



42nd Annual Girls' and 73rd Annual Boys'
Massachusetts State Coaches Relays
Saturday, April 30, 2016 – 9:30 AM

Division I – at Lincoln-Sudbury Regional High School

Meet Director: John Carroll; trackjc@hotmail.com; cell phone: 508-737-7874
 Site Director: Melvin Gonsalves

Division IV – Bellingham High School

Meet Director: Jay Sylvain; jsylvain@wbridgewater.com; cell phone: 508-339-1491
 Site Director: Peter LaCasse

Dr. George Steele Relays – at West Springfield H.S.
For Central and Western Mass. Schools only

Meet Director Emeritus: Bill Kane
 Meet Director: Linda Rowbotham, rowbothamfamily@msn.com; cell phone: 413-455-9051
 Site Director: Matt Griffin

Sunday, May 1, 2016 – 9:30 AM

Division II – at Marshfield High School

Meet Director: Lou Tozzi; lp.tozz@gmail.com; cell phone: 617-947-1031
 Site Director: Ed Ryan

Division III – at Burlington High School

Meet Director: Jim Hoar; hoarj@dy-regional.k12.ma.us; cell phone: 508-776-7589
 Site Director: Matt Carr

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 the 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 POLE VAULT COMPETITORS IN EASTERN MASS.

Not all the relay sites have pole vault facilities and equipment. This schedule 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. The meet director of each site will be notified of the results on the evening of competition.

Divisions I and III pole vault will be held on meet day at the respective sites, Lincoln-Sudbury and Burlington, at 9:30 a.m. for boys. The girls will start as soon as the boys are done.

Division II pole vault will be held at **North Andover High School on Thursday, April 28 at 3:30 p.m. sharp.**

Division IV pole vault will be held **at Weston High School, on Thursday, April 28 at 3:30 p.m. sharp.**

Rain date for both sites is Friday, 4/29.

Entries must be done on Direct Athletics and close on April 24, 2016 at midnight.

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, contact your meet director.

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 of your division about being accepted into the meet after the Direct Athletics deadline.

Late Fee \$50 per team, if your meet director is contacted on Monday, April 25, by 9 p.m.

Late Fee \$100 per team, if your meet director is contacted on Tuesday, April 26, by 9 p.m.

If you enter the meet, your school is responsible for payment of the entry fees, whether or not you compete.

Waiver form

The waiver form must be submitted or your team will not be allowed to compete in any MSTCA meets. The form may be downloaded from this web site, must be signed by your athletic director and sent with you team roster **by April 15, 2015** to Jim Hoar, President of MSTCA, 31 Campion Rd., Yarmouth Port, MA 02675. This form is valid for the entire spring season and attests to the legitimacy of the members of your team.

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'
Steele Relays	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'
Steele Relays	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. They must take their first jump at that height.

If a member of a High Jump or 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: Div. I - 11:50; Div. II - 11:50; Div. III - 12:00; Div. IV - 13:00; Steele Relays – 13:00

Girls: Div. I - 14:30; Div. II - 14:30; Div. III - 15:00; Div. IV - 15:00; Steele Relays – 15:00

4x1600 Relay (One section only!)

Boys: Div. I - 20:00; Div. II - 20:45; Div. III - 20:45; Div. IV - 22:00; Steele Relays – 22:00

Girls: Div. I - 24:00; Div. II - 24:00; Div. III - 24:20; Div. IV - 24:30; Steele Relays – 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 a field event must contact the meet director of your division by April 21. 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. **Running events:** 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 events cards must contain the school name and the names of the three athletes in that event and must be given to the field event official at check-in time. If you have entered a field event team that will not compete, please e-mail your meet director 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. Athletes must pick up their awards as soon as the results are announced. Awards will not be mailed.
9. Team champion teams will be awarded T-shirts donated by the **Tommy Cochary Mile**, an event that encourages young people, especially high school students, to **"make smart choices."** More information on this event may be found on their facebook page.
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 (4/28/16) 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 your meet director listed on page 1..

>>>>>>>>>>	STATE MEET CERTIFICATION	<<<<<<<<<<<
The MIAA <u>has done away</u> with the certification program for the state meets.		
No proof of performance is needed for state meets entries.		