

38th Annual Girls & 69th Annual Boys

Massachusetts State Coaches Relays

Saturday, April 28, 2012

Division I – at Franklin High School

Division IV – at Bishop Fenwick High School – Peabody

Sunday, April 29, 2012

Division II – at Whitman-Hanson Reg. High School

Division III – at Pembroke 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: Franklin HS, Whitman-Hanson Reg HS, Pembroke HS, Bishop Fenwick HS.

Site Directors: **Franklin:** Paul Trovato; **Whitman-Hanson:** Bob Rogers; **Pembroke:** Greg Zopatti; **Bishop Fenwick:** Jay Smith

Meet Directors: **Franklin:** John Carroll; **Whitman-Hanson:** Lou Tozzi; **Pembroke:** Jim Hoar; **Bishop Fenwick:** Frank Mooney

ORDER OF EVENTS

Girls Field Events – 9:30 a.m.

Shot Put – Discus Throw – Javelin Throw

High Jump – Long Jump – Triple Jump

Pole Vault (**See note below**)

Boys Running Events – 10:00 a.m.

4 x 1600 m. Relay (Girls 4x1600 run after boys 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

Girls Running Events – as soon as boys are done

4 x 1600 m. Relay (Girls run this event right after the boys)

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 Field Events – as soon as girls 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 – April 26 @ 3:30 pm– sharp!

The Pole Vault will be conducted on **Thursday, April 26 at 3:30 p.m.** at the following locations: **D-I at Newton South H.S.; D-II at North Andover H.S.; D-IV at Weston H.S.** In case of inclement weather on Thursday, the rain date is Friday, April 27, at 3:30 p.m. **Division III pole vault will be conducted at Pembroke H.S. on the day of the meet.**

This schedule is necessary because not all the relay sites have pole vault facilities and equipment. It may also encourage a more 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 division) and the site directors will be notified of the results that evening.

Entry Deadline: April 18, 2012

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 Franklin HS; Div. II at Whitman-Hanson; Div. III at Pembroke; Div. IV at Bish. Fenwick, Peabody

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.

<u>FIELD EVENTS</u> – as soon as girls are done	<u>RUNNING EVENTS</u> – 10:00 a.m.	
	A team	B team
_____ Shot Put	_____	_____
_____ Discus Throw	4 x 1600 meter Relay _____	XXX
_____ Javelin Throw	Shuttle Hurdle Relay _____	_____
_____ High Jump	4 x 100 meter Relay _____	_____
_____ Long Jump	Sprint Medley Relay _____	_____
_____ Triple Jump	4 x 800 meter Relay _____	_____
_____ Pole Vault – see special instructions	4 x 200 meter Relay _____	_____
	Distance Medley Relay _____	XXX
	4 x 400 meter Relay _____	_____

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.

Send Entry form to: John Carroll, Relays Director
 47 Dove Cottage Rd, Falmouth, MA 02540
 Cell phone: 508-737-7874 e-mail: trackjc@hotmail.com

ENTRY DEADLINE – in Director's hands – April 18, 2012

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

 COACH'S NAME – PRINT

 SCHOOL ADDRESS

 COACH'S Phone Number

 SCHOOL PHONE

 COACH'S E-Mail (To contact you with last-minute information)

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 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 – see special instructions

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 _____ Check if using Maximum Fee

GIRLS ENTRY - Mass State Track Coaches Relays – GIRLS ENTRY

Name of School _____ **Division** _____
Div. I at Franklin HS; Div. II at Whitman-Hanson; Div. III at Pembroke; Div. IV at Bish. Fenwick, Peabody

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 boys finish

	A team	B team
4 x One Mile 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.

Girls 4 x One Mile Relay runs at 10:15 AM

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

Send Entry form to: John Carroll, Relays Director
 47 Dove Cottage Rd, Falmouth, MA 02540
 Cell phone: 508-737-7874 E-mail: trackjc@hotmail.com

ENTRY DEADLINE – in Director's hands by April 18th, 2012

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

 COACH'S NAME – PRINT

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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 – see special instructions

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 _____ Check if using Maximum Fee

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 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.**

BOYS	L.J.	T.J.	S.P.	DISC.	JAV.
Division I	17'00"	36'00"	36'00"	95'	110'
Division II	17'00"	36'00"	36'00"	95'	110'
Division III	17'00"	35'06"	35'06"	95'	110'
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'	70'
Division II	13'06"	27'00"	25'00"	65'	70'
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

Boys High Jump: 5'02", then 5'06", 5'09" and up by two inches.
Div. IV opens at 5'01", then 5'06", 5'09" and up by two inches.

Girls High Jump: 4'03", then 4'06", 4'09", and up by two inches.

Boys Pole Vault: 8'00" to 9'00" and then up by six inches

Girls Pole Vault: 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, then 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 then the jump limit will be removed.

All first legal throws and legal horizontal jumps will be measured, then only those performances that better the standard will be measured.

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

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.

Dist. 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

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, with no restrictions. Exceptional 'B' teams in the DMR, 4x1600 and exceptional field events teams may be considered by contacting the meet director.

Anyone who wishes to enter a 'B' team in the 4x1600, the DMR or has an exceptional 'B' field event team must contact Meet Director John Carroll (trackjc@hotmail.com) by April 16 to be approved.

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 boys and by 11:00 a.m. for girls.**

Field event cards must contain the school name and the names of the three athletes in that event. Your athletes will 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. *"The Greater Boston Running Company" is the corporate sponsor of Divisions II and IV.*
3. A competitor may compete in TWO TRACK AND ONE FIELD, or ONE TRACK AND TWO FIELD events.
4. **UNIFORM RULE WILL BE STRICTLY ENFORCED. School-issued uniforms only.**
5. Please come dressed to compete. There are no dressing facilities at the various sites.
6. State Relay T-shirts will be on sale at all sites. Food will be available for purchase.
7. No starting blocks may be used in any event. Only 1/4" spikes allowed at all sites.
8. Sprint Medley order: 800-200-200-400. Distance Medley order: 1200-400-800-1600.
9. 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. Tell your athletes to pick up their awards as soon as the results are announced.
10. 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 time or place. Schools entered will be posted on the MSTCA site the Thursday (4/25/2012) before the meet.

LATE ENTRY FEE:

If you miss the deadline you can still enter the meet, but there is a late fee in order to do it. To enter the meet late you will have to pay the regular entry fee plus the late fee. You must contact the meet director about being accepted into the meet after the deadline.

Late Fee \$50 per relay after April 19 to April 22

Late Fee \$100 per relay April 23 to April 25 at Noon.

Last hope date is April 25, 2011 at Noon.

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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
 Paul Trovato: 508-699-6052
 Charlie O'Rourke: 617-842-9317
 Peter Comeau: 978-475-8176

- D-II Lou Tozzi: 617-947-1031
 Bob Rodgers, W.H. Athletic Director: 781-618-7433
 John Carroll: 508-737-7874
 Bill O'Connor: 781-933-5171

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

- D-IV Frank Mooney: 508-728-9921
 Jay Smith: 978-745-3629
 Jack Lang: 978-689-9742

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STATE MEET CERTIFICATION

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The "Team Performance List" from any MSTCA Relays can be used as certification for the Eastern Mass. State Meet. You need to request the report be sent to you by completing an envelope, which will be at the computer table. This HyTek team performance list will be signed and can be used for your certification. If you have any field event athletes that make qualifying marks and would like them on the TPL put a note in the envelope with their names and event. They will be included on the TPL.

DOWNLOADED results from any web site ARE NOT ACCEPTABLE for certification.