

2007 M.S.T.C.A. Spring Relays Information for Coaches

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.
3. **UNIFORM RULE WILL BE STRICTLY ENFORCED. School-issued uniforms only.**
4. All field event implements will be inspected, approved and marked for competition.
5. Please come dressed to compete. State Relay T-shirts will be on sale at all sites. Food will be available.
6. No starting blocks may be used in any event. Short (1/4") spikes allowed at all sites.
7. Sprint Medley order: 400-200-200-800. Distance Medley order: 1200-400-800-1600.
8. STARTING HEIGHTS –
Boys High Jump: 5'03", then 5'06", 5'09" and up two (2) inches. Class D opens at 5'02".
Girls High Jump: 4'04", then 4'06", 4'09", and up two (2) inches.

Boys Pole Vault: 8'00" and then up by six inches
Girls Pole Vault: 6'00" and then up by six inches
9. In the field events you must enter three (3) athletes per event. In the Long Jump, Triple Jump, Shot Put, Discus and Javelin each athlete will have three (3) attempts. If an athlete does not get a mark in that event then the team will not be allowed to score in that event.
10. If a member of a High Jump/Pole Vault team does not make his/her opening height, then the entire team is eliminated from further competition and cannot score. Competitors must declare opening height.
11. Scoring will be 10, 8, 6, 4, 2, and 1. If a tie occurs, points will be split. **ALL TIES IN FIELD EVENTS WILL BE BROKEN.** Duplicate awards will be given only if the tie cannot be broken. Tell your athletes to pick up their awards as soon as the results are announced.
12. **ALL TIES IN FIELD EVENTS WILL BE BROKEN.** Tie-breaker: (1) longest throw; (2) total of the longest throw by the # 1 thrower and the # 2 thrower; (3) longest second throw by the # 1 thrower, etc.
13. In the HIGH JUMP 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 then the jump limit will be removed.
Tiebreaker in H.J.: (1) Team with the lowest number of misses; (2) combined second jumps.
14. Each Division will have a Team Champion and runner-up trophy. Medals awarded for placing 1st – 6th.
15. Seeding for the events will be done by submitting relay cards that you will receive the day of the meet. Write your athletes' names and *reasonable performances* expected and submit the cards. If you have a field event team that will not compete please call the site director by the Wednesday prior to the meet so he can build field event flights, or notify the director as soon as you arrive at the meet.