



MSTCA Bay State XC Invitational

Meet Corporate Sponsor: M-F Athletic

Place: Northfield Mountain Recreation Center
Site of the 2018 MIAA XC State Meet

Sanctioned by: MIAA

Sponsored by: Northampton HS

Meet Director: Brandon Palmer

EMAIL: coachpalmer4@gmail.com

Date: October 13, 2018

Time: 11:00am

Sanctioning for the following states has been approved and athletes from member schools are allowed to compete in this invitational: Massachusetts, Rhode Island, Connecticut, New Hampshire, New York, and Vermont.

Order of Races (Start Times are Approximate)

11:00 am	Girls "Kathleen Schnaittcher" A Race
11:30 am	Girls "Eileen Kane" B Race
12:00 pm	Girls "Ken Caouette" C Race
12:30 pm	Boys "Peter Conroy" A Race
1:00 pm	Boys "William Kane" B Race
1:30 pm	Boys "Scott Burdick C Race

FORMAT: This is a Varsity only competition for teams to have a chance to compete on the MIAA XC State Meet course. Teams may enter one team per gender of up to 12 athletes with NFHS scoring rules. Entered teams will be placed in races by the MSTCA XC Committee to create 4 equal and balanced races. Teams racing both genders will be assigned to races with the same letter. Race assignments will be posted on www.mstca.org by Wednesday October 10, 2018.

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.

Boys Races: 22 Minutes

Girls Races: 26 minutes

Individual Awards: Medals to finishers 1-25 in each race.

Team Awards : Top 2 Teams in each of the races.

Entry Limits

Schools may enter one team per gender of 12 athletes with NFHS scoring rules

Entry Fees: \$100 per gender per school.

\$25 per individual. Minimum entry fee per school: \$50.

All PO's, checks or single payment must be received prior to the meet. If nothing is received, then your team will not be allowed to compete. Make checks out to MSTCA and mail to:

MSTCA
c/o Bay State Entries
956 Turnpike Road, Unit D
Canton, MA 02021

POs can be sent electronically to:

mstca.billing@gmail.com

MSTCA Tax ID # 04-3394224

ENTRY DEADLINE: Monday, October 8, 2018. 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

IF YOU MISS THE ENTRY DEADLINE, YOU MUST CONTACT THE MEET DIRECTOR TO ENTER

October 9: Late entry fee is \$50 per single gender team

October 10: Late entry fee is \$100 per single gender team

After October 10, 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 AD sign and accompany a team roster and must be submitted to Jim Hoar, 31 Campion Road, Yarmouthport, MA 02675 by September 19, 2018. See below or visit www.mstca.org for a copy of the waiver.

COACHES CHECKLIST

- Entries due Monday, October 8, 2018
- MSTCA waiver due Wednesday, September 19, 2018
- PO/Check/Single Payment – October 11, 2018
- No grills, fires, or cooking is allowed at the Northfield Mountain Recreation Center grounds.
- No dogs or other animals are allowed on the Northfield Mountain Recreation Center grounds
- All tents must be WEIGHTED & SECURED
- No Drones are allowed at any MSTCA events.



MSTCA SINGLE WAIVER FORM – FALL 2018

Please take the time to have this waiver form signed, attach your roster, and mail it in. Once you do that, your waiver responsibilities for the fall are completed!

I attest that all the athletes that will be participating from our school in the MSTCA fall meets are student athletes, in good standing, in our high school and are bona fide members of our team. Our school district recognizes that there are certain risks associated with participating in this sport and waives, releases, and holds harmless the MSTCA organization, its officers, sponsors and representatives, as well as the host community, from any injury that may be incurred by an athlete in the normal course of participation in these MSTCA events. *My school also agrees to have a PO or payment in the hands of MSTCA before any meet they compete in.*

THIS IS NOT AN ENTRY FORM

School's Name _____

Boys Team _____ Girls Team _____ Both _____

Principal OR Athletic Director's Signature _____

School's Phone Number _____

Date _____

Please attach your cross country teams' rosters and mail everything to:

Jim Hoar
31 Champion Road
Yarmouthport, MA 02675

THIS MUST BE RECEIVED NO LATER THAN WEDNESDAY, SEPTEMBER 19, 2018



MSTCA
COACH'S EMERGENCY CONTACT FORM

Please fill out and bring the day of the meet and turn it in before you pick up your meet packet. We need this form in case one of your athletes gets injured.

SCHOOL NAME _____

COACH'S NAME _____

COACH'S CELL NUMBER _____

BOY'S TEAM _____ **GIRL'S TEAM** _____ **BOTH** _____

Each school is responsible to have a rally point for their team in case of an emergency - including weather. Please make sure all of your student-athletes are aware of your plan. This form will be given to the Athletic Trainer in case of an injury to one of your student-athletes, and s/he will contact you.

In case of a medical situation that requires 911 to be accessed, the meet may be put on hold until the situation subsides by local public safety.

In case of inclement weather, all teams will evacuate under the direction of the Meet Director and/or Police to the closest facility or bus.