

## Information to Coaches for 2013 Relays

The MSTCA executive board at its regular meeting on 4/22/13 voted to donate \$5,000 to the "One Boston Fund" to help the victims of the bombing at the Marathon. We want to challenge our membership to encourage their fellow coaches and athletes to donate to this great cause at this weekend's relays. Our goal is to raise another \$5,000 from you, your athletes and the spectators at the MSTCA Relays this weekend. Please inform you athletes and let's beat the challenge. Toward that goal, some sites will be selling ribbons with the Marathon colors that the athletes will be able to wear in the competition.

### Relays Instructions

The MSTCA has set standards for participation in the meet. Thank you for observing the standards.

When you arrive at the meet, please pick up your team packet that will contain the relay cards. There are enough cards in your packet for exactly the number of relays that you entered.

#### A. Running events:

- a. **Running events** begin at 10:00, with girls 4x1600 relay, the boys 4x1600 relay, and then the rest of the girls running events.
- b. White cards are for boys; color cards, for girls.
- c. You do **NOT** have to enter the names of your runners, unless you think they'll win.
- d. Fill in your school name, circle the event and give an estimated seed time. Please be realistic in giving a seed time for your team, do not overestimate their ability. You **must** give a time or your team may be scratched.

#### B. Field events:

- a. All field event cards are green.
- b. The **boys' field events** start at 9:30. ALL boys' field event cards, no matter what flight they're in, must be given to the official by **9:15**. The **girls' field events** will start as each of the boys' events is completed.
- c. Fill in your school name and circle the event. Write **first and last name** of each athlete (three max.)
- d. **By 9:15** you or your athletes must hand in the boys' cards to the field event official, regardless of what flight you are in. The official will copy the names onto the event sheets before the start of the event.
- e. **Javelin check-in:** All Javelins must be checked before they're used in the competition. This must be done as soon as you arrive at the meet. Do not bring javelins with frayed cords or broken tips. If approved for competition, the javelin will be marked.

- f. **Long Jump/Triple Jump warm-up procedure:** Athletes in these events should come with a pre-measured mark. They should have determined their marks at practice or at previous meets. When they come to the meet they can easily find their spot on the tape along the runway and place their mark. Then they can take a couple of run-throughs. **Running back from the jump board, up the runway to count steps, will be strongly discouraged.** This procedure is intended to save time.

C. Uniforms:

- a. Your teams must wear school-issued, matching uniforms, no random tops and bottoms.
- b. Solid colors only under uniforms. If more than one person wears something showing under their uniform, all four must wear the same type and color undergarment.
- c. Make sure your athletes observe the “no jewelry” rule!

D. Results and certification of performances:

- a. At the computer table, fill in an envelope with your name and address.
- b. Include in the envelope \$1 for one team, \$2 for both boys and girls teams.
- c. Make sure you indicate which team you’re requesting results for, on the lower left corner of the envelope, ex: Falmouth HS – boys; or Sandwich HS – girls; or Dedham HS – B & G, if you want both. Do not use abbreviations, such as “FHS” or “BHS” for the school name – not clear!
- d. If you want certification for individual performances in field events, complete the short form provided and insert it in the envelope.
- e. Do **NOT** seal the envelope, it will be used to send you the requested information.

If you have any questions, please ask the meet director at your site.