



43rd Annual Girls' and 74th Annual Boys'
Massachusetts State Coaches Relays
Saturday, April 29, 2017 – 9:30 AM

Division II – at Marshfield High School

Meet Director: Lou Tozzi; lp.tozz@gmail.com; cell phone: 617-947-1031

Site Director: Ed Ryan

Division III – at Sandwich High School

Meet Director: Jim Hoar; hoarj@dy-regional.k12.ma.us; cell phone: 508-776-7589

Site Director: Lori Horan

Dr. George Steele Relays – at West Springfield H.S.
For Central and Western Mass. Schools only

Meet Director Emeritus: Bill Kane

Meet Director: Linda Rowbotham, rowbothamfamily@msn.com; cell phone: 413-455-9051

Site Director: Matt Griffin

Sunday, April 30, 2017 – 9:30 AM

Division I – at Lincoln-Sudbury Regional High School

Meet Director: Zachary Lankow, zlinkow@stjohnsprep.org; cell phone: 617-839-7795

Site Director: Melvin Gonsalves

Division IV – North Reading High School

Meet Director: Jay Sylvain; jsylvain@wbridgewater.com; cell phone: 508-641-1524

Site Director: Sotirios Pintzopoulos

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 special instructions below.**)

Girls Running Events – 10:00 a.m.

4 x 1600 m. Relay (Boys 4x1600 run after the 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 10:25)
 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 special instructions below.**)

SPECIAL INSTRUCTIONS FOR POLE VAULT COMPETITORS IN EASTERN MASS.

Not all the relay sites have pole vault facilities and equipment. This schedule 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. The meet director of each site will be notified of the results on the evening of competition.

Divisions I and IV pole vault will be held on meet day at the respective sites, Lincoln-Sudbury and North Reading, at 9:30 a.m. for boys. The girls will start as soon as the boys are done.

Division II pole vault will be held at **North Andover High School on Friday, April 28 at 3:30 p.m. sharp.**

Division III pole vault will be held **at Burlington High School, on Thursday, April 27 at 3:30 p.m. sharp.**

Entries must be done on Direct Athletics and close on April 23, 2017 at 11:59 p.m.

SPECIAL PROCEDURE FOR ENTRIES ON DIRECT ATHLETICS.

1. For running relays, you will enter them a usual, but **do not** submit athletes' names or times.
2. For the field event relays, you will add to your Direct Athletics roster an "athlete" whose last name is your school name and first name is "girls" or "boys." Example: last name, "Falmouth," first name, "Girls." **Do not** use a school's nickname. These are the "athletes" to be entered in the field events. Each "name" can be entered in all seven field events, if you want to enter a team in each. If you have questions about this procedure, contact your meet director.

Entry Fees.

\$15 per A team; \$25 per B team. Payment must be sent as soon as you register and must be received before day of competition. Send PO or check payable to MSTCA to:

MSTCA
c/o Elaine Mooney
60 Cynthia St.
Seekonk, MA 02771

Late entries and fees. Late entries are discouraged. If you miss the Direct Athletics deadline and you still want to enter the meet, you will have to pay the regular entry fees plus the applicable late fee below. You must contact the meet director of your division about being accepted into the meet after the Direct Athletics deadline.

Late Fee \$50 per team, if your meet director is contacted on Monday, April 24, by 9 p.m.

Late Fee \$100 per team, if your meet director is contacted on Tuesday, April 25, by 9 p.m.

If you enter the meet, your school is responsible for payment of the entry fees, whether or not you compete.

Waiver form

The waiver form must be submitted or your team will not be allowed to compete in any MSTCA meets. The form may be downloaded from this web site, must be signed by your athletic director and sent with you team roster **by April 15, 2017** to Jim Hoar, President of MSTCA, 31 Campion Rd., Yarmouth Port, MA 02675. This form is valid for the entire spring season and attests to the legitimacy of the members of your team.

Field Events Entry Standards.

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'
Steele Relays	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'
Steele Relays	13'06"	26'06"	24'00"	60'	65'

If you feel that your athletes will not make these minimum standards, you may want to consider **not** having them jump or throw in the event

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.

OPENING HEIGHTS AND PROGRESSIONS

Division 1 Boys HJ 5'1" -5'4"-5'7"-5'10"-6'0" then up 2"

Division 2 Boys HJ 5'1" -5'3"-5'6"-5'9" then up 2"

Division 3 Boys HJ 5'1" -5'4"-5'7"-5'10" then up 2"

Division 4 Boys HJ 5'1" -5'4"-5'6"-5'8" then up 2"

Steele Boys HJ 5'0" -5'3"-5'6"-5'8" then up 2"

Division 1 Girls HJ 4'4" -4'7"-4'9"-4'11" then up 2"

Division 2 Girls HJ 4'4" -4'7"-4'9"-4'11" then up 2"

Division 3 Girls HJ 4'4" -4'7"-4'9"-4'11" then up 2"

Division 4 Girls HJ 4'3"-4'6"-4'8"-4'10" then up 2"

Steele Girls HJ 4'0"-4'3"-4'6" then up 2" at each height

Division 1 Boys PV 8'0" then progress 6" at each height

Division 2 Boys PV 8'0" then progress 6" at each height

Division 3 Boys PV 7'6" then progress 6" at each height

Division 4 Boys PV 8'0" then progress 6" at each height

Steele Boys PV 8'0" then progress 6" at each height

Division 1 Girls PV 6'0" then progress 6" at each height

Division 2 Girls PV 6'0" then progress 6" at each height

Division 3 Girls PV 6'0" then progress 6" at each height

Division 4 Girls PV 6'0" then progress 6" at each height

Steele Girls PV 6'0" then progress 6" at each height

Competitors must declare opening height before the start of competition. They must take their first jump at that height.

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

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 fewer 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: Div. I - 11:50; Div. II - 11:50; Div. III - 12:00; Div. IV - 13:00; Steele Relays – 13:00

Girls: Div. I - 14:30; Div. II - 14:30; Div. III - 15:00; Div. IV - 15:00; Steele Relays – 15:00

4x1600 Relay (One section only!)

Boys: Div. I - 20:00; Div. II - 20:45; Div. III - 20:45; Div. IV - 22:00; Steele Relays – 22:00

Girls: Div. I - 24:00; Div. II - 24:00; Div. III - 24:20; Div. IV - 24:30; Steele Relays – 24:30

'B' Teams

'B' teams are allowed in all running events except the 4x1600m and the Distance Medley. B teams are not allowed in the field events. Any coach who wishes to enter an **exceptional** 'B' team in the DMR, 4x1600 or a field event must contact the meet director of your division by April 21. You must submit the names of the athletes that will make up each team and their potential performances. If approved, the meet director will add those B teams to the database.

RELAY CARDS

Relay cards will be in your team envelope when you arrive at the meet. **Running events:** Write the **school name**, circle the event, write a **reasonable performance** expected and place the cards in the containers at the clerk's table. Seeding of running events will be based on the time indicated on the relay cards that you submit.

All running events cards must be turned in by 9:30 a.m. for girls and by 11:00 a.m. for boys. NOTE: BOYS 4 x 1600 MUST BE TURNED BY 9:30AM.

Field events cards must contain the school name and the names of the three athletes in that event and must be given to the field event official at check-in time. If you have entered a field event team that will not compete, please e-mail your meet director by the Wednesday prior to the meet to eliminate it from the field event flights, or notify the field event official 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 any THREE 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. Athletes must pick up their awards as soon as the results are announced. Awards will not be mailed.
9. Team champion teams will be awarded T-shirts donated by the **Tommy Cochary Mile**, an event that encourages young people, especially high school students, to **"make smart choices."** More information on this event may be found on their facebook page.
10. 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 by the Thursday (4/27/17) before the meet.



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 your meet director listed on page 1.

MSTCA SINGLE WAIVER FORM – SPRING 2017

Please take the time to have this waiver form signed, attach your roster, and mail it in. Once you do that, your waiver responsibilities for the spring are completed! **Failure to submit by the deadline will result in a warning. A second offense will result in a \$50.00 late fee.**

I attest that all the athletes that will be participating from our school in the MSTCA spring meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participating in this sport and waives releases and holds harmless the MSTCA organization, 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 these MSTCA events. *My school also agrees to have a PO or payment in the hands of MSTCA before any meet they compete in.*

THIS IS NOT AN ENTRY FORM

Information for entering the following MSTCA-sponsored meets is found elsewhere on our web site.

- _____ MSTCA Individual Pentathlon
- _____ MSTCA Freshman/Sophomore Meet
- _____ MSTCA Coaches Boys and/or Girls Invitational
- _____ MSTCA State Relays
- _____ MSTCA Decathlon/Heptathlon

Principal/Athletic Director's Signature

Coach's Name (Please print legibly)

School Name

Coach's e-mail (Please print legibly)

School's Phone Number

Boys' Team___ Girls' Team___ Both___

AD's e-mail _____

***Please attach your teams' rosters and mail to: ***

Jim Hoar
31 Campion Road
Yarmouth Port, MA 02675

MUST BE RECEIVED BY APRIL 15, 2017



SCHOOL: _____

Massachusetts State Track Coaches Association (MSTCA)

Massachusetts Interscholastic Athletic Association (MIAA)

OUTDOOR Track Coaches Emergency Contact Form

Girls Head Coach: _____ Cell # _____
Boys Head Coach: _____ Cell # _____
Assistant Coach: _____ Cell # _____
Assistant Coach: _____ Cell # _____
Assistant Coach: _____ Cell # _____

Each school is responsible to have a rally point for their team in case of any emergency exit, including weather. Please make sure all of your student-athletes are aware of your plan.

This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes and they will contact the coach.

In case of a medical situation that requires 911 to be accessed, the Meet may be put on hold until the situation subsides by local public safety.

In case of inclement weather-all teams will evacuate under the direction of the Meet Director and or Police to the closest facility or bus.

Prior to the start of the Meet, each coaching staff must be represented at the coaches meeting - the Meet Director will review the site's emergency evacuation procedures.