



# MSTCA DIVISION V RELAYS

Saturday, April 27, 2024 (9:30 AM)

Seekonk High School- 261 Arcade Ave., Seekonk, MA

<b>Hosted by:</b>	Seekonk High School																																				
<b>Sanctioned by:</b>	MIAA																																				
<b>Meet/Site Director:</b>	Meet Director: Jim Hoar: <a href="mailto:hoarj@dy-regional.k12.ma.us">hoarj@dy-regional.k12.ma.us</a> Site Director: Matt McCartin: <a href="mailto:m.mccartin20@gmail.com">m.mccartin20@gmail.com</a> Director of Meet Operations OTF: Mike Miller: <a href="mailto:mstca.outdoor@gmail.com">mstca.outdoor@gmail.com</a>																																				
<b>Entry Deadline &amp; Procedures</b>	<ul style="list-style-type: none"> <li>● <b>Deadline Date: Tuesday April 23, 2024 at 8:00 PM</b></li> <li>● <b>MSTCA is not accepting ANY late entries this outdoor season</b></li> <li>● <b>All entries should be submitted on <a href="https://www.athletic.net">https://www.athletic.net</a> prior to the deadline.</b></li> <li>● Entry lists will be posted on <a href="https://live.mstca.org/">https://live.mstca.org/</a> by Friday, April 26</li> </ul>																																				
<b>Participating Schools</b>	<ul style="list-style-type: none"> <li>● All MIAA member schools in the 2024 Division 5 Statewide alignment</li> <li>● You must compete in the division you are aligned to in the <a href="#">2024 MIAA OUTDOOR TRACK ALIGNMENT</a></li> </ul>																																				
<b>Events and Standards:</b>	<ul style="list-style-type: none"> <li>● 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</li> <li>● There are no individual minimum measurement lines</li> <li>● 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</li> <li>● Sprint Medley Relay order will be 200-200-400-800</li> <li>● <b>NO B RELAYS WILL SCORE IN AN EVENT WITH FEWER THAN 6 ENTRIES</b></li> </ul> <table border="1"> <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>22:30/ 25:00</td> <td>Discus Relay</td> <td>250'0"/ 180'0"</td> </tr> <tr> <td>Sprint Medley</td> <td>No standard</td> <td>Javelin Relay</td> <td>290'0"/ 180'0"</td> </tr> <tr> <td>Distance Medley</td> <td>13:30/ 15:30</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	22:30/ 25:00	Discus Relay	250'0"/ 180'0"	Sprint Medley	No standard	Javelin Relay	290'0"/ 180'0"	Distance Medley	13:30/ 15:30		
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<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>● An athlete may participate in ANY 3 events</li> </ul>																																				

	<ul style="list-style-type: none"> <li>● MIAA rules will be in effect</li> <li>● NFHS Uniform rules will be enforced.</li> <li>● Team must complete the MSTCA Outdoor Track <a href="#">SINGLE WAIVER</a> before first meet</li> <li>● 'B' teams are allowed in all events except for field events, 4 x 1600 Meter Relay &amp; Distance Medley Relay. <b>THERE ARE ABSOLUTELY NO 'C' TEAMS IN ANY EVENT.</b></li> <li>● Prior to 11:59 p.m. on Friday, April 19, 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.</li> </ul>
<b>Entry Procedure</b>	<p><b>RUNNING EVENTS</b></p> <ul style="list-style-type: none"> <li>● All entries should be submitted on <a href="http://www.athletic.net">www.athletic.net</a></li> <li>● Prior to the deadline, enter a seed time for each event the school plans to race</li> <li>● On athletic.net, one athlete must be added to each entry team. You can select more if you want, but you will not be held to your selection(s) made on the entry</li> <li>● Upon receiving their declaration sheet at the meet, a coach may change their seed time to make it <b><u>SLOWER ONLY</u></b></li> <li>● No new relays may be added after the entry deadline</li> <li>● Scratches will still be taken at the meet</li> </ul> <p><b>FIELD EVENTS:</b></p> <ul style="list-style-type: none"> <li>● Prior to the entry deadline, enter the names of each individual field competitor on <a href="http://www.athletic.net">www.athletic.net</a></li> <li>● No new relays may be added after the entry deadline</li> <li>● Field event entries without the names of three athletes will be rejected</li> <li>● Scratches/Changes will still be taken at the meet</li> </ul>
<b>Payment Info</b>	<p><b>Entry Fees</b></p> <ul style="list-style-type: none"> <li>● \$30 per relay entry, A or B teams</li> </ul> <p><b>Payment Forms:</b></p> <p>**Payment must be arranged IN ADVANCE of any meet that your team will attend. Regardless of payment method, please complete the <a href="#">SINGLE PAYMENT FORM</a> prior to the day of the meet.</p> <p>** 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 athletes or relay teams actually compete.</p> <p>**Checks should be made payable to the "MSTCA"</p> <p>**Questions regarding entry fees should be addressed to Jayson Sylvain, the MSTCA's Chief Financial Officer, at <a href="mailto:mstca.cfo@gmail.com">mstca.cfo@gmail.com</a></p> <p>The MSTCA Tax ID# 04-3394224</p> <p><b>Mailing Address:</b>  MSTCA  P.O. Box 1008  Mansfield, MA 02048</p>
<b>Awards</b>	<ul style="list-style-type: none"> <li>● Medals will be awarded for placing 1st through 6th</li> <li>● Team scoring will be 10, 8, 6, 4, 2, 1</li> </ul>

	<ul style="list-style-type: none"> <li>● A Team Champion and Runner-up trophy will be awarded at the conclusion of the meet</li> <li>● Athletes must pick up their awards as soon as results are announced. Awards will not be mailed</li> </ul>
<b>Results</b>	Results will be posted on <a href="http://www.mstca.org">www.mstca.org</a> , the official MSTCA web site and live results will be found at <a href="https://live.mstca.org">https://live.mstca.org</a>
<b>Spikes</b>	<ul style="list-style-type: none"> <li>● Only 1/8" or 1/4" PYRAMID spikes allowed.</li> <li>● <b>Anyone using needle spikes or longer spikes than recommended will be immediately disqualified and banned for the remainder of the meet.</b></li> </ul>
<b>Facility Information</b>	<ul style="list-style-type: none"> <li>● Seekonk High School is a 6-lane composite track with a 8-lane straightaway</li> <li>● Vehicle parking may be limited at each facility. Bus parking will be off-site. Please plan accordingly</li> <li>● MSTCA Relay T-shirts will be on sale at all sites. Food will be available for purchase at the concession stand</li> </ul>
<b>Pole Vault</b>	<ul style="list-style-type: none"> <li>● <b>Pole vault will take place at N. Reading High School at 3:00 PM on Thur. April 25</b></li> <li>● There is one pole vault pit with a composite runway at each site</li> <li>● Competitors must declare opening height before the start of competition. They must take their first jump at that height</li> <li>● 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</li> <li>● <b>Jump limits:</b> If there are 1-6 teams entered in the event; there will be no limit, if there are 7-9 teams, there will be a 9-jump limit per athlete; if there are 10+ teams, there will be a 6-jump limit</li> <li>● There are no runbacks allowed per NFHS rules</li> </ul> <p>Opening heights and progressions:</p> <ul style="list-style-type: none"> <li>● Boys: 7'6" then progress 6" at each height</li> <li>● Girls: 6'0" then progress 6" at each height</li> </ul>
<b>High Jump</b>	<ul style="list-style-type: none"> <li>● Each competitor will be allowed a total of six attempts in the competition.</li> <li>● Each competitor must declare an opening height.</li> <li>● The "Five Alive" rule will be used until only six jumpers remain in the competition.</li> <li>● All three field event athletes must post a mark for the team to score in the event.</li> <li>● If a competitor fails to clear her/his opening height, all other jumpers on the team will be eliminated from further jumping.</li> <li>● 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</li> </ul>
<b>Long Jump</b>	<ul style="list-style-type: none"> <li>● No runbacks are allowed. Athletes should come prepared with a mark</li> <li>● There will be one long jump pit with a composite board</li> <li>● All athletes will get 3 attempts, all legal attempts will be measured in metric units</li> </ul>
<b>Triple Jump</b>	<ul style="list-style-type: none"> <li>● No runbacks are allowed. Athletes should come prepared with a mark</li> <li>● There will be one triple jump pit with four painted boards at 24', 28', 32', 36'</li> <li>● All athletes will get 3 attempts, all legal attempts will be measured in metric units</li> </ul>
<b>Shot Put</b>	<ul style="list-style-type: none"> <li>● There will be one shot put sector at the facility</li> <li>● All athletes will get 3 attempts, all legal attempts will be measured in metric units</li> </ul>

	<ul style="list-style-type: none"> <li>Schools must provide shot puts weighing 8 kg or 12 lb. and meeting NFHS specifications</li> </ul>
<b>Javelin Throw</b>	<ul style="list-style-type: none"> <li>There will be one javelin sector at the facility using a grass runway</li> <li>All athletes will get 3 attempts, all legal attempts will be measured in metric units</li> <li>Schools must provide javelins weighing 600g or 800g and meeting NFHS specifications. There are no runbacks allowed per NFHS rules</li> </ul>
<b>Discus</b>	<ul style="list-style-type: none"> <li>There will be one discus sector at the facility</li> <li>All athletes will get 3 attempts, all legal attempts will be measured in metric units</li> <li>Schools must provide discus weighing 1 kg or 1.6 kg. and meeting NFHS specifications</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>There are no blocks used in any running event relays</li> <li>Participating schools must bring their own throwing implements</li> <li>Participating schools must provide their own relay batons</li> </ul>
<b>Order of Events</b>	<p><b>FIELD EVENTS (9:30 AM):</b></p> <ul style="list-style-type: none"> <li><b>Javelin Throw: Boys followed by Girls</b></li> <li><b>Discus Throw: Boys followed by Girls</b></li> <li><b>Shot Put: Girls followed by Boys</b></li> <li><b>Long Jump: Boys followed by Girls</b></li> <li><b>Triple Jump: Girls followed by Boys</b></li> <li><b>High Jump: Girls followed by Boys</b></li> <li><b>Pole Vault: Boys followed by Girls (at N. Reading HS, Thursday 4/25 at 3:00 PM)</b></li> </ul> <p><b>FOR LINEUP PLANNING PURPOSES, ALL FIELD EVENT FLIGHTS WILL BE ORDERED AS FOLLOWS: BOYS IN ALPHABETICAL ORDER, GIRLS IN REVERSE ALPHABETICAL ORDER (ORDER WILL SWITCH IN 2025)</b></p> <p><b>RUNNING EVENTS (10:30 AM) Girls followed immediately by Boys (alternating)</b></p> <ul style="list-style-type: none"> <li><b>4 x 1600m relay- Girls followed by Boys</b></li> <li><b>Girls 4 x 100m Shuttle Hurdles</b></li> <li><b>Boys 4 x 110m Shuttle Hurdles</b></li> <li><b>4 x 100m Relay- Girls followed by Boys</b></li> <li><b>Sprint Medley Relay (200-200-400-800)- Girls followed by Boys</b></li> <li><b>4 x 800m Relay- Girls followed by Boys</b></li> <li><b>4 x 200m Relay- Girls followed by Boys</b></li> <li><b>Distance Medley- Girls followed by Boys</b></li> <li><b>4 x 400m Relay- Girls followed by Boys</b></li> </ul>
<b>Emergency Contact Form</b>	All coaches must have filled out a <a href="#">MSTCA EMERGENCY CONTACT FORM</a> 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).
<b>Inclement Weather</b>	<ul style="list-style-type: none"> <li>Any decision to cancel the meet because of inclement weather will be made by 6:00 AM Saturday</li> <li>If any questions contact Meet Director Jim Hoar, Site Director Matt McCartin, or Director of Meet Operations Mike Miller</li> </ul>
<b>MSTCA Online/ Social Media:</b>	<p>Website: <a href="http://www.mstca.org">www.mstca.org</a>; Entry Lists and Meet Results: <a href="http://live.mstca.org">live.mstca.org</a></p> <p>Live Streams of Meets: <a href="https://mstca.tv/">https://mstca.tv/</a></p> <p>Instagram: <a href="https://www.instagram.com/mass_state_track/">https://www.instagram.com/mass_state_track/</a></p> <p>Twitter/X: @MSTCA1; TikTok: @mstca</p> <p>Facebook: <a href="https://www.facebook.com/groups/154532424151/">https://www.facebook.com/groups/154532424151/</a></p>
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