



MSTCA Frank Mooney COACHES XC INVITATIONAL



Sponsored By:

Sanctioned by: MIAA

Sponsored by: Notre Dame Academy-Hingham

Date: November 7, 2015

Time: 9:30am Division 1

Place: Wrentham Developmental Center

12:15pm Division 2

Meet Director: Rick Kates

EMAIL: rkates@ndahingham.com

Races offered and order of races with approximate starting times

9:30am DIV 1 SOPH Boys Race-5K

12:15pm DIV 2 SOPH Boys Race-5K

9:56am DIV 1 SOPH Girls Race-5K

12:38pm DIV 2 SOPH Girls Race-5K

10:18am DIV 1 Frosh Boys Race 3K

1:05pm DIV 2 Frosh Boys Race-3K

10:33am DIV 1 FROSH Girls Race-3k

1:20pm DIV 2 Frosh Girls Race-3K

10:50am DIV 1 JR/SR Boys Race-5K

1:38pm DIV 2 JR/SR Boys Race-5K

11:15am DIV 1 JR/SR Girls Race-5K

2:00pm DIV 2 JR/SR Girls Race-5K

½ break will take place between Division 1 and Division 2 races

Division 1 –MIAA EMass DIV 1,2,3, CMASS D1, WMASS D1

Division 2-MIAA EMASS DIV 4,5,6, CMASS D2, WMASS D2

TIME LIMITS-We will not time athletes who cannot meet the following standards for that race-the chute will be closed. These limits are established/reviewed by the MSTCA XC Committee each year.

JR/SR Boys: 22 Minutes

Sophomore Boys: 25 Minutes

Freshman Boys: 16 Minutes

JR/SRGirls: 26 Minutes

Sophomore Girls: 28 Minutes

Freshman Girls: 18 Minutes

Awards: Individual Plaques 1-3 Medals 4-50 in each race.

Entry Fees: \$20 per athlete entered. Minimum entry fee per school \$50. Maximum entry fee is \$250 per school. All PO's, checks or single payment must be received prior to the meet-if not received-your team will not be allowed to compete.

Make checks out to MSTCA and mail to:

Mrs Elaine Mooney
60 Cynthia Rd
Seekonk, MA 02771

MSTCA Tax ID # 04-3394224

ENTRY DEADLINE: Monday , November 2, 2015. All entries are done on www.directathletics.com.

IF YOU ARE A NEW COACH IT IS STRONGLY RECOMMENDED THAT YOU CREATE AN ACCOUNT BY AT LEAST 1 WEEK BEFORE YOU BEGIN TO ENTER YOUR TEAM.

LATE ENTRY POLICY:

YOU MUST CONTACT THE MEET DIRECTOR TO ENTER

November 3 late entry fee is \$50 per team

November 4 late entry fee is \$100 per team

After November 4, no entries will be accepted. Late fees must be paid before your team is allowed to compete

MSTCA Single Waiver: Each school must have their Principal/ and or A sign and accompany a team roster and must be submitted to Jim Hoar 31 Campion Rd Yarmouthport, MA 02675 by Sept 21.

See www.mstca.org for a copy of the waiver

COACHES CHECKLIST

- Entries due November 2
- MSTCA waiver due Sept 21
- PO/Check/Single Payment –November 6
- No grills, fires, cooking is allowed at Wrentham grounds
- No dogs, animals are allowed on the fairgrounds
- Coach must keep their athletes from running through the between the building where patients reside.
- Remind your spectators that there is a \$5 parking fee per carload.