

# James Kalperis M.S.T.C.A. INDOOR RELAYS

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

All Meets begin at 9:30 AM

Saturday, Jan. 17, 2009, Div. I

Sunday, Jan. 18, 2009, Div. IV

Saturday, Jan. 24, 2009, Div. III

Sunday, Jan. 25, 2009, Div. II

Sanctioned by M.I.A.A.

Sponsored by: Chelmsford HS, (I)

Bishop Feehan HS/Attleboro, (III)

Dennis-Yarmouth Reg HS, (II)

Seekonk HS, (D)

Event Managers: Jack Lang (I), James Hoar (II), Bob L'Homme (III), Frank Mooney (IV)

## Order of Events

### Infield

HIGH JUMP (3 jumpers)

LONG JUMP (3 jumpers)-Boys first

SHOT PUT (3 throwers)

50 yard Shuttle Hurdle Relay

50 yard Shuttle Dash Relay

### Oval

4 x 800 meter Relay

Sprint Medley Relay

4 x 200 meter Relay

Distance Medley Relay

4 x 400 meter Relay

**Sprint Medley order: 800-200-200-400**

**Distance Medley order: 1200-400-800-1600**

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1. **Entries must be received by January 7<sup>th</sup>, 2009.** Entries postmarked after January 7 will be charged a \$100.00 late fee payable at the time you pick up your information at the meet. No entries will be allowed after January 12, 2009. If your entry arrives after Jan. 12, it will be returned unopened.
  2. **If your team enters the meet you are responsible for payment, whether they compete or not.**
  3. Teams will compete in the same divisions as in the MIAA Class Meet Championships.
  4. Please note your division and date of competition. You will not be allowed to compete if you show up at the wrong time. **TEAMS ENTERED WILL BE POSTED ON MSTCA WEB SITE BY WEDNESDAY, JAN. 14<sup>th</sup>**
  5. A & B teams are allowed in all events **except** the field events, 4x800 and Distance Medley relays.  
***NOTE: if you have an excellent 'B' team in an event (where none are allowed) and you would like it considered for the meet, please contact John Carroll (508-548-7123) before Jan. 7.***
  6. ***ONLY 1/4" or 1/8" PYRAMID or CHRISTMAS TREE spikes are allowed*** at Reggie Lewis Center. ***Any athletes caught using the wrong style or size spikes will result in the whole relay team being disqualified.***
  7. HURDLE DISTANCE = 50 yards: For Boys – three hurdles 45' – 30' – 30' – 45'  
For Girls: four hurdles 13m (43' 4") – 8.5m (27' 11") – 8.5m – 8.5m – 6.5m
  8. FEES: \$10.00 per relay. \$15.00 for 'B' teams. Separate fees for the boys and girls teams.
  9. FEES: Payable to MSTCA. MSTCA tax ID # 04-3394224.  
**MAIL ENTRIES AND FEES TO:**  
**John J. Carroll, Jr., Relays Director**  
47 Dove Cottage Road  
Falmouth, MA 02540
  10. An athlete may compete in TWO TRACK and ONE FIELD events, or TWO FIELD and ONE TRACK event. No event will be held up because a competitor is in another event.
  11. AWARDS: Medals will be awarded to the relay teams placing first through sixth. The team scoring the most points in each division (boys/girls) will receive a championship plaque. A runner-up team plaque will also receive awards. As soon as the results are announced please have your athletes pick up their awards. No medals will be mailed after the meet. **To be eligible for the team plaque a school must compete in at least four events.**

12. All races on the oval will run the fastest heats last. Box starts will be used for slower heats. Girls compete before boys on the track. BOYS compete first in the Long Jump. There are separate event areas for the H.J. and S.P. **All high jump competitors will be allowed only 6 (six) total attempts in the competition.** All three HJ athletes have to clear a height to place as a team. If one athlete fails to clear his/her opening height this will eliminate the other jumpers on the team from further jumping. Please be aware of the rule. All high jumpers must declare their opening height.

Opening Height: Boys 5'01" - 5'05" - 5'09" - up by 2"

Opening Height: Girls 4'04" - 4'06" - 4'09" - up by 2"

Tie-breaker in H.J.: (1) team with fewest total misses; (2) best jump.

In the Long Jump each competitor will be allowed **only 2 (two) attempts**. Ties: 2<sup>nd</sup> best jump.

**50 yard Shuttle Hurdles** has 3 hurdles for boys, 4 hurdles for girls.

**Boys: 45' - 30' - 30' - 45'**

**Girls: 13.0m-8.5m-8.5m-8.5m-6.5m**

**Minimum Marking Distance in Shot Put** – All first throws measured, then the minimum distance will be: **Boys 35'00" / Girls 20' 00"**

**ALL THREE FIELD EVENT ATHLETES HAVE TO POST A MARK FOR THE TEAM TO SCORE IN THAT EVENT.**

13. As soon as you arrive pick up your information sheets and cards in the gym. Fill out the cards with the names of your runners and time you estimate they will be able to run that day and place the cards in the appropriate box for each relay. Do NOT give running cards to your team. Field Event cards should be turned in by the athletes at the field event. Coaches are responsible for the relay cards. You will receive cards only for the events entered.
14. Shot Puts will be provided by the Reggie Lewis facility for all athletes. Leave yours home. Boys shot put in the cage, girls shot put to the left of the scoreboard.
15. There will be a general coaches meeting on the infield before the start of the meet.
16. UNIFORM RULE WILL BE ENFORCED IN THIS MEET. THE FOUR RUNNERS, and THREE FIELD EVENT ATHLETES ALL MUST BE WEARING "IDENTICAL, SCHOOL-ISSUED UNIFORMS" IN THE MEET.
17. Spikes will be sold in the gym, if needed. **ONLY 1/4" or 1/8" PYRAMID or CHRISTMAS TREE spikes are allowed** at Reggie Lewis Center. An athlete(s) caught using the wrong style or size spikes will result in the whole relay team being disqualified.
18. **BOB McINTYRE MEMORIAL RELAYS QUALIFYING**

Any team that places in the top six (6) in their event in the Kalperis State Relays will be automatically entered in the Bob McIntyre Memorial Relays on Sunday, February 8, 2009, 11:00 AM. This will be a free entry for all teams that qualify. **However, there are some limits. There will only be a 12-team one section race in the D.M. There will only be 15 teams in the L.J. and H.J. We will notify you when you declare or call you by Wednesday. LISTS WILL BE POSTED ON THE MSTCA WEB SITE BY THURSDAY, FEB. 2.**

**NOTE: You will need to declare your teams before you leave the State Relays.**

You do not have to run the same team members, you can strengthen or weaken teams, as you decide. You must declare your teams intention to compete or not to compete. If you have a team that does not place in the top six (6) in the state relays and you would like to have them participate in the "Bob Mc" Relays you will have to use the regular entry process.

Automatic entry (no fee) into McIntyre Relays for all teams that place in State Relays!!!  
The Dist. Medley will have only 12 teams. The Long Jump and High Jump will only have 15 teams. We will notify you if your teams do not qualify.

### **Inclement Weather Policy**

In case of inclement weather the decision to postpone the meet will be made by 6:00 AM. If there is any doubt monitor TV broadcasts (look for Roxbury Community College), radio announcements, or you may call any of these numbers:

Reggie Lewis Center	617 - 541 - 3535	John J. Carroll, Jr.	508 - 787 - 7874
Charlie O'Rourke	617 - 787 - 1198	Jack Lang	508 - 689 - 9742
Charlie Butterfield	508 - 886 - 6015	Frank Mooney	508 - 336 - 8291