

Bob McIntyre Relays

Sunday, February 8, 2009

11:00 A.M. Field Events - - 12:00 Noon Running Events

Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA

Sponsored by Blackstone-Millville Reg. H.S.
Event Manager: Kevin Maloney

Sanctioned by M.I.A.A.

EVENTS

4 x 800 meter Relay	4 x 50y Shuttle Hurdle Relay
Sprint Medley Relay Order: 800m-200m-200m-400m	4 x 50y Dash Relay
4 x 200 meter Relay	Long Jump Relay (3 athletes)
Distance Medley Relay (only 12 teams) Order: 1200m-400m-800m-1600m	High Jump Relay (3 athletes)
4 x 400 meter Relay	Shot Put Relay (3 athletes)

INFORMATION FOR COACHES

1. National Federation rules will be in effect for this meet. The uniform rule is in effect for all events, including field events. Teams should come dressed to compete. No athlete may compete in more than one meet on this meet day.
 2. The R.L.C. track is a fast, banked *MONDO* surface. ONLY 1/4" or 1/8" PYRAMID spikes may be used. Athletes using spikes or styles other than the recommended pyramid spikes will be disqualified. Starting blocks will be supplied. Shot Put will be supplied, don't bring yours.
 3. Automatic qualification for the meet: any Mass. H.S. team that finishes in the top six in an event at the MSTCA Kalperis Relays on Jan. 17, 18, 24 and 25 will be automatically entered (no cost) in this meet. **You will need to declare your intentions to compete at the Kalperis Relays. Check opening height in H.J. before declaring your team. Boys 5'06"/Girls 4'06".**
- If you want to enter a team that did not compete or place in the State Relays, you may do so by following the normal procedure. Exceptions to this procedure can be found in # 4 below.
4. Limitation: an athlete may participate in two running and one field or two field and one running event. **Distance Medley will be one section with fastest 12 teams. Long Jump and High Jump relays will only have 15 teams.**
 5. Seeding will be done on the times submitted by the coaches or run at State Relays. Please note where and when your team achieved the performance so that we may verify it, if necessary. In the field events, list the performances of the athletes entered, as well as the total performance. In case you are "running my best team" in an event where they have not had a chance to compete this year, please note that on your entry form and list each individual's best at the distance they'll run so we can better select teams. Do NOT over estimate your team's potential.
 6. **Check the MSTCA web site www.mstca.org on Thursday, February 5th to see which teams are accepted for the meet.** Please include your home phone number and your e-mail. We will try to call teams not accepted in the Dist. Medley, Long Jump and High Jump by Tuesday evening.
 7. In case of inclement weather the decision whether or not to cancel will be made by 6:30 A.M. (or earlier) on the day of the meet. Coaches who can, listen to Mass. TV stations (look for Roxbury Community College) or radio stations for announcements. Or you may call any of the people listed below:

Charlie Butterfield	508 - 886 - 6015	Frank Mooney	508 - 336 - 8291
Kevin Maloney	401 - 776 - 5534	John Carroll	508 - 737 - 7874
Reggie Lewis Center	617 - 541 - 3535		
 8. If you want a complete set of results mailed, bring a #10 self-addressed stamped envelope with \$1.00. If you forget, envelopes will be available for purchase at the computer table for \$2.00.

BOB McINTYRE RELAYS

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School _____
Address _____
City _____
State _____ Zip _____

Coach _____
Home Phone _____
School Phone _____
E-Mail _____

To enter your team in an event, indicate their best performance in the Performance column of the entry form.

<u>Event</u>	<u>Performance</u>
Boys 4 x 800 meter Relay	_____
Boys Sprint Medley Relay	_____
Boys 4 x 200 meter Relay	_____
Boys Distance Medley Relay	_____
Boys 4 x 400 meter Relay	_____
Boys Shuttle Hurdles Relay	_____
Boys Shuttle Dash Relay	_____
Boy Long Jump Relay	_____
Boys High Jump Relay	_____
Boys Shot Put Relay	_____
Girls 4 x 800 meter Relay	_____
Girls Sprint Medley Relay	_____
Girls 4 x 200 meter Relay	_____
Girls Distance Medley Relay	_____
Girls 4 x 400 meter Relay	_____
Girls Shuttle Hurdles Relay	_____
Girls Shuttle Dash Relay	_____
Girls Long Jump Relay	_____
Girls High Jump Relay	_____
Girls Shot Put Relay	_____

I attest that the athletes representing my high school are in good standing. Our school district recognizes there might be risks in this sport and waive, release and hold harmless the Mass. State Track Coaches Assn., its officers, and representatives for any injury that may be incurred by our athletes in the normal course of participation in this event. If NO check, purchase order, or purchase order number is included with the entry, the entry will be rejected and returned. If you enter teams you must pay, whether you compete or not.

Coach's Signature _____ Date _____
Coach's E-MAIL _____

Principal or
A.D. Signature _____ Date _____

Entry closing date: Jan. 30, 2009-(Non-Mass. Schools) Feb. 3, 2009-(Mass. Schools)

Entry fee is \$25.00 per relay team. Checks should be made payable to M.S.T.C.A.
Tax ID # 04-3394424.

Mail entries and fees to: Kevin Maloney,
Blackstone-Millville Reg. H.S.
175 Lincoln Street,
Blackstone, MA 01504