

37th Annual Girls & 68th Annual Boys

Massachusetts State Coaches Relays

Sat. April 30, 2011

Division II Whitman-Hanson Reg.
Division III Stoneham H.S.

Sun. May 1, 2011

Division I Franklin H.S.
Division IV Bish. Fenwick - Peabody

Meet Directors: James Kalperis and John Carroll, Falmouth.

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

Meet Sponsors: Franklin HS, Whitman-Hanson Reg HS, Stoneham HS, Bishop Fenwick HS.

Site Directors: **Franklin** – Paul Trovato; **Whitman-Hanson** – Kevin Black; **Stoneham** – Kristin Hoar; **Bishop Fenwick** – Jay Smith
Meet Directors: **Franklin** – John Carroll; **Whitman-Hanson** – Lou Tozzi; **Stoneham** – Jim Hoar; **Bishop Fenwick** – Frank Mooney

ORDER OF EVENTS

Girls Field Events – as soon as Boys finished

Shot Put – Discus Throw – Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (See note below)

Girls Running Events – 9:30 a.m.

4 x 1600 Relay (Boys 4x1600 run after girls 4x1600)
Shuttle Hurdle Relay
4 x 100 meter Relay
Sprint Medley Relay (400-200-200-800)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Boys Running Events – as soon as Girls finished

Exception: 4x1600 Relay in the morning
Shuttle Hurdle Relay (after G 4x400)
4 x 100 meter Relay
Sprint Medley Relay (400-200-200-800)
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 – 9:30 a.m.

Shot Put – Discus Throw – Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (See note below)

< “SEE” NOTES ON PAGE THREE

POLE VAULT INFORMATION

SEE LAST PAGE – 4/13/2011

Entry Deadline: Thursday, April 21st, 2011

This meet is not an on-line entry format.

BOYS ENTRY - Mass State Track Coaches Relays – BOYS ENTRY

Name of School _____ Class _____
 'I' – Franklin HS / 'II' – Whitman-Hanson HS / 'III' – Stoneham HS / 'IV' – Bishop Fenwick, Peabody

Check the teams you wish to enter. Seeding will be done at the meet. 'B' teams can score in the running events. For 4x1m and DM see special note on page three.

FIELD EVENTS – 9:30 a.m.

- _____ Shot Put
- _____ Discus Throw
- _____ Javelin Throw
- _____ High Jump
- _____ Long Jump
- _____ Triple Jump
- _____ Pole Vault – see special instructions

RUNNING EVENTS – as soon as girls finished

- | | A team | B team |
|-----------------------------|--------|------------|
| 4 x One Mile Relay _____ | _____ | XXX |
| Shuttle Hurdle Relay _____ | _____ | _____ |
| 4 x 100 meter Relay _____ | _____ | _____ |
| Sprint Medley Relay _____ | _____ | _____ |
| 4 x 800 meter Relay _____ | _____ | _____ |
| 4 x 200 meter Relay _____ | _____ | _____ |
| Distance Medley Relay _____ | _____ | XXX |
| 4 x 400 meter Relay _____ | _____ | _____ |

Field Event Info SEE PAGE 3

Boys 4 x One Mile Relay runs at 9:45 AM

**ENTRY FEE IS \$12.00 per relay team – 'B' teams \$20.00
 MAXIMUM BOYS TEAM FEE IS \$200.00**

Return Entry form to: John Carroll, Relays Director
 47 Dove Cottage Rd, Falmouth, MA 02540
 508-737-7874 trackjc@hotmail.com

Mail fees or Purchase Order to: Elaine Mooney, 60 Cynthia St. Seekonk, MA 02770
Purchase Order OR check payable to: MASS. STATE RELAYS
MSTCA Tax I.D. NUMBER: 04-3394224

**** ENTRY DEADLINE – in Director's hands – April 21st, 2011 ****

I attest that all the athletes that will be participating in the MSTCA Relays are student athletes, in good standing in our high school and are bona fide members of the team. Our school district recognizes that there are certain risks associated with participation in this sport and waives, releases and holds harmless the MSTCA, its officers, sponsors and representatives, as well as the host community, from any injury that may be incurred by an athlete in the normal course of participation in the MSTCA Relays.

Ath. Director or PRINCIPAL'S SIGNATURE	COACH'S NAME – PRINT
SCHOOL ADDRESS	COACH'S Phone Number
SCHOOL PHONE	** COACH'S E-Mail

Does your school need to be invoiced for payment?

Yes _____ No _____ P.O. Number _____ Check if using: Maximum Fee _____
 'A' teams run/field entered _____ X \$12.00 = \$ _____ 'B' teams entered _____ X \$20.00 = \$ _____ Total Fee _____

GIRLS ENTRY - Mass State Track Coaches Relays – GIRLS ENTRY

Name of School _____ Class _____
 'I' – Franklin HS / 'II' – Whitman-Hanson HS / 'III' – Stoneham HS / 'IV' – Bishop Fenwick, Peabody

Check the teams you wish to enter. Seeding will be done at the meet. 'B' teams can score in the running events. For 4x1m and DM see special note on page three.

FIELD EVENTS – as soon as boys finished

- _____ Shot Put
- _____ Discus Throw
- _____ Javelin Throw
- _____ High Jump
- _____ Long Jump
- _____ Triple Jump
- _____ Pole Vault – see special instructions

RUNNING EVENTS – 9:30 a.m.

- | | A team | B team |
|-----------------------------|--------|------------------------------|
| 4 x One Mile Relay _____ | _____ | <input type="checkbox"/> XXX |
| Shuttle Hurdle Relay _____ | _____ | _____ |
| 4 x 100 meter Relay _____ | _____ | _____ |
| Sprint Medley Relay _____ | _____ | _____ |
| 4 x 800 meter Relay _____ | _____ | _____ |
| 4 x 200 meter Relay _____ | _____ | _____ |
| Distance Medley Relay _____ | _____ | <input type="checkbox"/> XXX |
| 4 x 400 meter Relay _____ | _____ | _____ |

Field Events Info SEE PAGE 3

Girls 4 x One Mile Relay runs at 9:30 AM

**ENTRY FEE IS \$12.00 per relay team – 'B' teams \$20.00
 MAXIMUM GIRLS TEAM FEE IS \$200.00**

Return Entry form to: John Carroll, Relays Director
 47 Dove Cottage Rd, Falmouth, MA 02540
 508-737-7874 trackjc@hotmail.com

Mail fees or Purchase Order to: Elaine Mooney, 60 Cynthia St. Seekonk, MA 02770
Purchase Order OR check payable to: MASS. STATE RELAYS
MSTCA Tax I.D. NUMBER: 04-3394224

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Ath. Director or PRINCIPAL'S SIGNATURE	COACH'S NAME – PRINT
SCHOOL ADDRESS	COACH'S Phone Number
SCHOOL PHONE	** COACH'S E-Mail

Does your school need to be invoiced for payment?

Yes _____ **No** _____ **P.O. Number** _____ **Check if using: Maximum Fee** _____
 'A' teams run/field entered _____ X \$12.00 = \$ _____ 'B' teams entered _____ X \$20.00 = \$ _____ **Total Fee** _____

PAGE THREE

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

The MSTCA has developed 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 concluded.

This year there will be minimum standards for field events. **An athlete must equal or better the standard to be measured. No standard – no measure!**

BOYS	L.J.	T.J.	S.P.	DISC	JAV.
Division I	17'00"	36'00"	36'00"	95'	110'
Division II	17'00"	36'00"	36'00"	95'	110'
Division III	17'00"	35'06"	35'06"	95'	110'
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'	70'
Division II	13'06"	27'00"	25'00"	65'	70'
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 athlete will not make these minimum standards then you may want to consider not having him/her jump or throw in the event. This would help us immensely. 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.

4x1600 and Distance Medley Relays

The 4x1600 and the Distance Medley have entry guidelines for those events. Coaches should only enter teams that will run under these guidelines. **These guidelines are for "A" teams.**

Dist Medley Relay

Boys: I (11:50); II (11:50); III (12:40); IV (13:00)
Girls: I (14:00); II (14:30); III (15:00); IV (15:30)

4x1600 Relay

I (20:00); II (20:45); III (21:10); IV (22:30)
I (24:00); II (25:20); III (25:20); IV (26:00)

'B' Teams

'B' teams are allowed in all running events with no time restrictions. There are no 'B' teams in the field events. Exceptional 'B' teams in the DMR, 4x1600 and exceptional field events teams may be considered by contacting the meet director.

Anyone who wishes to enter a 'B' team in the 4x1600, the DMR or an exceptional field event team must contact Meet Director John Carroll (trackjc@hotmail.com) by April 17th.

RELAY CARDS

Relay cards will be in your team envelope when you arrive at the meet. In the running events just indicate the school and the seeded time. Then place the cards in the special containers at the clerks table. **All cards must be turned in by 9:15 a.m. for girls and by 11:00 a.m. for boys.**

For field events fill in the card with the school and names of the three athletes. Your athletes will give the card to the field event official when they check in.

State Relay Meet Information

1. The meet will be conducted under National Federation Track and Field rules.
2. A competitor may compete in TWO TRACK AND ONE FIELD, OR ONE TRACK AND TWO FIELD.
3. **UNIFORM RULE WILL BE STRICTLY ENFORCED. School-issued uniforms only.**
4. All field event implements will be inspected, approved and marked for competition.
5. Please come dressed to compete. State Relay T-shirts will be on sale at all sites. Food will be available.
6. No starting blocks may be used in any event. Only 1/4" spikes allowed at all sites.
7. Sprint Medley order: 400-200-200-800. Distance Medley order: 1200-400-800-1600.

8. STARTING HEIGHTS –

Boys High Jump: 5'02", then 5'06", 5'09" and up two (2) inches. Class D opens at 5'01", then 5'06"
Girls High Jump: 4'03", then 4'06", 4'09", and up two (2) inches.

Boys Pole Vault: 8'00" and then up by six inches

Girls Pole Vault: 6'00" and then up by six inches

Minimum Standards must be achieved to get a measured performance: - no standard – no mark
Please consult 'PAGE THREE' for more specific standards

	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>L.J.</u>	<u>T.J.</u>
Boys	36'00"	95'	110'	17'00"	35'06"
Girls	25'00"	60'	75'	13'06"	26'06"

9. In the field events you must enter three (3) athletes per event. In the Long Jump, Triple Jump, Shot Put, Discus and Javelin each athlete will have three (3) attempts. If an athlete does not get a mark in that event then the team will not be allowed to score in that event.
10. If a member of a High Jump/Pole Vault team does not make his/her opening height, then the entire team is eliminated from further competition and cannot score. Competitors must declare opening height.
11. In the HIGH JUMP and POLE VAULT - 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 less than six (6) teams then the jump limit will be removed.
12. Each Division will have a Team Champion and runner-up trophy. Medals awarded for placing 1st – 6th. Scoring will be 10, 8, 6, 4, 2, and 1. If a tie exists, then points will be split. Duplicate awards will be given only if the tie cannot be broken. Tell your athletes to pick up their awards as soon as the results are announced. At least four teams must compete in an event for it to be a scoring event.
13. CARDS: seeding will be done by submitting relay cards that you will receive the day of the meet. You only need to write school name and a *reasonable performances* expected and submit the cards. You need to complete a field event card that your team brings to the field event official. If you have a field event team that will not compete please call the site director by the Wednesday prior to the meet so he can build field event flights, or notify the director as soon as you arrive at the meet.
14. If you enter the meet you are responsible for payment whether you compete or not.

Please note your division and date of competition. You team will not be allowed to compete if you show up at the wrong time or place. Schools entered will be posted on the MSTCA site the Thursday (4.28.2011) before the meet.

LATE ENTRY FEE:

If you miss the deadline you can still enter the meet, but there is a late fee in order to do it. To enter the meet late you will have to pay the regular entry fee plus the late fee.

Late Fee \$50 per relay after April 21 to April 23

Late Fee \$100 per relay April 24 to April 26 at Noon.

Last hope date is April 26, 2011 at Noon.

Inclément 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 listed numbers:

D-I John Carroll – 508-737-7874
Paul Trovato – 508-699-6052
Charlie O’Rourke - 617-842-9317
Peter Comeau – 978-475-8176

D-II Lou Tozzi – 617-947-1031
Kevin Black – 781-826-2892
Rick Kates – 781-706-3340
Bill O’Connor – 781-933-5171

D-III Jim Hoar – 508-776-7589
Kristen Hoar – 781-279-3810
Dale Synder – 781-871-4147

D-IV Frank Mooney - 508-336-8291
Jay Smith – 978-745-3629
Jack Lang – 978-689-9742

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

The “Team Performance List” from any MSTCA Relays can be used as certification for the E.Mass State Meet. You need to have the TPL sheet sent to you by completing an envelope, which will be at the computer table. This HYTEK team performance list will be signed and can be used for your certification.

DOWNLOADED results from any MSTCA ARE NOT ACCEPTABLE for certification.

POLE VAULT INFORMATION

Over the years the Pole Vault in the Spring Relays has been the only event with minimal entries. Each year the MSTCA has wrestled with the question of what to do with this event, to make it a fair event for all schools competing, and to help promote the event state wide.

However, with 30 plus schools entering in each boys and girls division the MSTCA Executive Board decided last spring to require the following guideline for the Pole Vault for the 2011 MSTCA Kalperis Relays. That guideline line is: **there must be a minimum of four (4) teams competing on the day of the event for the vault to be considered a scoring event.**

Pole Vault Relays Statistics 2007 to 2010

Number of team competing and teams that had no height (NH) on day of meet

<u>BOYS</u>	<u>I</u>	<u>II</u>	<u>III</u>	<u>IV</u>
2007	5/ 2 NH	no data	5	no data
2008	6	4	5	3
2009	8/ 1 NH	4/ 1 NH	5/ 1 NH	3
2010	3/ 1 NH	5	3	1

<u>GIRLS</u>	<u>I</u>	<u>II</u>	<u>III</u>	<u>IV</u>
2007	5/ 1 NH	no data	2/ 2 NH	no data
2008	4/ 2 NH	2/ 2 NH	5/ 1 NH	2
2009	5/ 2 NH	6/ 1 NH	3/ 2 NH	2
2010	8	6	3	2

[Here are the 2011 Pole Vault instructions:](#)

D-I [Boys and Girls at Newton South HS – April 28 at 3:30 PM](#)

All teams must be checked in by 3:30

D-II [Boys and Girls at North Andover HS – April 28 at 3:30 PM](#)

All teams must be checked in by 3:30

D-III [Boys and Girls at Stoneham HS on day of meet](#)

D-IV [Boys and Girls at Weston HS – April 28 at 3:30 PM](#)

All teams must be checked in by 3:30

In order to have an accurate count of the teams that will participate in the vault I would like all team to e-mail me a “confirmation to compete” on Wednesday, April 27, 2011, between 6 and 10 PM. This way I will be able to make the decision to hold the event in each division. My e-mail is: trackjc@hotmail.com. Remember the confirmation must be sent on Wednesday, 4/27, between 6 and 10 PM.