



55th Annual James Kalperis Indoor Relays

Division 5 – Friday, January 19, 2024 – 4:00 PM
Division 1 – Saturday, January 20, 2024 – 9:00 AM
Division 2 – Saturday, January 20, 2024 – 3:00 PM
Division 3 – Sunday, January 21, 2024 – 9:00 AM
Division 4 – Sunday, January 21, 2024 – 3:00 PM

**Robert McIntyre Track at Reggie Lewis Track and Athletic Center
 1350 Tremont St., Roxbury, MA**

Hosted by:	Division 1 – Brookline High School Division 2 – Woburn High School Division 3 – Burlington High School Division 4 – Old Rochester Regional High School Division 5 – Mahar Regional High School
Sanctioning:	M.I.A.A. sanctioned for all MA association member schools.
Sponsors:	The Run House: https://therunhouse.com/ Asics: https://hoka.com
Meet Directors:	Division 1 – Mike Glennon, mglennontrack@gmail.com Division 2 – James Fletcher, jamesfletcher.hc@gmail.com Division 3 – Matt Carr, mstca.indoor@gmail.com Division 4 – Bill Tilden, billtilden@oldrochester.org Division 5 – Sarah Woodward, Swoodward@rcmahar.org
Small/Large School Threshold:	<ul style="list-style-type: none"> • Each school's enrollment data is based on the 2023-25 MIAA alignments. • If you are uncertain of your school's alignment division, or believe the wrong meet is in your Direct Athletics Entry Calendar, please contact Director of Meet Operations, Matt Carr at mstca.indoor@gmail.com <p style="text-align: center;"><u>INDOOR TRACK ALIGNMENTS For Winter 2023-24 and 2024-25</u></p>
Meet Description:	Named after long-time Falmouth coach and MSTCA Hall of Famer James Kalperis, the Relays meets are our organization's de facto Team Championship. Due to the nature of the events, there are generally no entry standards for this meet, but coaches should be aware that this is a Championship-caliber meet.

<p>Mandatory Paperwork Entry Fees and Forms:</p>	<p>All of the following FORMS can be found on the MSTCA website by selecting “Coaches Corner” and then “MSTCA Forms,” or via this link: https://mstca.org/forms</p> <p><u>Single Waiver Form:</u></p> <p>All teams must submit the MSTCA Single Waiver Form for the Indoor Season prior to their team being allowed to compete in any meets.</p> <p><u>Emergency Contact Form:</u></p> <p>All teams must fill out the MSTCA Emergency Contact Form for the Indoor Season.</p> <p><u>Payment Forms:</u></p> <p>Payment must be arranged IN ADVANCE of any meet that your team will attend. Regardless of payment method, please complete the Single Payment Form.</p> <p><u>Entry Fees:</u> \$30 per relay team There is no max fee for this meet.</p> <p>Questions regarding entry fees should be addressed to Jayson Sylvain, the MSTCA’s Chief Financial Officer, at mstca.cfo@gmail.com</p> <p>Checks should be made payable to the “MSTCA”</p> <p>The MSTCA Tax ID# 04-3394224</p> <p>Mailing Address: MSTCA P.O. Box 1008 Mansfield, MA 02048</p>										
<p>Events and Standards:</p>	<p><u>Events:</u></p> <table border="0"> <tr> <td>4 x 200 Meter Relay</td> <td>4 x 50 Yard Dash Relay</td> </tr> <tr> <td>4 x 400 Meter Relay</td> <td>4 x 50 Yard Hurdle Relay</td> </tr> <tr> <td>4 x 800 Meter Relay</td> <td>Long Jump Relay</td> </tr> <tr> <td>Sprint Medley Relay</td> <td>High Jump Relay</td> </tr> <tr> <td>Distance Medley Relay</td> <td>Shot Put Relay</td> </tr> </table>	4 x 200 Meter Relay	4 x 50 Yard Dash Relay	4 x 400 Meter Relay	4 x 50 Yard Hurdle Relay	4 x 800 Meter Relay	Long Jump Relay	Sprint Medley Relay	High Jump Relay	Distance Medley Relay	Shot Put Relay
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<p>Participation Rules:</p>	<ul style="list-style-type: none"> ● M.I.A.A./NFHS rules will be in effect, including enforcement of the uniform rule. ● An athlete may participate in a maximum of 3 events. ● 'B' teams are allowed in all running events except for the 4 x 800 Meter Relay and Distance Medley Relay. No “C” teams will be accepted in any events. ● Prior to 8:00 p.m. on Friday, January 12, a coach may email the Meet Director a request to enter an excellent 'B' team in a field event, the 4 x 800 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. 										

	<ul style="list-style-type: none"> The DMR order will be 1200/400/800/1600 <p>4 x 400 Meter Relay: Sections on time, fastest section last.*</p> <p>*Lane preferences for these events: 5-6-4-3-2-1</p>
Performance Lists and Results:	Entry lists/performance lists will be posted on live.mstca.org by Thursday, January 18. Live results will be available at the same site.
Equipment:	<ul style="list-style-type: none"> Teams must provide their own relay batons. There are NO blocks allowed in ANY events at the Relays meets. Shots will be provided by meet management. Teams cannot use their own. Please do not bring them.
High Jump:	<ul style="list-style-type: none"> Each competitor will be allowed no more than six attempts in the competition. Each competitor must declare an opening height. All three field event athletes must post a mark for the team to score in the event. If a competitor fails to clear their opening height, all other jumpers on the team will be eliminated from further jumping. The formula for Opening Heights and Progressions will be as follows: <ul style="list-style-type: none"> 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"> Each jumper will be allowed only two attempts. No runbacks are allowed. Athletes should come prepared with a mark. All three field event athletes must post a mark for the team to score in the event. If an athlete fails to receive a mark on either of their jumps, any team mates with jumps remaining will NOT be allowed to continue.
Shot Put:	<ul style="list-style-type: none"> Each thrower will be allowed three throws. All first legal throws will be measured. Then, only throws of 20' and over (girls) and 30' and over (boys) will be measured All three field event athletes must post a mark for the team to score in the event. If an athlete fails to receive a mark on any of their throws, any team mates with throws remaining will NOT be allowed to continue.
Shot Put (continued):	<ul style="list-style-type: none"> Half the flights (the higher seeds) will be in the cage and half the flights (the lower seeds) will be in the corner to the left of the scoreboard. All rotational throwers should still be registered via athletic.net, but coaches should also complete the form linked here to be placed in the cage regardless of seed: Rotational Shot Form Boys will compete first, simultaneously in both circles. Girls will follow when the relevant circle becomes available.
Spikes:	<ul style="list-style-type: none"> Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. Spikes are allowed ONLY in the track area.

	<ul style="list-style-type: none"> • Correct spikes will be sold at the Run House apparel tables. • Anyone using needle spikes or spikes longer than 1/4" will be disqualified for the remainder of the meet.
Awards:	<ul style="list-style-type: none"> • Medals will be awarded to each member of the top 6 relay teams in each event. • Athletes should collect their medals as soon as the results are announced. • Trophies will be awarded to the top 2 teams.
Inclement Weather:	<ul style="list-style-type: none"> • Any decision to cancel the meet because of inclement weather will be made by 6:00 a.m. on meet day. • Notification regarding cancellations will be emailed through Athletic.net to your school's contact. • <u>There is no make-up date.</u>
Parking:	Parking is available in Parking Lot 2 on weekdays and Lots 2 & 3 on weekends. Both lots are located along Columbus Ave less than 1/4 mile from the RLC. Lot 2 is at the corner of New Heath Street, and Lot 3 is at the corner of Center Street.
MSTCA Online/Social Media:	Website: www.mstca.org Entry Lists and Meet Results: live.mstca.org Live Streams of Meets: https://mstca.tv/ Instagram: https://www.instagram.com/mass_state_track/ Twitter/X: @MSTCA1 Facebook: https://www.facebook.com/groups/154532424151/ TikTok: @mstca
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