

40th Annual Girls' and 71st Annual Boys'
Massachusetts State Coaches Relays

Saturday, May 17, 2014

Division I – at Andover High School
Division IV – at Seekonk High School

Sunday, May 18, 2014

Division II – at Walpole High School
Division III – at Pembroke High School

Meet Director: John Carroll, Falmouth.

Asst. Meet Director: Frank Mooney, Seekonk, Executive Secretary, Mass. State Track Coaches Assn.

Meet Sponsors: Andover HS, Walpole HS, Pembroke HS, Seekonk HS.

Site Directors: **Andover:** Peter Comeau; **Walpole:** Conor Cashman;

Pembroke: Greg Zopatti; **Seekonk:** Frank Mooney..

Meet Directors: **Andover:** Peter Comeau; **Walpole:** Lou Tozzi; **Pembroke:** Jim Hoar; **Seekonk:** Frank Mooney

ORDER OF EVENTS

Girls Field Events – 9:30 a.m.

Shot Put – Discus Throw – Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (**See special instructions below.**)

Boys Running Events – 10:00 a.m.

4 x 1600 m. Relay (Girls 4x1600 run after boys 4x1600)
Shuttle Hurdle Relay
4 x 100 meter Relay
Sprint Medley Relay (800-200-200-400)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Girls Running Events – as soon as boys are done.

4 x 1600 m. Relay (right after the boys at 10:15)
Shuttle Hurdle Relay
4 x 100 meter Relay
Sprint Medley Relay (800-200-200-400)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Boys Field Events – as soon as girls are done.

Shot Put – Discus Throw– Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (**See special instructions below.**)

SPECIAL INSTRUCTIONS FOR THE POLE VAULT

Divisions I and III pole vault will be held on meet day at the respective sites, Andover and Pembroke.

Division II pole vault will be held at **North Andover High School on Thursday, May 15 at 3:30 p.m. sharp** (rain date is Friday, 5/16) and **Division IV at Weston High School, on Thursday, May 15 at 3:30 p.m. sharp.** (Rain date is Friday, 5/16.)

This schedule is necessary because not all the relay sites have pole vault facilities and equipment. It may also encourage more vault teams to compete in the event. The pole vault will be a scoring event (regardless of how many teams show up for a particular division) and the site directors will be notified of the results that evening.

Entries must be done on Direct Athletics and close on May 7, 2014 at midnight.

Detailed Instructions

SPECIAL PROCEDURE FOR ENTRIES ON DIRECT ATHLETICS.

1. For running relays, you will enter them a usual, but **do not** submit athletes' names or times.
2. 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." **Do not** use a school's nickname. These are the "athletes" to be entered in the field events. Each "name" can be entered in all seven field events, if you want to enter a team in each. If you have questions about this procedure, please e-mail John Carroll, trackjc@hotmail.com or 508-737-7874.

Entry Fees. \$15 per A team; \$20 per B team. Payment must be sent as soon as you register and must be received before day of competition. Send PO or check payable to MSTCA to:

MSTCA
c/o Elaine Mooney
60 Cynthia St.
Seekonk, MA 02771

Late entries and fees.

Late entries are discouraged. If you miss the Direct Athletics deadline and you still want to enter the meet, you will have to pay the regular entry fees plus the applicable late fee below. You must contact the meet director about being accepted into the meet after the Direct Athletics deadline.

Late Fee \$50 per relay: May 8 to May 12.

Late Fee \$100 per relay: May 13 to May 14 noon, last possible date.

Field Events Standards. In past years field events at the relays have lasted an unusually long time. This was due to several factors: (1) the large number of teams entered; (2) the number of athletes doing other events when their turn in the field event arrived; and (3) the fact that quite a few athletes entered in the field event relays were not "state caliber."

The MSTCA has developed individual standards for the field events so that these events will move along more quickly and teams will not be waiting for results or team scores long after the running events conclude.

The minimum standards for field events are listed below. **All first legal throws and jumps will be measured, then only those performances that equal or better the standard will be measured.**

All field event implements will be inspected, approved and marked for competition.

BOYS	L.J.	T.J.	S.P.	DISC.	JAV.
Division I	17'00"	36'00"	38'00"	98'	115'
Division II	17'00"	36'00"	37'00"	98'	115'
Division III	17'00"	35'06"	35'06"	95'	112'
Division IV	17'00"	35'00"	35'06"	85'	110'
GIRLS	L.J.	T.J.	S.P.	DISC.	JAV.
Division I	13'06"	27'00"	25'00"	65'	75'
Division II	13'06"	27'00"	25'00"	70'	75'
Division III	13'06"	26'06"	24'06"	60'	65'
Division IV	13'06"	26'06"	24'00"	60'	65'

If you feel that your athletes will not make these minimum standards, you may want to consider **not** having them jump or throw in the event. In the past we have had Javelin athletes throwing 50' for the boys and 18' for the girls. They should not be in a state-level competition.

There are no minimum standards for the High Jump or the Pole Vault. There is the six-jump rule and first-jump clearance rule that automatically provides limitations for these events.

OPENING HEIGHTS AND PROGRESSIONS High Jump and Pole Vault opening heights and progressions will be determined after the MIAA announces the qualifying standards for their Divisional State Meets.

Competitors must declare opening height before the start of competition.

If a member of a High Jump/Pole Vault team does not make his/her opening height, the entire team is eliminated from further competition and cannot score.

If there are more than six teams competing in the event, each jumper will only be allowed a total of six (6) jumps. If there are fewer than six (6) teams, the jump limit will be removed.

4x1600 and Distance Medley Relays

The 4x1600 and the Distance Medley entry standards are below. Coaches should only enter teams that will run under these standards.

Distance Medley Relay

Boys: D. I (11:50); II (11:50); III (12:00); IV (13:00)

Girls: D. I (14:30); II (14:30); III (15:00); IV (15:00)

4x1600 Relay (One section only!)

I (20:00); II (20:45); III (20:45); IV (22:00)

I (24:00); II (24:00); III (24:20); IV (24:30)

'B' Teams

'B' teams are allowed in all running events **except** the 4x1600m and the Distance Medley. B teams are **not** allowed in the field events. Any coach who wishes to enter an exceptional 'B' team in the DMR, 4x1600 or in a field event must contact the meet director, John Carroll (trackjc@hotmail.com) by May 7th. You must submit the names of the athletes that will make up each team and their potential performances. If approved, the meet director will add those B teams to the database.

RELAY CARDS

Relay cards will be in your team envelope when you arrive at the meet. Write the **school name**, circle the event, write a **reasonable performance** expected and place the cards in the containers at the clerk's table. Seeding of running events will be based on the time indicated on the relay cards that you submit.

All running events cards must be turned in by 9:30 a.m. for boys and by 11:00 a.m. for girls.

Field event cards must contain the school name and the names of the three athletes in that event. Your athletes must give the card to the field event official at check-in time. If you have entered a field event team that will **not** compete, please e-mail John Carroll (trackjc@hotmail.com) by the Wednesday prior to the meet to eliminate it from the field event flights, or notify the field event official at the meet.

ADDITIONAL MEET INFORMATION

1. The meet will be conducted under National Federation Track and Field rules.
2. A competitor may compete in any THREE events.
3. **UNIFORM RULE WILL BE STRICTLY ENFORCED. School-issued uniforms only.**
4. Please come dressed to compete. There are no dressing facilities at the various sites.
5. State Relay T-shirts will be on sale at all sites. Food will be available for purchase.
6. No starting blocks may be used in any event. Only 1/4" spikes allowed at all sites.
7. Sprint Medley order: 800-200-200-400. Distance Medley order: 1200-400-800-1600.

8. Each Division will have a Team Champion and runner-up trophy. Medals awarded for placing 1st through 6th. Scoring will be 10, 8, 6, 4, 2, 1. Please tell your athletes to pick up their awards as soon as the results are announced. Awards will not be mailed.
9. If you enter the meet your school is responsible for payment, whether you compete or not.
10. Please note your division and date of competition. Your team will not be allowed to compete if you show up at the wrong day or place. Schools entered will be posted on the MSTCA site by the Thursday (5/15/14) before the meet.

Inclement Weather

In case of bad weather, the decision to hold the meet will be made by 6:30 a.m. If there is any doubt about the meet, check your e-mail or you may call any of the numbers listed below:

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| D-I | John Carroll: 508-737-7874
Peter Comeau: 978-475-8176
Charlie O'Rourke: 617-842-9317
Jack Lang: 978-689-9742 |
| D-II | Lou Tozzi: 617-947-1031
John Carroll: 508-737-7874
Conor Cashman: 781-534-3551 |
| D-III | Jim Hoar: 508-776-7589
Greg Zopatti: 781-888-3772
John Carroll: 508-737-7874 |
| D-IV | Frank Mooney: 508-728-9921
Lou Tozzi: 617-947-1031
John Carroll: 508-737-7874 |

>>>>>>>>>> STATE MEET CERTIFICATION <<<<<<<<<<<

The HyTek "Team Performance List" from any MSTCA Relays can be used as certification for the Eastern Mass. State Meet. You need to request the report by completing an envelope, available at the computer table. If you have athletes that make qualifying marks in any field event and would like them on the Team Performance List, complete the short form available with the envelopes and include it in the envelope. The signed reports will be sent to you in the envelope you completed.

DOWNLOADED results from web sites ARE NOT ACCEPTABLE for certification.