

31st Annual Girls & 62nd Annual Boys
Massachusetts
State Coaches Relays
April 30th, 2005

Class A	Peabody Memorial H.S.
Class B	Gr. New Bedford Voc Tech H.S.
Class C	Bishop Feehan H.S., Attleboro
Class D	Seekonk H.S.

Meet Directors: James Kalperis and John Carroll, Falmouth.
Asst. Meet Director: Frank Mooney, Seekonk, Executive Secretary, State Coaches Assn.

Meet Sponsors: Peabody HS, Gr. New Bedford Voc, Bish. Feehan HS, Seekonk HS.
Site Directors: *Peabody* – Jack Lang; *Gr. NB Voc* – Mark Thornhill /Lou Tozzi;
Bishop Feehan –Bob L'Homme /John Carroll; *Seekonk* - Frank Mooney.

ORDER OF EVENTS

Boys Field Events – 9:30 a.m.

Shot Put – Discus Throw – Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (See note below)

Boys Running Events – 12:30 p.m.

4 x 1 Mile Relay (note: 9:45 AM after the Girls)
Shuttle Hurdle Relay (12:30)
4 x 100 meter Relay
Sprint Medley Relay (400-200-200-800)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Girls Running Events – 9:30 a.m.

4 x 1 Mile Relay (before Boys)
Shuttle Hurdle Relay
4 x 100 meter Relay
Sprint Medley Relay (400-200-200-800)
4 x 800 meter Relay
4 x 200 meter Relay
Distance Medley Relay (1200-400-800-1600)
4 x 400 meter Relay

Girls Field Events – 12:30 a.m.

Shot Put – Discus Throw– Javelin Throw
High Jump – Long Jump – Triple Jump
Pole Vault (See note below)

SPECIAL INSTRUCTIONS ON THE POLE VAULT

The Pole Vault will be conducted under the following guidelines. **Class A pole vault at Andover H.S.; Class B pole vault at Reading H.S., Class C pole vault at Milton H.S., Class D pole vault at Weston H.S. All vaults will be conducted on Friday, April 29th, 3:30 PM (the day before the relays.)** This is being done because not all the relay sites have pole vault facilities and equipment. It will also encourage a sufficient number of vault teams to compete in the event. The pole vault will be a scoring event (no matter how many teams show up for a particular class) and the site directors will be notified that evening of the results.

Entry Deadline: Friday, April 15th, 2005

GIRLS ENTRY - Mass State Track Coaches Relays - GIRLS ENTRY

Name of School _____ Class _____
 'A' - Peabody / 'B' - Gr. NB Voc / 'C' - Bish. Feehan, Attleboro / 'D' - Seekonk

Check the teams you wish to enter. Seeding will be done at the meet. 'B' teams can score in the running events. No 'B' teams allowed in the field events.

FIELD EVENTS - 12:30 a.m.

- _____ Shot Put
- _____ Discus Throw
- _____ Javelin Throw
- _____ High Jump
- _____ Long Jump
- _____ Triple Jump
- _____ Pole Vault - see special instructions

RUNNING EVENTS - 9:30 p.m.

- | | A team | B team |
|-----------------------|--------|--------|
| 4 x One Mile Relay * | _____ | _____ |
| Shuttle Hurdle Relay | _____ | _____ |
| 4 x 100 meter Relay | _____ | _____ |
| Sprint Medley Relay | _____ | _____ |
| 4 x 800 meter Relay | _____ | _____ |
| 4 x 200 meter Relay | _____ | _____ |
| Distance Medley Relay | _____ | _____ |
| 4 x 400 meter Relay | _____ | _____ |

* Girls 4 x One Mile Relay runs at 9:45 AM

ENTRY FEE IS \$8.00 per relay team - MAXIMUM TEAM FEE IS \$150.00

RETURN THIS FORM WITH A Purchase Order OR CHECK PAYABLE TO:
MASS. STATE RELAYS
MSTCA Tax I.D. NUMBER: 04-3394224

Mail entry and fees to: John Carroll, Relays Director,
 47 Dove Cottage Road, Falmouth, MA 02540

**** ENTRY DEADLINE - in Director's hands - Friday, April 15th, 2005 ****

PRINCIPAL'S SIGNATURE	COACH'S NAME - PRINT
SCHOOL ADDRESS	COACH'S HOME ADDRESS
SCHOOL PHONE	COACH'S HOME PHONE

Does your school need to be invoiced for payment?

Yes _____ No _____ P.O. Number _____

Number or relay teams entered _____ X \$8.00 = \$ _____ Maximum Fee _____