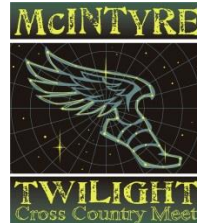




## 6<sup>th</sup> Annual Twilight XC Invitational



Meet Corporate Sponsor: Marathon Sports/Saucony

Sanctioned by: MIAA

Sponsored by: Dennis Yarmouth Regional HS

Date: October 15, 2016

Time: 3:00pm

Place: Cape Cod Fairgrounds

Meet Director: Jim Hoar

EMAIL: [hoarj@dy-regional.k12.ma.us](mailto:hoarj@dy-regional.k12.ma.us)

Races offered and order of races with approximate starting times

Order of Races:

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

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

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

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

4:30pm 10th Grade Boys 5K –MAX 7 entries per school

4:57pm Division 1 J.V. Girls 5K MAX 10 entries per school

5:26pm Division 2 J.V. Girls 5K MAX 10 entries per school

5:56pm Division 1 J.V. Boys 5K MAX 10 entries per school

6:22pm Division 2 J.V. Boys 5K MAX 10 entries per school

6:48 pm Girls Varsity Division 2 5K –MAX 7 entries per school

7:14 pm Boys Varsity Division 2 5K MAX 7 entries per school

7:36 pm Girls Varsity Division 1 5K MAX 7 entries per school

8:02 pm Boys Varsity Division 1 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 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: 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.

Teams can opt to go up a division for his or her team but must declare when entering the meet-Contact Meet Director Jim Hoar

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

**Entry Fees:** Entry fee: **\$15** per individual; **\$50 minimum**

**\$150** max per sex/per school (**\$275 maximum per school if both b/g attend**)

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  
MSTCA Tax ID # 04-3394224

ENTRY DEADLINE: Monday , October 10, 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**

October 11\_ Late entry fee is \$100 per team

October 12 Late entry fee is \$150 per team

After October 12 , 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 Champion 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 October 10, 2016
- MSTCA waiver due Sept 21, 2016
- PO/Check/Single Payment –October 15, 2016
- 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.
- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.