

**MSTCA Central Western Steele Relays
West Springfield HS - 4/29/2017
Performance List**

Event 1 Girls 4x1600 Meter Relay (6)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 East Longmea	A	_____
3 Longmeadow	A	_____
4 Mohawk Trail	A	_____
5 West Springf	A	_____
6 Westfield	A	_____

Event 2 Boys 4x1600 Meter Relay (11)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 East Longmea	A	_____
3 Holyoke	A	_____
4 Longmeadow	A	_____
5 Northampton	A	_____
6 Pope Francis	A	_____
7 Shrewsbury	A	_____
8 South Hadley	A	_____
9 West Springf	A	_____
10 West Springf	B	_____
11 Westfield	A	_____

Event 3 Boys 4x100 Meter Shuttle Hurdle (9)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 Chicopee Com	A	_____
3 Longmeadow	A	_____
4 Minnechaug	A	_____
5 Mohawk Trail	A	_____
6 Northampton	A	_____
7 Shrewsbury	A	_____
8 West Springf	A	_____
9 Westfield	A	_____

Event 4 Girls 4x100 Meter Shuttle Hurdle (9)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 East Longmea	A	_____
3 Frontier	A	_____
4 Longmeadow	A	_____
5 Minnechaug	A	_____
6 Mohawk Trail	A	_____
7 South Hadley	A	_____
8 West Springf	A	_____
9 Westfield	A	_____

Event 5 Boys 4x100 Meter Relay (21)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 Amherst-Pelh	B	_____
3 Baystate Aca	A	_____
4 Baystate Aca	B	_____
5 Chicopee Com	A	_____
6 East Longmea	A	_____
7 High School	A	_____

8 High School	B	_____
9 Holyoke	A	_____
10 Longmeadow	A	_____
11 Minnechaug	A	_____
12 Mohawk Trail	A	_____
13 Monson	A	_____
14 Northampton	A	_____
15 Northampton	B	_____
16 Pope Francis	A	_____
17 Shrewsbury	A	_____
18 South Hadley	A	_____
19 West Springf	A	_____
20 West Springf	B	_____
21 Westfield	A	_____

Event 6 Girls 4x100 Meter Relay (22)

Team	Relay	Seed Time
1 Agawam	A	_____
2 Amherst-Pelh	A	_____
3 Amherst-Pelh	B	_____
4 Baystate Aca	A	_____
5 Baystate Aca	B	_____
6 Chicopee Com	A	_____
7 East Longmea	A	_____
8 Frontier	A	_____
9 High School	A	_____
10 Holyoke	A	_____
11 Longmeadow	A	_____
12 Longmeadow	B	_____
13 Mahar Region	A	_____
14 Minnechaug	A	_____
15 Mohawk Trail	A	_____
16 Northampton	A	_____
17 Northampton	B	_____
18 Pope Francis	A	_____
19 South Hadley	A	_____
20 West Springf	A	_____
21 West Springf	B	_____
22 Westfield	A	_____

Event 7 Boys 1600 Sprint Medley (19)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 Amherst-Pelh	B	_____
3 Chicopee Com	A	_____
4 East Longmea	A	_____
5 High School	A	_____
6 Holyoke	A	_____
7 Longmeadow	A	_____
8 Minnechaug	A	_____
9 Mohawk Trail	A	_____
10 Monson	A	_____
11 Northampton	A	_____
12 Northampton	B	_____
13 Pope Francis	A	_____
14 Pope Francis	B	_____

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Event 7 ... (Boys 1600 Sprint Medley (19))

Team	Relay	Seed Time
15 Shrewsbury	A	_____
16 South Hadley	A	_____
17 West Springf	A	_____
18 West Springf	B	_____
19 Westfield	A	_____

Event 8 Girls 1600 Sprint Medley (15)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 East Longmea	A	_____
3 High School	A	_____
4 Holyoke	A	_____
5 Longmeadow	A	_____
6 Mahar Region	A	_____
7 Minnechaug	A	_____
8 Mohawk Trail	A	_____
9 Northampton	A	_____
10 Pope Francis	A	_____
11 South Hadley	A	_____
12 West Springf	A	_____
13 West Springf	B	_____
14 Westfield	A	_____
15 Westfield	B	_____

Event 9 Boys 4x800 Meter Relay (14)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 Chicopee Com	A	_____
3 Holyoke	A	_____
4 Holyoke	B	_____
5 Longmeadow	A	_____
6 Minnechaug	A	_____
7 Mohawk Trail	A	_____
8 Monson	A	_____
9 Northampton	A	_____
10 Shrewsbury	A	_____
11 South Hadley	A	_____
12 West Springf	A	_____
13 West Springf	B	_____
14 Westfield	A	_____

Event 10 Girls 4x800 Meter Relay (16)

Team	Relay	Seed Time
1 Agawam	A	_____
2 Amherst-Pelh	A	_____
3 Chicopee Com	A	_____
4 East Longmea	A	_____
5 Frontier	A	_____
6 Holyoke	A	_____
7 Longmeadow	A	_____
8 Mahar Region	A	_____
9 Minnechaug	A	_____
10 Mohawk Trail	A	_____
11 Mohawk Trail	B	_____

12 Northampton	A	_____
13 South Hadley	A	_____
14 West Springf	A	_____
15 West Springf	B	_____
16 Westfield	A	_____

Event 11 Boys 4x200 Meter Relay (17)

Team	Relay	Seed Time
1 Amherst-Pelh	A	_____
2 Amherst-Pelh	B	_____
3 Baystate Aca	A	_____
4 Baystate Aca	B	_____
5 Chicopee Com	A	_____
6 East Longmea	A	_____
7 High School	A	_____
8 High School	B	_____
9 Holyoke	A	_____
10 Longmeadow	A	_____
11 Minnechaug	A	_____
12 Northampton	A	_____
13 Northampton	B	_____
14 Shrewsbury	A	_____
15 West Springf	A	_____
16 West Springf	B	_____
17 Westfield	A	_____

Event 12 Girls 4x200 Meter Relay (20)

Team	Relay	Seed Time
1 Agawam	A	_____
2 Amherst-Pelh	A	_____
3 Amherst-Pelh	B	_____
4 Baystate Aca	A	_____
5 Baystate Aca	B	_____
6 Chicopee Com	A	_____
7 East Longmea	A	_____
8 Frontier	A	_____
9 Holyoke	A	_____
10 Longmeadow	A	_____
11 Longmeadow	B	_____
12 Mahar Region	A	_____
13 Minnechaug	A	_____
14 Mohawk Trail	A	_____
15 Northampton	A	_____
16 Pope Francis	A	_____
17 South Hadley	A	_____
18 West Springf	A	_____
19 West Springf	B	_____
20 Westfield	A	_____

Event 13 Boys Distance Medley (11)

Team	Relay	Seed Time
1 Chicopee Com	A	_____
2 East Longmea	A	_____
3 Holyoke	A	_____
4 Longmeadow	A	_____
5 Minnechaug	A	_____

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Event 13 ... (Boys Distance Medley (11))

	Team	Relay	Seed Time
6	Mohawk Trail	A	_____
7	Monson	A	_____
8	Northampton	A	_____
9	Shrewsbury	A	_____
10	West Springf	A	_____
11	West Springf	B	_____

Event 14 Girls Distance Medley (10)

	Team	Relay	Seed Time
1	Amherst-Pelh	A	_____
2	East Longmea	A	_____
3	Longmeadow	A	_____
4	Mahar Region	A	_____
5	Minnechaug	A	_____
6	Mohawk Trail	A	_____
7	Northampton	A	_____
8	South Hadley	A	_____
9	West Springf	A	_____
10	Westfield	A	_____

Event 15 Boys 4x400 Meter Relay (17)

	Team	Relay	Seed Time
1	Amherst-Pelh	A	_____
2	Amherst-Pelh	B	_____
3	Baystate Aca	A	_____
4	Baystate Aca	B	_____
5	Chicopee Com	A	_____
6	High School	A	_____
7	Holyoke	A	_____
8	Longmeadow	A	_____
9	Minnechaug	A	_____
10	Mohawk Trail	A	_____
11	Monson	A	_____
12	Northampton	A	_____
13	Northampton	B	_____
14	Shrewsbury	A	_____
15	West Springf	A	_____
16	West Springf	B	_____
17	Westfield	A	_____

Event 16 Girls 4x400 Meter Relay (17)

	Team	Relay	Seed Time
1	Agawam	A	_____
2	Amherst-Pelh	A	_____
3	Baystate Aca	A	_____
4	Baystate Aca	B	_____
5	East Longmea	A	_____
6	Frontier	A	_____
7	High School	A	_____
8	Holyoke	A	_____
9	Longmeadow	A	_____
10	Mahar Region	A	_____
11	Minnechaug	A	_____
12	Mohawk Trail	A	_____

13	Pope Francis	A	_____
14	South Hadley	A	_____
15	West Springf	A	_____
16	West Springf	B	_____
17	Westfield	A	_____

Event 17 Boys High Jump (9)

	Name	School	Seed Mark
1	Amherst, Boys	Amherst-Pelh	_____
2	BayState Academy, Boys	Baystate Aca	_____
3	Boys, East Longmeadow	East Longmea	_____
4	Boys, Longmeadow	Longmeadow	_____
5	Boys, Northampton	Northampton	_____
6	Monson, Boys	Monson	_____
7	Shrewsbury, Boys	Shrewsbury	_____
8	South Hadley, Boys	South Hadley	_____
9	West Springfield, Boys	West Springf	_____

Event 18 Girls Pole Vault (8)

	Name	School	Seed Mark
1	Agawam, Girls	Agawam	_____
2	Amherst, Girls	Amherst-Pelh	_____
3	East Longmeadow, Girls	East Longmea	_____
4	Frontier, Girls	Frontier	_____
5	Girls, Mahar	Mahar Region	_____
6	Girls, South Hadley	South Hadley	_____
7	Longmeadow, Girls	Longmeadow	_____
8	Mohawk, Girls	Mohawk Trail	_____

Event 19 Boys Long Jump (12)

	Name	School	Seed Mark
1	Amherst, Boys	Amherst-Pelh	_____
2	Boys, East Longmeadow	East Longmea	_____
3	Boys, Longmeadow	Longmeadow	_____
4	Boys, Minnechaug	Minnechaug	_____
5	Boys, Northampton	Northampton	_____
6	Commerce, Boys	High School	_____
7	Comp, Boys	Chicopee Com	_____
8	Monson, Boys	Monson	_____
9	Pope Francis HS, Boys	Pope Francis	_____
10	Shrewsbury, Boys	Shrewsbury	_____
11	West Springfield, Boys	West Springf	_____
12	Westfield, Boys	Westfield	_____

Event 20 Girls Long Jump (14)

	Name	School	Seed Mark
1	Agawam, Girls	Agawam	_____
2	Amherst, Girls	Amherst-Pelh	_____
3	Commerce, Girls	High School	_____
4	East Longmeadow, Girls	East Longmea	_____
5	Frontier, Girls	Frontier	_____
6	Girls, Mahar	Mahar Region	_____
7	Girls, Minnechaug	Minnechaug	_____
8	Girls, South Hadley	South Hadley	_____
9	Holyoke, Girls	Holyoke	_____
10	Longmeadow, Girls	Longmeadow	_____
11	Mohawk, Girls	Mohawk Trail	_____

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Event 20 ... (Girls Long Jump (14))

Name	School	Seed Mark
12 Pope Francis HS, Girls	Pope Francis	_____
13 West Springfield, Girls	West Springf	_____
14 Westfield, Girls	Westfield	_____

Event 21 Boys Triple Jump (9)

Name	School	Seed Mark
1 Amherst, Boys	Amherst-Pelh	_____
2 BayState Academy, Boys	Baystate Aca	_____
3 Boys, East Longmeadow	East Longmea	_____
4 Boys, Longmeadow	Longmeadow	_____
5 Boys, Northampton	Northampton	_____
6 Commerce, Boys	High School	_____
7 Monson, Boys	Monson	_____
8 Shrewsbury, Boys	Shrewsbury	_____
9 West Springfield, Boys	West Springf	_____

Event 22 Girls Triple Jump (13)

Name	School	Seed Mark
1 Amherst, Girls	Amherst-Pelh	_____
2 Commerce, Girls	High School	_____
3 East Longmeadow, Girls	East Longmea	_____
4 Frontier, Girls	Frontier	_____
5 Girls, Mahar	Mahar Region	_____
6 Girls, Minnechaug	Minnechaug	_____
7 Girls, South Hadley	South Hadley	_____
8 Holyoke, Girls	Holyoke	_____
9 Longmeadow, Girls	Longmeadow	_____
10 Mohawk, Girls	Mohawk Trail	_____
11 Pope Francis HS, Girls	Pope Francis	_____
12 West Springfield, Girls	West Springf	_____
13 Westfield, Girls	Westfield	_____

Event 23 Boys Discus Throw (14)

Name	School	Seed Mark
1 Amherst, Boys	Amherst-Pelh	_____
2 BayState Academy, Boys	Baystate Aca	_____
3 Boys, Longmeadow	Longmeadow	_____
4 Boys, Minnechaug	Minnechaug	_____
5 Boys, Mohawk	Mohawk Trail	_____
6 Boys, Northampton	Northampton	_____
7 Commerce, Boys	High School	_____
8 Comp, Boys	Chicopee Com	_____
9 Hamilton, Lenox	Baystate Aca	_____
10 Mohawk Trail, Boys	Mohawk Trail	_____
11 Pope Francis HS, Boys	Pope Francis	_____
12 Shrewsbury, Boys	Shrewsbury	_____
13 South Hadley, Boys	South Hadley	_____
14 West Springfield, Boys	West Springf	_____

Event 24 Girls Discus Throw (13)

Name	School	Seed Mark
1 Agawam, Girls	Agawam	_____
2 Amherst, Girls	Amherst-Pelh	_____
3 Commerce, Girls	High School	_____
4 East Longmeadow, Girls	East Longmea	_____

5 Frontier, Girls	Frontier	_____
6 Girls, Mahar	Mahar Region	_____
7 Girls, Minnechaug	Minnechaug	_____
8 Girls, South Hadley	South Hadley	_____
9 Longmeadow, Girls	Longmeadow	_____
10 Mohawk, Girls	Mohawk Trail	_____
11 Pope Francis HS, Girls	Pope Francis	_____
12 West Springfield, Girls	West Springf	_____
13 Westfield, Girls	Westfield	_____

Event 25 Boys Javelin Throw (11)

Name	School	Seed Mark
1 Amherst, Boys	Amherst-Pelh	_____
2 BayState Academy, Boys	Baystate Aca	_____
3 Boys, Longmeadow	Longmeadow	_____
4 Boys, Minnechaug	Minnechaug	_____
5 Boys, Northampton	Northampton	_____
6 Commerce, Boys	High School	_____
7 Holyoke, Boys	Holyoke	_____
8 Monson, Boys	Monson	_____
9 Shrewsbury, Boys	Shrewsbury	_____
10 South Hadley, Boys	South Hadley	_____
11 West Springfield, Boys	West Springf	_____

Event 26 Girls Javelin Throw (14)

Name	School	Seed Mark
1 Agawam, Girls	Agawam	_____
2 Amherst, Girls	Amherst-Pelh	_____
3 BayState Academy, Girls	Baystate Aca	_____
4 Commerce, Girls	High School	_____
5 Comp, Girls	Chicopee Com	_____
6 East Longmeadow, Girls	East Longmea	_____
7 Frontier, Girls	Frontier	_____
8 Girls, Mahar	Mahar Region	_____
9 Girls, Minnechaug	Minnechaug	_____
10 Girls, South Hadley	South Hadley	_____
11 Longmeadow, Girls	Longmeadow	_____
12 Mohawk, Girls	Mohawk Trail	_____
13 West Springfield, Girls	West Springf	_____
14 Westfield, Girls	Westfield	_____

Event 27 Boys Shot Put (11)

Name	School	Seed Mark
1 Amherst, Boys	Amherst-Pelh	_____
2 BayState Academy, Boys	Baystate Aca	_____
3 Boys, Longmeadow	Longmeadow	_____
4 Boys, Minnechaug	Minnechaug	_____
5 Boys, Northampton	Northampton	_____
6 Commerce, Boys	High School	_____
7 Comp, Boys	Chicopee Com	_____
8 Pope Francis HS, Boys	Pope Francis	_____
9 Shrewsbury, Boys	Shrewsbury	_____
10 South Hadley, Boys	South Hadley	_____
11 West Springfield, Boys	West Springf	_____

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Event 28 Girls Shot Put (13)

	Name	School	Seed Mark
1	Agawam, Girls	Agawam	_____
2	Amherst, Girls	Amherst-Pelh	_____
3	BayState Academy, Girls	Baystate Aca	_____
4	Commerce, Girls	High School	_____
5	Ford, Rayna	Baystate Aca	_____
6	Girls, Mahar	Mahar Region	_____
7	Girls, Minnechaug	Minnechaug	_____
8	Girls, South Hadley	South Hadley	_____
9	Longmeadow, Girls	Longmeadow	_____
10	Mohawk, Girls	Mohawk Trail	_____
11	Pope Francis HS, Girls	Pope Francis	_____
12	West Springfield, Girls	West Springf	_____
13	Westfield, Girls	Westfield	_____

Event 29 Girls High Jump (10)

	Name	School	Seed Mark
1	Agawam, Girls	Agawam	_____
2	Amherst, Girls	Amherst-Pelh	_____
3	East Longmeadow, Girls	East Longmea	_____
4	Frontier, Girls	Frontier	_____
5	Girls, Mahar	Mahar Region	_____
6	Girls, Minnechaug	Minnechaug	_____
7	Girls, South Hadley	South Hadley	_____
8	Longmeadow, Girls	Longmeadow	_____
9	West Springfield, Girls	West Springf	_____
10	Westfield, Girls	Westfield	_____

Event 30 Boys Pole Vault (7)

	Name	School	Seed Mark
1	Amherst, Boys	Amherst-Pelh	_____
2	Boys, Longmeadow	Longmeadow	_____
3	Boys, Minnechaug	Minnechaug	_____
4	Boys, Northampton	Northampton	_____
5	Comp, Boys	Chicopee Com	_____
6	Monson, Boys	Monson	_____
7	Shrewsbury, Boys	Shrewsbury	_____