

# RELAYS FORM ZON

1. An athlete may compete in TWO TRACK and ONE FIELD event or TWO FIELD and ONE TRACK event. No event will be held up because a competitor is in another event.
2. 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 be awarded. As soon as the results are announced please have your athletes pick up their awards. They will have to declare intention to compete in the McIntyre Relays at this time. No medals will be mailed after the meet. **To be eligible for the team plaque a school must compete in at least four events.**
3. 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. Girls compete first in the Long Jump. There are separate areas for the **high jump** and **shot put**. All high jump competitors will be allowed only **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 opening height (5'01" or 4'04") the other jumpers will not be allowed to continue jumping. **Please be aware of this rule.**

Opening Height and progression: Boys 5' 1" - 5' 5" - 5'9" – up by 2"  
Girls 4' 4" - 4' 6" - 4' 9" – up by 2"

Tie-breaker in High Jump: (1) team with fewest total misses; (2) best jump.  
Tie-breaker in Long Jump/Shot Put: longest throw/jump.  
In the Long Jump each competitor will be allowed only two attempts.  
All first legal throws in the **shot put** will be measured, then only those making the minimum distance: Boys 35', Girls 20'.  
ALL THREE FIELD EVENT ATHLETES HAVE TO POST A MARK FOR THE TEAM TO SCORE IN THAT EVENT.  
**50 yard Shuttle Hurdles** has 3 hurdles for boys, 4 hurdles for girls at the following distances:  
**Boys: 45' – 30' – 30' – 45'      Girls: 13.0m - 8.5m - 8.5m - 8.5m - 6.5m**
4. 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 place them in the appropriate box for that event. They are not for seeding purposes, but only to have the correct four athletes on the results for placing teams. You will be receiving cards only for the events entered. **ALL RELAY TEAMS MUST REPORT TO THE GYM WHEN CHECK-IN IS ANNOUNCED.** Teams that do not check in will not compete.
5. Shot Puts will be provided by the Reggie Lewis facility for all athletes, leave yours home. Boys' shot put will be in the cage; girls' shot put, to the left of the scoreboard.
6. Spikes will be sold in the gym, if needed. 1/4" pyramid spikes are the only spikes allowed.
7. **BOB McIntyre MEMORIAL RELAYS QUALIFYING – Feb. 7, 2010**  
Any team that places in the top six (6) in their event in the State Relays will be automatically entered in the Bob McIntyre Memorial Relays on Sunday, Feb. 7, 2010, 11:00 AM. This will be a **free entry** for all teams that qualify. **You will need to declare your team when your team picks up their medals or before you leave this meet. Declare teams only if you intend to compete on Sunday, Feb. 7.**  
**However, there are some entry limits. There will only be a 12-team one-section race in the Distance Medley. There will only be 15 teams in the Long Jump and High Jump.**  
**Check MSTCA.org for the list of accepted teams in LJ, HJ, DMR the week before the meet.**  
You do not have to run the same team composition; 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 in the state relays but you would like to have them participate in the Bob McIntyre 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!

### **Inclement Weather**

In case of inclement weather the decision to postpone the meet will be made by 7:00 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 – 737 - 7874
Jack Lang	508 - 689 – 9742	Charlie Butterfield	508 - 886 - 6015
Frank Mooney	508 - 336 – 8291	Charlie O'Rourke(D-I)	617 – 874 - 9317
Rick Kates (D-II)	781 – 706 – 3340	Jim Hoar (D-III)	508 – 716 - 7589