



**The Run House**  
RUN YOUR WAY

## **56<sup>th</sup> Annual James Kalperis Indoor Relays**

**Division 1 – Friday, January 17, 2025 – 4:00 PM**  
**Division 2 – Saturday, January 18, 2025 – 9:00 AM**  
**Division 3 – Saturday, January 18, 2025 – 3:00 PM**  
**Division 4 – Sunday, January 19, 2025 – 9:00 AM**  
**Division 5 – Sunday, January 19, 2025 – 3:00 PM**

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

<b>Hosted by:</b>	Division 1 – Brookline High School Division 2 – North Andover High School Division 3 – Burlington High School Division 4 – Pembroke High School Division 5 – Mahar Regional High School
<b>Sanctioning:</b>	M.I.A.A. sanctioned for all MA association member schools.
<b>Sponsors:</b>	MSTCA and The Run House: <a href="https://therunhouse.com/">https://therunhouse.com/</a>
<b>Meet Directors:</b>	Division 1 – Mike Glennon, <a href="mailto:mglennontrack@gmail.com">mglennontrack@gmail.com</a> Division 2 – Jason Guarente, <a href="mailto:guarentej@northandoverpublicschools.com">guarentej@northandoverpublicschools.com</a> Division 3 – Matt Carr, <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a> Division 4 – Greg Zopatti, <a href="mailto:gregzopatti@gmail.com">gregzopatti@gmail.com</a> Division 5 – Sarah Woodward, <a href="mailto:Swoodward@rcmahar.org">Swoodward@rcmahar.org</a>
<b>Small/Large School Threshold:</b>	<ul style="list-style-type: none"> <li>• Each school’s enrollment data is based on the 2023-25 MIAA alignments.</li> <li>• 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 <a href="mailto:mstca.indoor@gmail.com">mstca.indoor@gmail.com</a></li> </ul> <p style="text-align: center;"><b><u><a href="#">INDOOR TRACK ALIGNMENTS For Winter 2023-24 and 2024-25</a></u></b></p>
<b>Meet Description:</b>	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><b>Mandatory Paperwork Entry Fees and Forms:</b></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: <a href="https://mstca.org/forms">https://mstca.org/forms</a></p> <p><b><u>Single Waiver Form:</u></b></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><b><u>Emergency Contact Form:</u></b></p> <p>All teams must fill out the MSTCA Emergency Contact Form for the Indoor Season.</p> <p><b><u>Payment Forms:</u></b></p> <p>Payment must be arranged <b>IN ADVANCE</b> of any meet that your team will attend. Regardless of payment method, please complete the Single Payment Form.</p> <p><b><u>Entry Fees:</u></b>  \$30 per relay team  There is no max fee for this meet.</p> <p><b>Please note these are entry fees, not participation fees.</b> 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>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>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><b>Events and Standards:</b></p>	<p><b><u>Events:</u></b></p> <table data-bbox="345 1430 1096 1612"> <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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<b>Participation Rules:</b>	<ul style="list-style-type: none"> <li>• M.I.A.A./NFHS rules will be in effect, including enforcement of the uniform rule.</li> <li>• <b>An athlete may participate in a maximum of 3 events.</b></li> <li>• '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.</li> <li>• Prior to 8:00 p.m. on Tuesday, January 7, a coach may complete the following form: <a href="#">B Relay Request Form</a> with a request to enter an excellent 'B' team in a field event, the 4 x 800 Meter Relay, or the Distance Medley Relay. The DMO will notify the coach by email if the request has been approved.</li> <li>• A teams, related to B team requests, should still be entered through the normal athletic.net entry process. B teams in the field events, 4x800 and DMR, if approved, will be entered by meet management.</li> </ul>
<b>Entry Deadline and Information:</b>	<ul style="list-style-type: none"> <li>• Tuesday, January 14, 2025, by 8:00 PM.</li> <li>• All entries must be submitted through <a href="http://www.athletic.net">www.athletic.net</a></li> <li>• <b>Late Entry Policy:</b> There are NO late entries accepted for any MSTCA meets.</li> </ul> <p><b>Running Events</b></p> <ul style="list-style-type: none"> <li>• Prior to the deadline, enter a seed time for each event the school plans to race.</li> <li>• <b>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.</b></li> <li>• Seed times may be adjusted slower only before the start of the meet on your declaration sheet..</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 competitor on Athletic.net.</li> <li>• <b>Field event entries without the names of three athletes will be rejected.</b></li> <li>• Scratches and name changes will still be taken at the meet.</li> </ul>
<b>Order of Events:</b>	<p><b>FIELD EVENTS</b>      – 4:00 p.m. (Friday)                                    – 9:00 a.m. (Saturday/Sunday Morning)                                    – 3:00 p.m. (Saturday/Sunday Afternoon)</p> <p><b>Shot Put:</b> Girls followed by Boys.</p> <p><b>Long Jump:</b> Girls and Boys compete simultaneously.</p> <p><b>High Jump:</b> Girls and Boys compete simultaneously. High Jump will begin after the hurdles and dash have concluded.</p> <p><b>INFIELD</b>            – Check-in in the infield; Girls followed by Boys.                                    – 4:00 p.m. (Friday)                                    – 9:00 a.m. (Saturday/Sunday Morning)                                    – 3:00 p.m. (Saturday/Sunday Afternoon)</p> <p><b>4 x 50 yard Shuttle Hurdles:</b> Sections on time, fastest section last.</p> <ul style="list-style-type: none"> <li>• Three hurdles for Boys; distance: 45' – 30' – 30' – 45'</li> <li>• Four hurdles for Girls; distance: 13.0m – 8.5m – 8.5m – 8.5m – 6.5m</li> </ul> <p><b>4 x 50 yard Shuttle Dash:</b> Sections on time, fastest section last.</p>

	<p><b>OVAL – Check-in in the gym; Girls Followed by Boys</b>  <b>Races will begin at conclusion of the infield races</b></p> <p><b>4 x 800 Meter Relay:</b> Sections on time, fastest section last.  <b>Sprint Medley Relay:</b> Sections on time, fastest section last. Three-turn stagger* <ul style="list-style-type: none"> <li>• The SMR order will be 200/200/400/800</li> </ul> <b>4 x 200 Meter Relay:</b> Sections on time, fastest section last. Three-turn stagger*  <b>Distance Medley Relay:</b> Sections on time, fastest section last. <ul style="list-style-type: none"> <li>• The DMR order will be 1200/400/800/1600</li> </ul> <b>4 x 400 Meter Relay:</b> Sections on time, fastest section last.*</p> <p><b>*Lane preferences for these events: 5-6-4-3-2-1</b></p>
<p><b>Performance Lists and Results:</b></p>	<p>Entry lists/performance lists will be posted on <a href="http://live.mstca.org">live.mstca.org</a> by Thursday, January 16. Live results will be available at the same site.</p>
<p><b>Equipment:</b></p>	<ul style="list-style-type: none"> <li>• Teams must provide their own relay batons.</li> <li>• There are NO blocks allowed in ANY events at the Relays meets.</li> <li>• Shots will be provided by meet management. Teams cannot use their own. Please do not bring them.</li> </ul>
<p><b>High Jump:</b></p>	<ul style="list-style-type: none"> <li>• Each competitor will be allowed no more than six attempts in the competition.</li> <li>• Each competitor must declare an opening height.</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 their 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: <ul style="list-style-type: none"> <li>o Opening Height will be 8" below the MIAA Qualifying Standard</li> <li>o Second Height will be 3" above the Opening Height</li> <li>o Third Height will be 3" above the Second Height</li> <li>o Fourth Height will always be the MIAA Qualifying Standard</li> <li>o Fifth (and subsequent) Heights will be 2" above the previous height</li> </ul> </li> </ul>
<p><b>Long Jump:</b></p>	<ul style="list-style-type: none"> <li>• Girls will compete on the elevated runway. Boys will compete on the standard runway (this will be reversed in 2026).</li> <li>• <b>NEW this year: Each jumper will be allowed three attempts.</b></li> <li>• No runbacks are allowed. Athletes should come prepared with a mark.</li> <li>• 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 after their 3 jumps, any team mates with jumps remaining will NOT be allowed to continue.</li> </ul>

<b>Shot Put:</b>	<ul style="list-style-type: none"> <li>• Each thrower will be allowed three throws.</li> <li>• All first legal throws will be measured. Then, only throws of 20' and over (girls) and 30' and over (boys) will be measured</li> <li>• 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.</li> <li>• 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.</li> <li>• <b>All rotational throwers</b> 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: <a href="#">Rotational Shot Form</a></li> <li>• Girls will compete first, simultaneously in both circles. Boys will follow when the relevant circle becomes available.</li> </ul>
<b>Spikes:</b>	<ul style="list-style-type: none"> <li>• Only 1/8" or 1/4" Pyramid spikes are allowed at R.L.C. Anyone using needle spikes or spikes longer than 1/4" will be disqualified for the remainder of the meet.</li> <li>• Spikes are allowed ONLY in the track area—not the hallways or basketball gym.</li> <li>• Correct spikes will be sold at the Run House store.</li> </ul>
<b>Awards:</b>	<ul style="list-style-type: none"> <li>• <b>New this year:</b> Medals and team points will be awarded to each member of the <b>top 8</b> relay teams in each event.</li> <li>• Athletes should collect their medals as soon as the results are announced.</li> <li>• Trophies will be awarded to the top 2 teams. Team scoring will be: 10-8-6-5-4-3-2-1.</li> </ul>
<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 a.m. on meet day.</li> <li>• Notification regarding cancellations will be emailed through Athletic.net to your school's contact.</li> <li>• <u>There is no make-up date.</u></li> </ul>
<b>Parking:</b>	<p>Parking is available in Parking Lot 2 on weekdays and Lots 2 &amp; 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 Centre Street.</p>
<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>  Live Streams of Meets: <a href="https://mstca.tv/">https://mstca.tv/</a>  Instagram: <a href="https://www.instagram.com/mass_state_track/">https://www.instagram.com/mass_state_track/</a>  Twitter/X: <a href="https://twitter.com/MSTCA1">@MSTCA1</a>  Facebook: <a href="https://www.facebook.com/groups/154532424151/">https://www.facebook.com/groups/154532424151/</a>  TikTok: <a href="https://www.tiktok.com/@mstca">@mstca</a></p>
<b>Version:</b>	<p>This document was updated on 10/25/2024. This document was updated on 01/11/2025 to correct an error in order of events.</p>