



5th Annual Twilight XC Invitational



Meet Corporate Sponsor: Marathon Sports/Saucony

Sanctioned by: MIAA

Sponsored by: Dennis Yarmouth Reg HS

Date: October 24, 2015

Time: 3:00pm

Place: Cape Cod Fairgrounds 1220 Nathan Ellis Hwy, East Falmouth, MA 02536

Meet Director: Jim Hoar

EMAIL: hoarj@dy-regional.k12.ma.us

Races offered and order of races with approximate starting times

Order of Races:

3:00pm 9th Grade Division 1 & Division 2 Freshman B Race Boys & Girls

3:20pm 9th Grade Boys 2.1 miles –MAX 7 entries per school

3:40pm 9th Grade Girls 2.1 miles -MAX 7 entries per school

4:00pm 10th Grade Boys 5K -MAX 7 entries per school

4:25pm 10th Grade Girls 5K –MAX 7 entries per school

4:55pm Division 1 J.V. Boys 5K MAX 10 entries per school

5:25pm Division 2 J.V. Boys 5K MAX 10 entries per school

5:50pm Division 1 J.V. Girls 5K MAX 10 entries per school

6:20pm Division 2 J.V. Girls 5K MAX 10 entries per school

6:50 pm Boys Varsity Division 1 5K –MAX 7 entries per school

7:15pm Girls Varsity Division 1 5K MAX 7 entries per school

7:45 pm Boys Varsity Division 2 5K MAX 7 entries per school

8:10pm Girls Varsity Division 2 5K MAX 7 entries per school

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.

Varsity Boys: 22 Minutes JV Boys: 25 Minutes Freshman Boys: 17 Minutes

Varsity Girls: 26 Minutes JV Girls: 28 Minutes Freshman Girls: 19 Minutes

Awards: Individual medals 1-25 in each race.

Team Awards : Varsity Races Only-Top 3 teams

Special Award: Robert Glennon Award ...team with the lowest total time for your team from the girls and boys varsity races, based out of both divisions.

A coach can opt to go up a division for his or her team but must declare when entering the meet.

A coach can run an individual up one division with permission of the meet director.

Entry Fees: \$15 per athlete entered. Minimum entry fee per school \$50. Maximum total for single gender is \$135 .Maximum entry fee is \$260 per both genders of a 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, October 19, 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

October 20 late entry fee is \$50 per team

October 21 late entry fee is \$100 per team

After October 23, 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 October 19
- MSTCA waiver due Sept 21
- PO/Check/Single Payment –October 23
- No grills, fires, cooking is allowed at Cape Cod fairgrounds
- No dogs, animals are allowed on the fairgrounds
- Remind your spectators that there is a \$5 parking fee per carload to help support MSTCA College Scholarship Fund.