ P.O. Number _____

Number or relay teams entered _____ X \$10.00 = \$ _____ Maximum Fee _____