

# 45<sup>th</sup> Annual James Kalperis M.S.T.C.A. INDOOR RELAYS

Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, Mass.

All Meets begin at 9:30 AM

**Saturday, Jan. 12 – Div. I**  
**Saturday, Jan. 19 – Div. II**

**Sunday, Jan. 13 – Div. IV**  
**Sunday, Jan. 20 – Div. III**

Sanctioned by M.I.A.A.

Hosted by: Andover HS (I); Notre Dame-Hingham (II); Bish. Feehan HS (III); Seekonk HS (IV)

Event Managers: Peter Comeau (I), Rick Kates (II), Bob L'Homme (III), Frank Mooney (IV)

## Order of Events

### Field events at 9:30

LONG JUMP (3 jumpers) Girls first  
SHOT PUT (3 throwers) 2 throwing areas

### **HIGH JUMP (3 jumpers)**

### **NEW THIS YEAR: AFTER HURDLES AND DASH**

### Infield at 9:30

50 yard Shuttle Hurdles  
50 Yard Shuttle Dash

### Oval

4 x 800 meter Relay  
Sprint Medley Relay  
4 x 200 meter Relay  
Distance Medley Relay  
4 x 400 meter Relay

Sprint Medley order: 800-200-200-400

Distance Medley order: 1200-400-800-1600

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1. Entry procedure and closing dates:

There are new closing dates and entry procedure this year. Note that the closing dates for the divisions are early in January. **For this meet you must mail your entry form**, it is NOT an on-line entry. You only check the event you are entering, no time or names are required. Because of the early January entry deadlines, you may have to begin the process before school goes on Christmas break. Payment process is stated; closing date is stated; team waiver deadline is published on the MSTCA web site. Please make sure you meet all these deadlines so your team can participate in the 2013 Kalperis Relays.

***D-I and D-IV close on WEDNESDAY, Jan. 2, 2013***  
***D-II and D-III close on WEDNESDAY, Jan. 9, 2013***

ALL ENTRIES MUST BE IN THE HANDS OF THE DIRECTOR BY THE ABOVE DATES. See item 6 below for late fee policy.

2. **If your team enters the meet you are responsible for payment, whether you compete or not.**

3. Teams will compete in the same divisions as in the MIAA Divisional Meet Championships.

4. Please note your division and date of competition. You will not be allowed to compete if you show up on the wrong date. Teams will be posted on the MSTCA web site the Thursday before the meet. A and B teams are allowed, except in the field events, 4x800 and Distance Medley relays.

**If you have an excellent 'B' team in a field event, 4x800 or DMR (events where none are allowed) and you would like it considered for the meet, please contact John Carroll before Jan. 2 for Div. I and IV and before Jan. 9 for Div. II and III.**

Meet Director: John Carroll, Falmouth, 508-737-7874 (cell) or 508-548-7123 (home)  
e-mail: [trackjc@hotmail.com](mailto:trackjc@hotmail.com) (best way to contact.)

5. ONLY 1/4" or 1/8" PYRAMID or CHRISTMAS TREE spikes are allowed at Reggie Lewis Center. **If an athlete is caught using the wrong style or size spikes, the whole relay team will be disqualified. Spikes will be sold in the gym, if needed.**

6. **FEES:** \$10.00 per relay, \$15.00 per 'B' team. Separate fees for the boys and girls teams. (If your school has used the single payment option and has included this meet in the payment, you do not need to send any payment.)

Mail Purchase Orders or Checks payable to MSTCA to:

MSTCA  
C/O Elaine Mooney  
60 Cynthia Street  
Seekonk, MA 02771

**MSTCA tax ID # 04-3394224.**

**Payment** should be mailed as soon as possible **with a copy of the entry form.** Do not mail payments to the meet director.

**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. Instructions for this method of payment are on the MSTCA web site.**

**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.**

**LATE FEE:** There is a late-fee policy for MSTCA meets. If you miss the Wednesday deadlines, and still want to compete, **you will have to contact the meet director.** He is the only one to deal with this problem. The late-fee structure for Divisions I and IV is as follows: \$50 per relay on Thursday through Saturday, Jan. 3-5, before 10:00 p.m.; it goes up to \$100 per relay on Sunday through Thursday, Jan.6-10. Those dates change as follows for Div. II and III: \$50 on Thursday through Saturday, Jan 9-12 and \$100 on Sunday through Thursday, Jan. 13-17. **No entries will be accepted after Thursday before the meet.** Schools that enter late entrants must come to the meet with a check or Purchase Order for the complete fee plus late fee, to hand to the meet director or they will not be allowed to compete.

7. An athlete may compete in TWO TRACK and ONE FIELD events, or TWO FIELD and ONE TRACK events. No event will be held up because a competitor is in another event.
8. **AWARDS:** Medals will be awarded to the relay teams placing first through sixth. The team scoring the most points in each division (boys/girls) will receive a championship plaque. A runner-up team plaque will also be awarded. Please have your athletes pick up their awards as soon as the results are announced. No medals will be mailed after the meet. **To be eligible for the team championship a team must compete in at least four events.**
9. All races on the oval will run the fastest heats last. Box starts will be used for slower heats. Girls compete before the boys on the track.

**50 yard Shuttle Hurdles:** Three hurdles for **boys**, distance: **45' – 30' – 30' – 45'**

Four hurdles for **girls**, distance: **13.0m - 8.5m - 8.5m - 8.5m - 6.5m**

There are separate event areas for the H.J. and S.P. **Each high jump competitor will be allowed a total of six (6) attempts in the competition.** All three HJ athletes must clear a height to place as a team. If one athlete fails to clear his/her opening height, the other jumpers on the team will be eliminated from further jumping. Please be aware of the rule. All high jumpers must declare their opening height.

Minimum opening height: Boys 5'01"; then 5'05" – 5'09" and up by 2"

Minimum opening height: Girls 4'04"; then 4'06" – 4'09" and up by 2"

GIRLS compete before the boys in the Long Jump. Each competitor will be allowed **only two (2) attempts.**

Ties in field events will not be broken.

**Minimum** Marking Distance in Shot Put: All first legal throws will be measured, then the minimum distance will be: **Boys 35'00" / Girls 20'00"**.

ALL THREE FIELD EVENT ATHLETES MUST POST A MARK FOR THE TEAM TO SCORE IN THAT EVENT.

10. Coaches will receive relay cards when they arrive at the meet. They will fill out performance cards for the running relays and turn them in by 9:15. The card must contain the school name, first and last names of the four athletes, and the best “reasonable time” the coach thinks the group will run. Please do not overestimate your team’s performance. The field event card will only need the school name and the first and last names of the three athletes competing, no estimated performance needed. Suggestion: Coaches should have all names/teams and performances written down in their notebooks, and just transfer the information to the cards when they arrive at the meet.

11. SEEDING:

Running Events: Will be set up based on marks submitted on the relay cards turned in by 9:15. If a card is not turned in on time, a team will not be allowed to run. All teams must check in when called. Heats will be set up after teams are checked in.

Field Events: H.J. – will be arranged in alphabetical order by school; other events will be arranged randomly.

12. Shot Puts will be provided by the Reggie Lewis facility for all athletes. Leave yours home. Boys’ shot put will be conducted in the cage, girls’ shot put to the left of the scoreboard.

13. There will be a general coaches’ meeting on the infield before the start of the meet at 9:05.

14. UNIFORM RULE WILL BE ENFORCED IN THIS MEET. THE FOUR RUNNERS and THE THREE FIELD EVENT ATHLETES IN EACH TEAM MUST WEAR “IDENTICAL, SCHOOL-ISSUED UNIFORMS” IN THE MEET.

## REGGIE LEWIS PARKING SPACE LOSS

Due to construction, there has been a loss of parking spaces behind the building at Reggie Lewis. Additional Parking is available for patrons attending track events at the Reggie Lewis Center on a first-come-space-available basis in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located less than 1/4 mile from the Reggie Lewis Center, along Columbus Ave. at the corner of New Heath Street (Lot 2) and Centre Street (Lot 3). Please give this information to your athletes and their parents.

### Inclement Weather

In case of inclement weather, the decision to postpone the meet will be made by 6:00 AM. If there is any doubt, monitor TV broadcasts (look for Roxbury Community College), radio announcements, or you may call any of these numbers:

All Meets (I, II, III or IV) contact:

Reggie Lewis Center	617-541-3535	John J. Carroll, Jr.	508-787-7874
Charlie Butterfield	508-886-6015	Frank Mooney	508-728-9921
Lou Tozzi	617-947-1031	Rick Kates	781-706-3340

Also for D-II and D-III: Jim Hoar 508-776-7589

Also for D-I only: Charlie O’Rourke 617-842-9317  
Jack Lang 508-662-0214

# 2013 Relay Entry Form- **GIRLS**

School Name: \_\_\_\_\_ Division: \_\_\_\_\_

James Kalperis Relays - Robert McIntyre Track at Reggie Lewis Center, Roxbury, MA

**NOTE THE DATES FOR THE MEETS - TWO WEEKENDS**

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Saturday, Jan. 19 - Div. II (9:30 AM)      Sunday, Jan. 20 - Div. III (9:30 AM)

Please check the events that your team will enter

'B' teams allowed in all events except 4x800, DM and Field Events - see NOTE on 'B' relays on instruction page.

- |   |                         |
|---|-------------------------|
| _____ 4 x 800 Meter Relay                         | _____ Sprint Medley 'B' |
| _____ Sprint Medley Relay (800 - 200 - 200 - 400) | _____ Hurdle 'B'        |
| _____ 4 x 50 Shuttle Hurdles Relay                | _____ Dash 'B'          |
| _____ 4 x 50 Dash Relay                           | _____ 4 x 200 'B'       |
| _____ 4 x 200 Meter Relay                         | _____ 4 x 400 'B'       |
| _____ 4 x 400 Meter Relay                         |                         |
| _____ Distance Medley (1,200 - 400 - 800 - 1,600) |                         |
| _____ Shot Put Relay (3 throwers)                 |                         |
| _____ High Jump Relay (3 jumpers)                 |                         |
| _____ Long Jump Relay (3 jumpers)                 |                         |

**D-I and D-IV entry forms must be received by Wed, Jan. 2, 2013**  
**D-II and D-III entry forms must be received by Wed. Jan. 9, 2013**

Mail original entry form to: John J. Carroll, Jr., Relays Director  
 47 Dove Cottage Road  
 Falmouth, MA 02540  
 Tel: 508-548-7123 (home) or 508-737-7874 (cell)

I attest that the athletes representing my high school are in good standing. Our school district recognizes there might be risks in this sport and waive, release and hold harmless the Mass. State Track Coaches Assn., its officers, and representatives for any injury that may be incurred by our athletes in the normal course of participation in this event. If NO check, purchase order, or purchase order number is sent to Ms. Mooney with a copy of this entry, your teams will not be allowed to compete. If you enter teams, you must pay, whether you compete or not.

**BOYS AND GIRLS TEAMS COMPETE IN THE SAME DIVISION.**

Please print clearly and carefully.

Coach's Name \_\_\_\_\_

Home Address \_\_\_\_\_

ZIP \_\_\_\_\_

Phone (H) \_\_\_\_\_ (Cell) \_\_\_\_\_ (School) \_\_\_\_\_

Coach's e-mail \_\_\_\_\_

Principal's or A.D.'s Signature \_\_\_\_\_

**ENTRY FEE: \$10 PER 'A' RELAY TEAM AND \$15 PER 'B' TEAM - NO MAXIMUM FEE.**

Make checks payable to: **MSTCA** and mail to: MSTCA, c/o Elaine Mooney, 60 Cynthia Street, Seekonk, MA 02771, with a copy of this entry form. MSTCA Tax I.D. #04-3394224

"A" Relay teams entered \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_ 'B' teams entered \_\_\_\_\_ x \$15.00 = \_\_\_\_\_ Total due \$ \_\_\_\_\_

Please check here if your town needs an invoice from MSTCA in order for the MSTCA to be paid for the meet.

\_\_\_\_\_ Yes, please send invoice.

# 2013 Relay Entry Form-**BOYS**

School Name: \_\_\_\_\_ Division: \_\_\_\_\_

James Kalperis Relays - Robert McIntyre Track at Reggie Lewis Center, Roxbury, MA

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Please check the events that your team will enter

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|---|-------------------------|
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| _____ Sprint Medley Relay (800 - 200 - 200 - 400) | _____ Hurdle 'B'        |
| _____ 4 x 50 Shuttle Hurdles Relay                | _____ Dash 'B'          |
| _____ 4 x 50 Dash Relay                           | _____ 4 x 200 'B'       |
| _____ 4 x 200 Meter Relay                         | _____ 4 x 400 'B'       |
| _____ 4 x 400 Meter Relay                         |                         |
| _____ Distance Medley (1,200 - 400 - 800 - 1,600) |                         |
| _____ Shot Put Relay (3 throwers)                 |                         |
| _____ High Jump Relay (3 jumpers)                 |                         |
| _____ Long Jump Relay (3 jumpers)                 |                         |

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**BOYS AND GIRLS TEAMS COMPETE IN THE SAME DIVISION.**

Please print clearly and carefully.

Coach's Name \_\_\_\_\_

Home Address \_\_\_\_\_

ZIP \_\_\_\_\_

Phone (H) \_\_\_\_\_ (Cell) \_\_\_\_\_ (School) \_\_\_\_\_

Coach's e-mail \_\_\_\_\_

Principal's or A.D.'s Signature \_\_\_\_\_

**ENTRY FEE: \$10 PER 'A' RELAY TEAM AND \$15 PER 'B' TEAM - NO MAXIMUM FEE.**

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Please check here if your town needs an invoice from MSTCA in order for the MSTCA to be paid for the meet.

\_\_\_\_\_ Yes, please send invoice.