



MSTCA DIVISION II RELAYS

Sunday, April 30, 2023 (9:30 AM)

Lincoln-Sudbury Regional High School- 390 Lincoln St., Sudbury, MA

Hosted by:	Lincoln-Sudbury Regional High School																																						
Sanctioned by:	MIAA																																						
Meet/Site Director:	Meet Director: Dennis Sheppard: dennis.sheppard@marathonsports.com Site Director: Melvin Gonsalves: melvin_gonsalves@lsrhs.net Director of Meet Operations OTF: Mike Miller: mstca.outdoor@gmail.com																																						
Entry Deadline	Deadline Date: All entries will be due on www.directathletics.com by Tuesday, April 25, 2023, 8:00 PM There will be NO LATE ENTRIES for any MSTCA meet this spring																																						
Participating Schools	<ul style="list-style-type: none"> All MIAA member schools in the 2023 Division II Statewide alignment You must compete in the division you are aligned to in the 2023 MIAA OUTDOOR TRACK ALIGNMENT 																																						
Events and Standards:	<ul style="list-style-type: none"> There are no standards for running events except for Distance Medley Relay and 4 x 1600m Relay. Please do not enter teams that can not make these standards There are no individual minimum measurement lines 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 Sprint Medley Relay order will be 200-200-400-800 NO B RELAYS WILL SCORE IN AN EVENT WITH FEWER THAN 6 ENTRIES <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Running Event</th> <th>Boy/Girl Standard</th> <th>Field Event</th> <th>Boy/Girl Standard</th> </tr> </thead> <tbody> <tr> <td>4x100/110 Hurdles</td> <td>No standard</td> <td>High Jump Relay</td> <td>Opening Height</td> </tr> <tr> <td>4 x 100m Relay</td> <td>No standard</td> <td>Pole Vault Relay</td> <td>Opening Height</td> </tr> <tr> <td>4 x 200m Relay</td> <td>No standard</td> <td>Long Jump Relay</td> <td>No standard</td> </tr> <tr> <td>4 x 400 m Relay</td> <td>No standard</td> <td>Triple Jump Relay</td> <td>No standard</td> </tr> <tr> <td>4 x 800 m Relay</td> <td>No standard</td> <td>Shot Put Relay</td> <td>No standard</td> </tr> <tr> <td>4 x 1600 m Relay</td> <td>20:45/ 24:00</td> <td>Discus Relay</td> <td>260'0"/ 195'0"</td> </tr> <tr> <td>Sprint Medley</td> <td>No standard</td> <td>Javelin Relay</td> <td>310'0"/ 195'0"</td> </tr> <tr> <td>Distance Medley</td> <td>11:50/ 14:30</td> <td></td> <td></td> </tr> </tbody> </table>			Running Event	Boy/Girl Standard	Field Event	Boy/Girl Standard	4x100/110 Hurdles	No standard	High Jump Relay	Opening Height	4 x 100m Relay	No standard	Pole Vault Relay	Opening Height	4 x 200m Relay	No standard	Long Jump Relay	No standard	4 x 400 m Relay	No standard	Triple Jump Relay	No standard	4 x 800 m Relay	No standard	Shot Put Relay	No standard	4 x 1600 m Relay	20:45/ 24:00	Discus Relay	260'0"/ 195'0"	Sprint Medley	No standard	Javelin Relay	310'0"/ 195'0"	Distance Medley	11:50/ 14:30		
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Entry Lists	<ul style="list-style-type: none"> Entry lists will be posted on the MSTCA website by Friday, April 28 																																						

Participation Rules:	<ul style="list-style-type: none"> ● An athlete may participate in ANY 3 events ● MIAA rules will be in effect ● NFHS Uniform rules will be enforced. ● Team must complete the MSTCA Outdoor Track SINGLE WAIVER before first meet ● 'B' teams are allowed in all events except for field events, 4 x 1600 Meter Relay & Distance Medley Relay. THERE ARE ABSOLUTELY NO 'C' TEAMS IN ANY EVENT. ● Prior to 11:59 p.m. on Friday, April 21, a coach may request only to the Meet Director to enter an excellent 'B' team in a field event, the 4 x 1600 Meter Relay, or the Distance Medley Relay. The Meet Director will require a list of the names and estimated performances of each member of both the 'A' and 'B' teams before deciding whether or not to approve the 'B' team.
Entry Procedure	<ul style="list-style-type: none"> ● All entries should be submitted on www.directathletics.com ● The new entry procedure requires no Relay Cards in any event <p>RUNNING EVENTS</p> <ul style="list-style-type: none"> ● Prior to the deadline, enter a seed time for each event the school plans to race ● Upon receiving their declaration sheet at the meet, a coach may change their seed time to make it slower only ● No new relays may be added after the entry deadline ● Scratches will still be taken at the meet <p>FIELD EVENTS:</p> <ul style="list-style-type: none"> ● Prior to the entry deadline, enter the names of each competitor. This will decrease check-in time at the meet ● No new relays may be added after the entry deadline ● WE NO LONGER USE "WEYMOUTH, GIRLS," etc. PLEASE DELETE THIS FROM D.A. ● Scratches/Changes will still be taken at the meet
Entry Fees	<ul style="list-style-type: none"> ● \$25 per relay entry ● \$25 per B team where allowed ● There is no maximum entry fee <ul style="list-style-type: none"> ● Each school must notify Jayson Sylvain, the MSTCA's Chief Financial Officer, at mstca.cfo@gmail.com of its payment plan for the entry fees prior to meet day <ul style="list-style-type: none"> ● If a school is using the MSTCA's SINGLE PAYMENT method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment. ● If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email. ● If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email. ● If a school is paying by cash or check on the day of the meet, the school should notify the MSTCA of this intent via email. ● Please note these are entry fees, not participation fees. Once the entries close, each school is responsible for paying the total fee for its entries, regardless of how many individuals actually compete. <ul style="list-style-type: none"> ● Please make checks payable to: MSTCA and mail to MSTCA c/o MSTCA Relays Entries P.O. Box 1008 Mansfield, MA 02048 <p style="text-align: right;">MSTCA Tax ID # 04-3394224</p>

Awards	<ul style="list-style-type: none"> ● 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 results are announced. Awards will not be mailed
Results	Results will be posted on www.mstca.org , the official MSTCA web site.
Spikes	<ul style="list-style-type: none"> ● 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.
Facility Information	<ul style="list-style-type: none"> ● Lincoln-Sudbury High School is a 6-lane composite track with an 6-lane straightaway ● Vehicle and bus parking will take place on site, with a short walk to the track ● MSTCA Relay T-shirts will be on sale at all sites. Food will be available for purchase at the concession stand
Pole Vault	<ul style="list-style-type: none"> ● There is one pole vault pit with a composite runway at Lincoln-Sudbury HS ● Competitors must declare opening height before the start of competition. They must take their first jump at that height ● 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 ● If there are more than 6 teams competing in the event, each jumper will be allowed a total of 6 jumps. If there are 6 or fewer teams, the jump limit will be removed <p>Opening heights and progressions:</p> <ul style="list-style-type: none"> ● Boys: 7'6" then progress 6" at each height ● Girls: 6'0" then progress 6" at each height
High Jump	<ul style="list-style-type: none"> ● Each competitor will be allowed a total of six attempts in the competition. ● Each competitor must declare an opening height. ● The "Five Alive" rule will be used until only six jumpers remain in the competition. ● All three field event athletes must post a mark for the team to score in the event. ● If a competitor fails to clear her/his opening height, all other jumpers on the team will be eliminated from further jumping. <ul style="list-style-type: none"> ● The formula for Opening Heights and Progressions will be as follows: Opening Height will be 8" below the MIAA Qualifying Standard Second Height will be 3" above the Opening Height Third Height will be 3" above the Second Height Fourth Height will always be the MIAA Qualifying Standard Fifth (and subsequent) Heights will be 2" above the previous height
Long Jump	<ul style="list-style-type: none"> ● No runbacks are allowed. Athletes should come prepared with a mark ● There will be one long jump pit with a painted board ● All athletes will get 3 attempts, all legal attempts will be measured in metric units
Triple Jump	<ul style="list-style-type: none"> ● No runbacks are allowed. Athletes should come prepared with a mark ● There will be one triple jump pit with four painted boards at 24', 28', 32', 36' ● All athletes will get 3 attempts, all legal attempts will be measured in metric units
Shot Put	<ul style="list-style-type: none"> ● There will be one shot put sector at the facility ● All athletes will get 3 attempts, all legal attempts will be measured in metric units

	<ul style="list-style-type: none"> Schools must provide shot puts weighing 8 kg or 12 lb. and meeting NFHS specifications
Javelin Throw	<ul style="list-style-type: none"> There will be one javelin sector at the facility using a grass runway All athletes will get 3 attempts, all legal attempts will be measured in metric units Schools must provide javelins weighing 600g or 800g and meeting NFHS specifications
Discus	<ul style="list-style-type: none"> There will be one discus sector at the facility All athletes will get 3 attempts, all legal attempts will be measured in metric units Schools must provide discus weighing 1 kg or 1.6 kg. and meeting NFHS specifications
Equipment	<ul style="list-style-type: none"> There are no blocks used in any running event relays Participating schools must bring their own throwing implements Participating schools must provide their own relay batons
Order of Events	<p>FIELD EVENTS (9:30 AM):</p> <ul style="list-style-type: none"> Boys High Jump (followed by Girls) Boys Shot Put (followed by Girls) Boys Long Jump (followed by Girls) Girls Pole Vault (followed by Boys) Girls Discus (followed by Boys) Girls Javelin (followed by Boys) Girls Triple Jump (followed by Boys) <p>FOR LINEUP PLANNING PURPOSES, ALL FIELD EVENT FLIGHTS WILL BE ORDERED AS FOLLOWS: GIRLS IN ALPHABETICAL ORDER, BOYS IN REVERSE ALPHABETICAL ORDER (ORDER WILL SWITCH IN 2024)</p> <p>RUNNING EVENTS (10:30 AM) Girls followed immediately by Boys (alternating)</p> <ul style="list-style-type: none"> 4 x 1600m relay- Girls followed by Boys Girls 4 x 100m Shuttle Hurdles Boys 4 x 110m Shuttle Hurdles 4 x 100m Relay- Girls followed by Boys Sprint Medley Relay (200-200-400-800)- Girls followed by Boys 4 x 800m Relay- Girls followed by Boys 4 x 200m Relay- Girls followed by Boys Distance Medley- Girls followed by Boys 4 x 400m Relay- Girls followed by Boys
Emergency Contact Form	<p>All coaches must have filled out a MSTCA EMERGENCY CONTACT FORM online before being allowed to retrieve your packet for your team. You only need to complete this form once for the season (unless coaches or contact info changes).</p>
Inclement Weather	<ul style="list-style-type: none"> Any decision to cancel the meet because of inclement weather will be made by 6:00 AM Sunday If any questions contact Meet Director Dennis Sheppard; Site Director Melvin Gonsalves; or Director of Meet Operations Mike Miller