



48th Annual James Kalperis M.S.T.C.A. INDOOR RELAYS

Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, Mass.
Friday meet starts at 4:30 PM, Saturday and Sunday meets start at 9:30 AM

Friday, Jan. 8 – Div. 4 Saturday, Jan. 9 – Div. 1 Sunday, Jan. 10 – Div. 5
Saturday, Jan. 16 – Div. 2 Sunday, Jan. 17 – Div. 3

Teams must compete in the same divisions as in the MIAA Divisional Meet Championships. Log on to: http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/indoortrack.pdf to check which division your school belongs in. Please note the date of competition for your division. You will not be allowed to compete if you show up on the wrong date. Teams entered in the meets will be posted on this MSTCA web site two days before each weekend meet.

Sanctioned by M.I.A.A.

Hosted by: Andover HS (Div.1); Somerville (Div.2); Notre Dame Acad.-Hingham (Div.3); Dennis-Yarm. Reg. HS (Div.4); Seekonk HS (Div.5)

Event Managers: Peter Comeau (Div.1); Charlie O'Rourke (Div.2); Rick Kates (Div.3); Jim Hoar (Div.4); Frank Mooney (Div.5)

Meet Director: John Carroll, e-mail: trackjc@hotmail.com; cell phone: 508-737-7874. Best way to contact is by e-mail.

Order of Events

Field events

LONG JUMP (3 jumpers) boys first
SHOT PUT (3 throwers) 2 throwing areas

HIGH JUMP (3 jumpers)

AFTER HURDLES AND DASH

Infield

50 yard Shuttle Hurdles
50 Yard Shuttle Dash

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. **SPECIAL PROCEDURE FOR ENTRIES ON DIRECT ATHLETICS.** For running relays, you will enter them a usual, but you do not select names or submit times. (See number 9 below for meet day procedure.) 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." These are the names to be entered in the field events. **Do not** use the school's nickname. Leave the time or distance blank. If you have questions about this procedure, please e-mail or call John Carroll.

2. **ENTRIES DEADLINES.** Note that the closing dates for entries are **early in January**, you should begin the entry process before school goes on break for the holidays. Payment procedure and closing dates are stated below; team waiver deadline is published elsewhere on this MSTCA web site. Please make sure you meet all the deadlines.

3. **DIVISIONS 4, 1 and 5 closing dates: You must enter your relay teams on Direct Athletics by SUNDAY, JANUARY 3, 2016 midnight.** A and B teams are allowed in running events, **except** 4x800 and Distance Medley relays. B teams are not allowed in field events. **However, if you have an excellent 'B'**

team in a field event, or 4x800, or DMR and you would like it considered for the meet, please contact the meet director, John Carroll at trackjc@hotmail.com before Saturday, December 26, 2015. You will need to give the names of the members of both the A and B teams and their estimated performances. The “B” team(s) may be accepted or rejected based on those performances and you will be notified by e-mail before entries close on Direct Athletics.

4. LATE ENTRIES are strongly discouraged.

- a. If you miss the entry deadline and still want your team to compete, you will have to ask the meet director, as he is the only one who can approve late entries.
- b. The MSTCA late fee policy will be applied as follows: \$50 per relay if contacted by Monday, January 4, no later than 10 p.m. The late fee increases to \$100 per relay if contacted Tuesday, January 5, no later than 6 p.m. No late entries after Tuesday, 6 p.m.
- c. Schools that enter late entrants must bring a check or Purchase Order for the entry fee plus late fees, to give to the meet director or they will not be allowed to compete.

5. DIVISIONS 2 and 3 Closing dates: You must enter your relay teams on Direct Athletics by SUNDAY, JANUARY 10, 2016 midnight. A and B teams are allowed in running events, **except** 4x800 and Distance Medley relays. B teams are not allowed in field events. **However, if you have an excellent ‘B’ team in a field event, or 4x800, or DMR and you would like it considered for the meet, please contact the meet director, John Carroll at trackjc@hotmail.com before Saturday, January 2, 2016. You will need to give the names of the members of both the A and B teams and their estimated performances. The “B” team(s) may be accepted or rejected based on those performances and you will be notified by e-mail before entries close on Direct Athletics.**

6. LATE ENTRIES are strongly discouraged.

- a. If you miss the entry deadline and still want your team to compete, you will have to ask the meet director, as he is the only one who can approve late entries.
- b. The MSTCA late fee policy will be applied as follows: \$50 per relay if contacted by Monday, January 11, no later than 10 p.m. The late fee increases to \$100 per relay if contacted Tuesday through Wednesday, January 12 and 13, no later than 6 p.m.
- c. Schools that enter late entrants must bring a check or Purchase Order for the entry fee plus late fees, to give to the meet director or they will not be allowed to compete.

7. If you enter your team in the meet, you are responsible for payment, whether or not they compete.

8. FEES: \$15.00 per relay, \$20.00 per ‘B’ team. Separate fees for the boys and girls teams. (If your school has used the single payment option and has included this meet in the payment, you do not need to send any payment.) **MSTCA tax ID # 04-3394224.**

Mail Purchase Orders or Checks payable to MSTCA to:

MSTCA - Relays
C/O Elaine Mooney
60 Cynthia Road
Seekonk, MA 02771

Payment should be mailed as soon as possible and must be received by Mrs. Mooney **before the date of competition.** Do not mail payments to the meet director.

If you enter athletes into this meet, your school is responsible for payment of the entry fees, even if they do not compete. If your school uses the Single Payment option, you complete the entry process, come to the meet and pick up your packet. Instructions for this method of payment are on the MSTCA web site. If payment is not received before meet day, you may bring payment to the meet, but you must notify the meet director of your plan to do so. If payment is not received, your team will not be allowed to participate.

9. MEET DAY PROCEDURES. Coaches, you will receive relay cards when you arrive at the meet. You will fill out performance cards for the running relays and turn them in by 15 minutes before the start of the meet. The cards must contain the **school name** (no names of individuals) and the best **reasonable time** you think the group will run. **Please do not overestimate your team's performance, but you must submit a time.** The field event card will need the school name and the first and last names of the three athletes competing, no estimated performance needed. Suggestion: you should have all names/teams and performances written down in your notebooks, and just transfer the information to the cards when you get the cards at the meet.

10. **EVENT LIMITATIONS.** An athlete may compete in TWO TRACK and ONE FIELD events, or TWO FIELD and ONE TRACK events. 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. **In addition, members of the championship teams will receive special T-shirts, compliments of New Balance Falmouth Road Race.** A runner-up team plaque will also be awarded. Please have your athletes pick up their awards as soon as the results are announced. No medals will be mailed after the meet. **To be eligible for the team championship, a team 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 the boys in all running events.

13. **SHUTTLE HURDLES** are 4x50 yards: Three hurdles for **boys**, distance: **45' – 30' – 30' – 45'** Four hurdles for **girls**, distance: **13.0m - 8.5m - 8.5m - 8.5m - 6.5m**

14. **SPIKES.** ONLY 1/4" or 1/8" PYRAMID spikes are allowed on the track. **If an athlete is observed using the wrong style or size spikes, the whole relay team will be disqualified. Spikes will be inspected in the gym, where you may buy the appropriate shape and size if needed.**

15. **FIELD EVENTS.**

HIGH JUMP. There are two pits for the competition, one for boys and one for girls. **Each high jump competitor will be allowed a total of six (6) attempts in the competition.** All high jumpers must declare their opening height. All three HJ athletes must clear a height to place as a team. If one athlete fails to clear his/her opening height, the other jumpers on the team will be eliminated from further jumping. Please be aware of the rule. **Height progressions for the High Jump relays will be established when the MIAA publishes State qualifying heights.**

LONG JUMP. BOYS compete before the girls. Each competitor will be allowed **only two (2) attempts.**

SHOT PUT. Implements will be provided by the Reggie Lewis facility for all athletes. Leave yours home. Boys' shot put will be conducted in the cage, girls' shot put to the left of the scoreboard.

Minimum marking distances in Shot Put: All first legal throws will be measured, then the minimum distance will be: **Boys 35'00" / Girls 20'00"**. **ALL THREE FIELD EVENT ATHLETES MUST POST A MARK FOR THE TEAM TO SCORE IN THAT EVENT. TIES** in field events will be broken.

16. **SEEDING.**

Running Events will be seeded based on marks submitted on the relay cards turned in before the start of the meet. If a cards is not turned in on time, a team will not be allowed to run. Teams must check in when called for their event.

Field Events: High Jump will be arranged in alphabetical order by school; other field events will be arranged randomly. Flights will be posted on the MSTCA web site and on competition day in the gym.

17. There will be a general coaches' meeting on the infield 25 minutes before the start of each meet.

18. **UNIFORM RULE WILL BE ENFORCED IN THIS MEET. THE FOUR RUNNERS and THE THREE FIELD EVENT ATHLETES IN EACH TEAM MUST WEAR "SCHOOL-ISSUED UNIFORMS" DURING COMPETITION.**

REGGIE LEWIS PARKING

Parking is available for patrons attending track events at the Reggie Lewis Center on a first-come-space-available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located less than 1/4 mile from the Reggie Lewis Center, along Columbus Ave. at the corner of New Heath Street (Lot 2) and Centre Street (Lot 3). Please give this information to your athletes and their parents.

Inclement Weather

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 the following numbers:

All Divisions contacts:

Reggie Lewis Center 617-541-3535	John J. Carroll, Jr. 508-737-7874
Charlie Butterfield 508-886-6015	Frank Mooney 508-728-9921
Lou Tozzi 617-947-1031	Rick Kates 781-706-3340

Also:

For Div. 2: Charlie O'Rourke 617-842-9317
Jack Lang 508-662-0214

For Div. 4: Jim Hoar 508-776-7589
For Div. 1: Peter Comeau 978-423-9341