



# Massachusetts 44<sup>th</sup> Girls & 75<sup>th</sup> Boys State Coaches Relays

## Saturday, April 28, 2018 (9:30am)

Division I @ Lincoln Sudbury High School-390 Lincoln Rd, Sudbury, MA  
 Division IV at Apponequet High School School- 100 Howland Rd, Lakeville, MA

## Sunday, April 29, 2018 (9:30am)

Division II @ Walpole High School- 275 Common St., Walpole, MA  
 Division III at North Reading High School- 189 Park St., North Reading, MA

<b>Hosted by:</b>	Lincoln Sudbury Regional High School (DI), Apponequet Regional High School (DIV) Walpole High School (DII), North Reading HS (DIII)		
<b>Sanctioned by:</b>	M.I.A.A.		
<b>Meet Directors:</b>	<p>Division I –John Carroll, trackjc@hotmail.com; cell phone: 508-737-7874          Site Director: Mel Gonsalves</p> <p>Division IV –Jay Sylvain; jsylvain@wbridgewater.com; cell phone: 508-641-1524          Site Director: Zane Fyfe</p> <p>Division II –Lou Tozzi; lp.tozzi@gmail.com; cell phone: 617-947-1031          Site Director: Conor Cashman</p> <p>Division III –Jim Hoar; hoarj@dy-regional.k12.ma.us; cell phone: 508-776-7589          Site Director: Sotirios Pintzopoulos</p>		
<b>Entry Deadline</b>	<b>Monday, April 23, 2018 at midnight.</b> - All entries will be due on <a href="http://www.directathletics.com">www.directathletics.com</a>		
<b>Sponsored by:</b>	Marathon Sports; Tommy Cochary Mile		
<b>Participating Schools</b>	Open to all MIAA schools' Girls' & Boys' teams from outdoor divisions I, II, III, and IV. You must compete in the division you are aligned to in the 2018 MIAA alignment. Visit <a href="http://www.miaa.net">www.miaa.net</a> if unsure about which division your team is in.		
<b>Events and Standards:</b>	<p><b><u>See below under "Pole Vault" section for special pole vault instructions for DIII.</u></b></p> <p><b>New this year: A team standard has been set for the discus and javelin. If you feel that your teams will not make these minimum standards, you should not have them throw in the event.</b></p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <p><b>Girls Field Events (9:30):</b>            High Jump- opening height 4'4" (4'3" DIV)            Pole vault- opening height 6'0"            Long jump- no standard            Triple Jump- no standard            Javelin- 195' (DI/ DII/ DIII); 180' (DIV)            Discus- 195' (DI/ DII/ DIII); 180' (DIV)            Shot Put</p> <p><b>Boys Running Events (10:00)</b>            4 x 1600m relay- <b>Standards:</b>  <b>20:00 (DI), 20:45 (DII, DIII), 22:00 (DIV)</b></p> <p><b>Shuttle Hurdles</b>            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- <b>Standards:</b>  <b>11:50 (DI/DII), 12:00 (DIII), 13:00 (DIV)</b>            4 x 400 meter Relay</p> </td> <td style="vertical-align: top; width: 50%;"> <p><b>Boys Field Events (at conclusion of girls):</b>            High Jump- opening height 5'1"            Pole vault- opening height 8'0" (7'6" DIII)            Long jump- no standard            Triple jump- no standard            Javelin- 310' (DI/ DII); 300' (DIII/ DIV)            Discus- 260' (DI, DII, DIII, DIV)            Shot Put</p> <p><b>Girls Running Events (at conclusion of boys):</b>            4 x 1600m relay (10:25 a.m.) <b>Standards:</b>  <b>24:00 (DI/DII), 24:20 (DIII), 24:30 (DIV)</b></p> <p><b>Shuttle Hurdles</b>            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- <b>Standards:</b>  <b>14:30 (DI/DII), 15:00 (DIII/ DIV)</b>            4 x 400 meter Relay</p> </td> </tr> </table>	<p><b>Girls Field Events (9:30):</b>            High Jump- opening height 4'4" (4'3" DIV)            Pole vault- opening height 6'0"            Long jump- no standard            Triple Jump- no standard            Javelin- 195' (DI/ DII/ DIII); 180' (DIV)            Discus- 195' (DI/ DII/ DIII); 180' (DIV)            Shot Put</p> <p><b>Boys Running Events (10:00)</b>            4 x 1600m relay- <b>Standards:</b>  <b>20:00 (DI), 20:45 (DII, DIII), 22:00 (DIV)</b></p> <p><b>Shuttle Hurdles</b>            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- <b>Standards:</b>  <b>11:50 (DI/DII), 12:00 (DIII), 13:00 (DIV)</b>            4 x 400 meter Relay</p>	<p><b>Boys Field Events (at conclusion of girls):</b>            High Jump- opening height 5'1"            Pole vault- opening height 8'0" (7'6" DIII)            Long jump- no standard            Triple jump- no standard            Javelin- 310' (DI/ DII); 300' (DIII/ DIV)            Discus- 260' (DI, DII, DIII, DIV)            Shot Put</p> <p><b>Girls Running Events (at conclusion of boys):</b>            4 x 1600m relay (10:25 a.m.) <b>Standards:</b>  <b>24:00 (DI/DII), 24:20 (DIII), 24:30 (DIV)</b></p> <p><b>Shuttle Hurdles</b>            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- <b>Standards:</b>  <b>14:30 (DI/DII), 15:00 (DIII/ DIV)</b>            4 x 400 meter Relay</p>
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	<ul style="list-style-type: none"> <li>• M.I.A.A. rules will be in effect.</li> <li>• An athlete may participate in <b>any three events</b>.</li> <li>• A relay counts as a running event.</li> <li>• NFHS Uniform rules will be enforced.</li> </ul>		

<p><b>Team/Athlete Participation</b></p>	<p><b><u>RUNNING EVENTS ON DIRECT ATHLETICS</u></b>  <b>Do not enter names or times when entering running events on Direct Athletics.</b>  <b><u>FIELD EVENT ENTRIES ON DIRECT ATHLETICS:</u></b>  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.  <b><u>‘B’ TEAMS:</u></b>  <b>‘B’ teams are allowed in all running events except the 4x1600m and the Distance Medley. ‘B’ teams are not allowed in the field events.</b> Any coach who wishes to enter an exceptional ‘B’ team in the DMR, 4x1600 or a field event must contact the Meet Director by <b>April 20</b>. 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.  <b><u>RELAY CARDS</u></b></p> <ul style="list-style-type: none"> <li>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. <b>All running events cards must be turned in by 9:30 a.m. for BOYS and by 11:00 a.m. for Girls. NOTE: BOYS 4 x 1600 MUST BE TURNED BY 9:30AM.</b></li> <li>Field events cards must contain the school name and the names of the three athletes in that event and <b>must be given to the field event official at check-in time</b>. 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.</li> </ul>
<p><b>Entry Fees</b></p>	<ul style="list-style-type: none"> <li><b>\$20 per A team</b></li> <li><b>\$25 per B team</b></li> </ul> <p>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.</p> <p>Make checks payable to: MSTCA.  Payment must be received by April 26, 2018 or your athletes will not be able to compete.  MSTCA IRS Tax ID number: 04-3394224</p> <p><b>Payments</b> in the form of a check or purchase order, <b>payable to <u>MSTCA</u></b>, should be mailed as soon as possible to:  <b>MSTCA</b>  <b>c/o Elaine Mooney</b>  <b>60 Cynthia Road</b>  <b>Seekonk, MA 02771</b></p> <p><b>LATE ENTRIES:</b> Late entries are strongly discouraged; however, there is a late fee policy for MSTCA meets. If you miss the <b>Monday (4/23/18)</b> deadline, and still want your team to compete, you must contact the meet director by <b>Tuesday, 4/24</b>, no later than 8 p.m. He is the only one to deal with this request. You will not be able to access Direct Athletics. The late fee will be \$100 per person or relay. No entries will be accepted after <b>Tuesday 4/24</b> at 8:00 p.m. Schools that enter late entrants must bring to the meet a check or Purchase Order for the entry fees plus the late fees, to give to the meet director, or they will not be allowed to compete.</p>
<p><b>Awards</b></p>	<p>Medals will be awarded for placing 1st through 6th. Team scoring will be 10, 8, 6, 4, 2, 1. A Team Champion and Runner-up trophy will be awarded at the conclusion of the meet. Athletes must pick up their awards as soon as the results are announced. Awards will not be mailed. <b>Team champions will be awarded T-shirts donated by the Tommy Cochary Mile, an event that</b></p>

	encourages young people, especially high school students, to “make smart choices.”
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site.
<b>Spikes</b>	Only 1/8” or 1/4” PYRAMID spikes allowed. <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b>
<b>Facility Information</b>	<ul style="list-style-type: none"> <li>Lincoln Sudbury High School (DI) is a 6-lane composite track with a 6-lane straightaway</li> <li>Walpole High School (DII) is a 6-lane composite track with a 6-lane straightaway</li> <li>North Reading High School (DIII) 6-lane composite track with an 8-lane straightaway</li> <li>Apponequet Regional School (DIVIV) 6-lane composite track with an 8-lane straightaway</li> <li>Vehicle parking may be limited at each facility. Bus parking may be off-site. Please plan accordingly.</li> <li>MSTCA Relay T-shirts will be on sale at all sites. Food will be available for purchase at the concession stand.</li> </ul>
<b>High Jump</b>	<ul style="list-style-type: none"> <li>There is one composite high jump area at each site</li> <li>Competitors must declare opening height before the start of competition. They must take their first jump at that height.</li> <li>If a member of a High Jump team does not make his/her opening height, the entire team is eliminated from further competition and cannot score</li> <li>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</li> <li><b>Opening heights and progressions:</b> <ul style="list-style-type: none"> <li>Division 1 Boys HJ 5-1”-5-4”- 5-7”-5-9”- 5-11” then up 2”</li> <li>Division 2 Boys HJ 5’1”-5’3”-5’6”-5’8”-5’10” then up 2”</li> <li>Division 3 Boys HJ 5’1” -5’4”-5’7”-5’10” then up 2”</li> <li>Division 4 Boys HJ 5’1”-5’4”-5’6”-5’8” then up 2”</li> <li>Division 1 Girls HJ 4’4” -4’7”-4’9”-4’11” then up 2”</li> <li>Division 2 Girls HJ 4’4” -4’6”-4’8”-4’10” then up 2”</li> <li>Division 3 Girls HJ 4’4” -4’7”-4’9”-4’11” then up 2”</li> <li>Division 4 Girls HJ 4’3”-4’6”-4-8”-4’10” then up 2”</li> </ul> </li> </ul>
<b>Long Jump</b>	There will be one long jump pit with a painted board All athletes will get <b>three</b> attempts <u>AND</u> all <b>fair</b> attempts will be measured in metric units.
<b>Triple Jump</b>	There will be one triple jump pit with at least four painted boards at 24’, 28’, 32’, 36’ All athletes will get <b>three</b> attempts <u>AND</u> all <b>fair</b> attempts will be measured in metric units.

<b>Pole Vault</b>	<ul style="list-style-type: none"> <li>• <b><u>Pole vault for Division II will take place on Thursday, April 26 at 3:30 PM at North Andover High School (430 Osgood St., North Andover, MA). Girls will vault before Boys</u></b></li> <li>• <b><u>Pole vault for Division IV will take place on Thursday, April 26 at 3:30PM at Weston HS 444 Wellesley St, Weston, MA. Girls will vault before Boys</u></b></li> <li>• <b>Pole vault will be on site at divisions I and III</b></li> <li>• There is one pole vault pit with a composite runway at each site</li> <li>• Competitors must declare opening height before the start of competition. They must take their first jump at that height</li> <li>• If a member of a Pole Vault team does not make his/her opening height, the entire team is eliminated from further competition and cannot score</li> <li>• 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</li> </ul> <p><b>Opening heights and progressions:</b></p> <ul style="list-style-type: none"> <li>• Division 1 Boys PV 8'0" then progress 6" at each height</li> <li>• Division 2 Boys PV 8'0" then progress 6" at each height</li> <li>• Division 3 Boys PV 7'6" then progress 6" at each height</li> <li>• Division 4 Boys PV 8'0" then progress 6" at each height</li> <li>• Division 1 Girls PV 6'0" then progress 6" at each height</li> <li>• Division 2 Girls PV 6'0" then progress 6" at each height</li> <li>• Division 3 Girls PV 6'0" then progress 6" at each height</li> <li>• Division 4 Girls PV 6'0" then progress 6" at each height</li> </ul>
<b>Shot Put</b>	<p>There will be one shot put sector at each facility  All athletes will get <b>three</b> attempts <b>AND</b> all <b>fair</b> attempts will be measured in metric units  Schools must provide shot puts weighing 4 kg or 12 lb. and meeting NFHS specifications.</p>
<b>Discus</b>	<p>There will be one discus sector at each facility  All athletes will get <b>three</b> attempts <b>AND</b> all <b>fair</b> attempts will be measured in metric units  Schools must provide discus weighing 1 kg or 1.6 kg. and meeting NFHS specifications.</p>
<b>Javelin</b>	<p>There will be one javelin sector at each facility using a grass runway  All athletes will get <b>three</b> attempts <b>AND</b> all <b>fair</b> attempts will be measured in metric units  Schools must provide javelins weighing 600g or 800g and meeting NFHS specifications.</p>
<b>Equipment</b>	<p>Schools must provide their own relay batons.  No starting blocks may be used in any event.</p>
<b>Order of Events</b>	<p><b><u>Girls Field Events – 9:30 a.m.// Boys Field Events – as soon as Girls are done.</u></b>  Shot Put – Discus Throw – Javelin Throw  High Jump – Long Jump – Triple Jump  Pole Vault (See special instructions below.)</p> <p><b><u>Boys Running Events – 10:00 a.m.// Girls Running Events – as soon as ALL Boys relays are done.</u></b>  <b>(EXCEPT</b> Girls 4 x 1600 m. Relay, which will race right after the Boys at 10:25 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</p>
<b>Emergency Contact &amp; Team Waiver</b>	<p>All coaches must have filled out an MSTCA Emergency Contact Form online (see MSTCA website) or pass in a hard copy at the meet before being allowed to retrieve your packet for your team. Also, all coaches must fill out the Single Season waiver form found on <a href="http://www.mstca.org">www.mstca.org</a> prior to registering your team for the meet.</p>

**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 the email address you have listed in Direct Athletics, or you may call any of the listed numbers:

John Carroll 508-737-7874 (DI Meet Director)

Lou Tozzi 617-947-1031 (DII Meet Director)

Jim Hoar 508-776-7589 (DIII Meet Director)

Jay Sylvain 508-641-1524 (DIV Meet Director)

Rick Kates 781-706-3340 (MSTCA)

Frank Mooney 508-728-9921 (MSTCA)