



Massachusetts State Coaches-Dr. George Steele Relays
Saturday, April 27, 2019 (9:30am)
West Springfield High School
550 Amostown Road, West Springfield, MA

Hosted by:	West Springfield High School
Sanctioned by:	M.I.A.A.
Meet Director:	Linda Rowbotham, (413) 455-9051, Email: coachrow413@gmail.com
Entry Deadline	Monday, April 22, 2019 at midnight. - All entries will be due on www.directathletics.com
Sponsored by:	Marathon Sports
Participating Schools	Open to all MIAA schools' Girls' & Boys' teams from Western Mass and Central Mass that are eligible to compete on their school's team according to the high school principal.
Events and Standards:	<p>Girls Field Event Standards: High Jump – no standard Pole Vault – no standard Long Jump – 13'06" Triple Jump -- 26'06" Discus – 60'00" Javelin – 65'00" Shot Put – 24'00"</p> <p>Boys Field Event Standards: High Jump – no standard Pole Vault – no standard Long Jump – 17'00" Triple Jump -- 35'00" Discus – 85'00" Javelin – 110'00" Shot Put – 35'06"</p> <p>If a coach feels that athletes will not make the minimum field event standards, then he/she may want to consider not having them jump or throw in the event. 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.</p> <p>Distance Medley Relay: Girls: 15:00 Boys: 13:00 4x1600 Relay (One section only!): Girls: 24:30 Boys: 22:00</p> <p>Coaches should only enter teams that will run under the 4x1600 and the Distance Medley entry standards listed above.</p>
Participation Rules:	<ul style="list-style-type: none"> • M.I.A.A. rules will be in effect. • An athlete may participate in any three events. • A relay counts as a running event. • NFHS Uniform rules will be enforced.
Team/Athlete Participation	<p style="text-align: center;">'B' Teams:</p> <p>'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 by <u>April 19</u>. 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.</p>
Entry Fees	<ul style="list-style-type: none"> • \$20 per A team • \$28 per B team <p>Entry fees are non-refundable. If you enter athletes into the meet, your school is responsible for payment of the entry fees, even if your athletes 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.</p> <p>Payments in the form of a check or purchase order, payable to <u>MSTCA</u>, should be mailed as soon as possible to: MSTCA c/o Steele Relays 956 Turnpike Road, Unit D Canton, MA 02021</p>

	<p>POs can be sent <i>electronically</i> to: mstca.billing@gmail.com MSTCA Tax ID # 04-3394224</p> <p>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.</p> <p>LATE FEE: Late entries are <i>strongly discouraged</i>. There is a late fee policy for MSTCA meets. If you miss the Monday deadline and still want to compete, <u>you will have to contact the meet director</u> as Direct Athletics will be closed. <u>She is the only one to deal with this problem</u>. The late fee structure will be \$50 per relay if contacted by Tuesday, the week of the meet, no later than 10:00 p.m. The late fee increases to \$100 per relay if contacted by Wednesday, the week of the meet, no later than 6:00 p.m. <u>No late entries will accepted after that after 6:00 p.m.</u></p> <p>Schools that enter late entrants must come to the meet with a check or Purchase Order for the entry fee plus late fees, to hand to the meet director or they will not be allowed to compete.</p>
Awards	<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.</p>
Results	<p>Results will be posted on www.mstca.org, the official MSTCA web site.</p>
Spikes	<p>Only 1/8" or 1/4" PYRAMID spikes allowed. Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet. Spikes are allowed ONLY in the track area.</p>
Facility Information	<p>The track is a 6-lane composite track with 8 lanes on the straightaway. All field events are within walking distance to the track. Vehicle parking is on site; bus drop-off at Clark Field Sports Complex, parking at nearby West Springfield High School, unless otherwise directed.</p>
High Jump	<p>There is one composite high jump area Starting Height: 4'0" Girls/5'0" Boys Height progression will be: Girls 4'0"-4'3"-4'6" then up 2" Boys 5'0"-5'3"-5'6" then up 2" 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.</p>
Long Jump	<p>There will be one long jump pit with a painted board All athletes will get three attempts <u>AND</u> all fair attempts will be measured, but please do not bring athletes who have not met the standard.</p>
Triple Jump	<p>There will be one triple jump pit with painted boards at 24', 28', 32', 36', 40' All athletes will get three attempts <u>AND</u> all fair attempts will be measured, but please do not bring athletes who have not met the standard.</p>
Pole Vault	<p>There is one pole vault pit Starting Height: 5'6" Girls/7'6" Boys Height progression will be 6" 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. Pole Vault certification information if applicable</p>
Shot Put	<p>There will be one shot put sector down in the designated throws area past the end of the Clark Field parking lot. All athletes will get three attempts <u>AND</u> all fair attempts will be measured, but please do not bring athletes who have not met the standard. Schools must provide shot puts meeting NFHS specifications.</p>
Discus	<p>There will be one discus sector down in the designated throws field past the end of the Clark Field parking lot. All athletes will get three attempts <u>AND</u> all fair attempts will be measured, but please do not bring athletes who have not met the standard.</p>

	Schools must provide discus meeting NFHS specifications.
Javelin	There will be one javelin sector down in the designated throws field past the end of the Clark Field parking lot using a grass runway. All athletes will get three attempts <u>AND</u> all fair attempts will be measured, but please do not bring athletes who have not met the standard. Schools must provide javelins meeting NFHS specifications.
Equipment	Schools must provide their own relay batons. No starting blocks may be used in any event.
Order of Events	<u>Boys Field Events – 9:30 a.m.// Girls Field Events – as soon as Boys are done.</u> Shot Put – Discus Throw – Javelin Throw High Jump – Long Jump – Triple Jump Pole Vault (See special instructions below.) <u>Girls Running Events – 10:00 a.m.// Boys Running Events – as soon as ALL Girls relays are done.</u> <u>(EXCEPT Boys 4 x 1600 m. Relay which will race right after the Girls at 10:25 a.m.)</u> 4 x 1600 m. Relay (Boys 4x1600 run after the Girls 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 *Lane preferences at this facility are : 3 & 4
Emergency Contact & Team Waiver	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 www.mstca.org prior to registering your team for 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 the email address you have listed in Direct Athletics, or you may call any of the listed numbers: Linda Rowbotham 413-455-9051 (Meet Director) Matt Griffin 413-313-3640 (Site Director) Michael Budd 413-364-1168 (MSTCA) Rick Kates 781-706-3340 (MSTCA) Frank Mooney 508-728-9921 (MSTCA)