



MSTCA COACHES XC INVITATIONAL



Sponsored By:

Sanctioned by: MIAA

Sponsored by: Brookline HS

Date: November 5, 2016

Time: 9:30am Division 2

Place: Wrentham Developmental Center

12:15pm Division 1

Meet Director: Mike Glennon

EMAIL: [mglennontrack@rcn.com](mailto:mglennontrack@rcn.com)

Races offered and order of races with approximate starting times

9:30am DIV 2 SOPH Boys Race-5K

12:15pm DIV 1 SOPH Boys Race-5K

9:56am DIV 2 SOPH Girls Race-5K

12:38pm DIV 1 SOPH Girls Race-5K

10:18am DIV 2 Frosh Boys Race 3K

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

10:33am DIV 2 FROSH Girls Race-3k

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

10:50am DIV 2 JR/SR Boys Race-5K

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

11:15am DIV 2 JR/SR Girls Race-5K

2:00pm DIV 1 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 can not 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: 16 Minutes

Varsity Girls: 26 Minutes

JV Girls: 28 Minutes

Freshman Girls: 18 Minutes

Awards: Individual medals 1-50 in each race.

**Entry Fees:** Entry fee: \$20 per individual; \$50 minimum

**\$150 max per sex/per school (\$250 maximum per school if both b/g attend )**

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. [MSTCA Tax ID 04-3394224](#)

Make checks out to MSTCA and mail to:

Mrs Elaine Mooney

60 Cynthia Rd

Seekonk, MA 02771

ENTRY DEADLINE: Monday , November 1, 2016. All entries are done on [www.directathletics.com](http://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 2 late entry fee is \$100 per team

November 3 late entry fee is \$150 per team

After November 3, 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](http://www.mstca.org) for a copy of the waiver

**COACHES CHECKLIST**

- Entries due November 2, 2106
- MSTCA waiver due Sept 21, 2016
- PO/Check/Single Payment –November 3, 2016
- 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.
- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.
- ANNUAL CAN FOOD DRIVE TAKES PLACE AT THIS MEET-WE ASK EACH ATHLETE TO BRING 1 CAN GOOD-4,000 CANS WILL BE DONATED TO LOCAL FOOD PANTRIES-PLEASE HELP SUPPORT LOCAL FAMILIES!!!!!!!!!!**