

51st Annual James Kalperis M.S.T.C.A. Indoor Relays



Division 5 – Friday, January 11th, 2019 (4:30 PM)

Division 1 – Saturday, January 12th, 2018 (10:00 AM)

Division 2 – Sunday, January 13th, 2018 (10:00 AM)

Division 3 – Saturday, January 19th, 2018 (10:00 AM)

Division 4 – Sunday, January 20st, 2018 (10:00 AM)

Robert McIntyre Track at Reggie Lewis Track and Athletic Center, Roxbury, MA

Hosted by:	Division 1 (Andover) – Division 2 (North Andover) – Division 3 (Malden Catholic) – Division 4 (Burlington) – Division 5 (Mahar Regional)
Sanctioned by:	M.I.A.A
Meet Director:	Division 1: John Carroll, 508-737-7874, E-mail: trackjc@hotmail.com Division 2: Steve Nugent, 978-361-5155, nugents@nak12.com Division 3: Zach Creeden, 978-618-5866, creedenz@maldencatholic.org Division 4: Matt Carr, 781-439-8222, carr@bpsk12.org Division 5: Sarah Woodward, 413-535-7115, Swoodward@rcmahar.org
Sponsored by:	Saucony
Competing Division Determination	Log on to the links below to check which division your school is in. Please note the date of competition for your division. You will not be allowed to compete if you show up on the wrong date. Teams entered in the meets will be posted on the MSTCA website two days before each meet. BOYS http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Boys Indoor Track alignment info 201718 thru 202021 FINAL.pdf GIRLS http://www.miaa.net/gen/miaa_generated_bin/documents/basic_module/Girls Indoor Track alignment info 201718 thru 202021 FINAL.pdf
Events & Standards:	There are no entry standards for this meet. However please keep in mind that this is a state level meet. Junior Varsity athletes should not be entered.
Participation Rule:	<ul style="list-style-type: none"> ➤ 3-0 rule (Any three events) ➤ Uniform rules will be enforced.
Team Athlete Participation:	Each team may enter one relay per event. A and B teams are allowed in running events, except , 4x800 and Distance Medley Relays. EXCEPTIONS: However, if you have an excellent 'B' team in a field event, or 4x800, or DMR and you would like it considered for the meet, please contact the meet director the Friday before the Monday entry deadlines. You will be asked to include the names of the members of both the A and B teams and their estimated performances.
ENTRY DEADLINE	<ul style="list-style-type: none"> ➤ DEADLINE: ON-LINE ENTRIES MUST BE COMPLETED BY ➤ MONDAY, January 7th, 2018, at MIDNIGHT. (Divisions 1, 2, 5) ➤ MONDAY, January 14th, 2018 at MIDNIGHT. (Divisions 3,4) ➤ You MUST enter on-line using www.DirectAthletics.com <p>SPECIAL PROCEDURE FOR ENTRIES ON DIRECT ATHLETICS</p>

	<p>For running relays, you will enter them as usual, but you <u>do not</u> submit times. (See end of document for meet day procedure). For 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, “Andover,” first name, “Boys.” These are the names to be entered in the field events. Do not use the school’s nickname. Leave the time or distance blank. If you have questions about this procedure, please email Rick Kates-MSTCA</p>
<p>Entry Fees</p>	<p>\$20.00 per relay \$28.00 per ‘B’ team Separate fees for the boys and girls teams. No Max.</p> <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:</p> <p>MSTCA C/O State Relays (Indicate Division) 956 Turnpike Rd Unit D Canton, MA 02021</p> <p>Purchase orders (PO) may be sent electronically to mstca.billing@gmail.com</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><u>LATE FEE:</u> 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>He 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> 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>
<p>ORDER OF EVENTS</p>	<p><u>Field Events:</u> 4:30 p.m. on Friday, 10:00 a.m. on Saturday and Sunday</p> <p>SHOT PUT (two throwing areas) LONG JUMP (BOYS before GIRLS) HIGH JUMP (one pit for boys and one pit for girls after Hurdles and Dash)</p> <p><u>Running Events On the Infield (rolling) (BOYS before GIRLS)</u> 4:30 p.m on Friday, 10:00 a.m. on Saturday and Sunday</p> <p>4 x 50 yard Shuttle Hurdles 4 x 50 yard Shuttle Dash</p> <p><u>Running Events on the Oval (rolling) (BOYS before GIRLS)</u> 5:00 p.m on Friday, 10:30 a.m. on Saturday and Sunday</p>

	<p>4 x 800 Meter Relay *</p> <p>Sprint Medley Relay * (800-200-200-400)</p> <p>4 x 200 Meter Relay *</p> <p>Distance Medley Relay * (1200-400-800-1600)</p> <p>4 x 400 Meter Relay *</p> <p>*Lane preferences for these events: 5-6-4-3-2-1.</p>
Awards	<p>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. In addition, members of the championship teams will receive special T-shirts, compliments of Saucony 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.</p>
Results	<p>Results will be posted on www.mstca.org, the official MSTCA web site.</p>
Spikes	<p>Only 1/4" or 1/8" PYRAMID spikes allowed on the track. If an athlete is observed using the wrong style or size spikes, the whole relay team will be disqualified. Spikes will be inspected in the gym, where you may buy the appropriate shape and size if needed.</p>
High Jump	<p>There are two pits for the competition, one for boys and one for girls. Each high jump competitor will be allowed a total of six (6) attempts in the competition. All high jumpers must declare their opening height. 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.</p> <p>Height progression in the High Jump relays will be established when the MIAA publishes state qualifying heights and will be emailed out to coaches.</p> <p><u>Do not bring athletes who have not jumped at least the opening height.</u></p> <p>Two jump pits will be set up at the conclusion of the hurdles and dashes, girls at scoreboard end, boys in middle of floor. The competition will begin 30 minutes after the pits are set up to give athletes time to warm up and set their marks.</p>
Shot Put	<p>Implements will be provided by the meet. Do NOT bring any shots to the meet, they will not be allowed, even for practice. Boys' shot put will be conducted in the cage, girls' shot put will be conducted to the left of the scoreboard.</p> <p>Minimum marking distances in Shot Put: All first legal throws will be measured, then the minimum distance will be. Boys: 35' 0" Girls: 20' 0"</p> <p><u>Do not bring athletes who have not thrown the minimum.</u></p> <p>All three field event athletes must post a mark for the team to score in that event.</p>
Long Jump	<p>BOYS compete before the GIRLS. Each competitor will be allowed only two (2) attempts.</p> <p>NO RUNBACKS ALLOWED! Athletes should come prepared with a mark.</p>
Equipment: Batons, Shots, & Blocks	<p>Teams will provide their own batons. Do not bring blocks or shots to the meet, they will be provided.</p>
Clerking & Warm-ups	<ul style="list-style-type: none"> ➤ Clerking will be done in the gymnasium, except for the Shuttle Dash & Shuttle Hurdles, which will be on infield. ➤ Warm-ups: Restricted to the gymnasium area and outside, weather permitting. ➤ There will be no warming up on the track once the meet begins!

Meet Day Procedures	<p>RELAY CARDS Coaches, if you have not picked up relay cards at a previous meet, you will receive relay cards when you arrive at the meet. You will fill out performance cards for the running relays and turn them in by 15 minutes before the start of the meet. The cards must contain the school name (no names of individuals) and the best reasonable time you think the team will run. <u>Please do not overestimate your team's performance, but you must submit a time.</u> The field event card will need the school name and the first and last names of the three athletes competing, no estimated performance needed. Suggestion: you should have all names/teams and performances written down in your notebooks, and just transfer the information to the cards when you get the cards at the meet.</p> <p>RACES ON THE OVAL will run the fastest heats last. Box starts will be used for slower heats. RACES ON THE INFIELD will run the fastest heats last.</p> <p>SHUTTLE HURDLES are 4x50 yards Three hurdles for Boys, distance: 45' – 30' – 30' – 45' Four hurdles for Girls, distance: 13.0m – 8.5m – 8.5m – 8.5m – 6.5m</p> <p>SEEDING <u>Running Events</u> will be seed based on marks submitted on relay cards turned in before the start of the meet. If a card is not turned in on time, a team will not be allowed to run. Teams must check in when called for their event.</p> <p><u>Field Events:</u> High Jump will be arranged in alphabetical order by school; Shot Put and Long Jump will be arranged randomly. Flights will be posted on the MSTCA website and on competition day in the gymnasium.</p> <p>There will be a general coaches' meeting on the infield 25 minutes before the start of the meet.</p>
Emergency Contact Form	<p>All coaches must have filled out a MSTCA Reggie Lewis Center 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.</p>
Inclement Weather	<p>In case of bad weather, the decision to hold the meet will be made by 6:00 a.m. If there is any doubt about the meet, coaches should watch TV (look for Roxbury Community College) and/or listen to radio announcements, or you may call any of the listed numbers:</p> <p><u>All Division Contacts:</u> Reggie Lewis Center 617-541-3535 Charles Butterfield 508-886-6015 Frank Mooney 508-728-9921 Lou Tozzi 617-947-1031 Rick Kates 781-706-3340</p> <p><u>Division 1:</u> John Carroll 508-737-7874 <u>Division 2:</u> Steve Nugent 978-361-5155 <u>Division 3:</u> Zach Creeden 978-618-5866 <u>Division 4:</u> Matt Carr, 781-439-8222 <u>Division 5:</u> Sarah Woodward, 413-535-7115</p>