



Frank Kelley XC Invitational

Meet Corporate Sponsor: Marathon Sports

Place: Wrentham Developmental Center

Sanctioned by: MIAA

Sponsored by: West Bridgewater HS

Meet Director: Jayson Sylvain

EMAIL: jsylvain@wbridgewater.com

Date: September 29, 2018

Time: Division 1 9:30 am

Division 2 1:25 pm

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. Out of state teams will be notified of their division placement by the meet director.

Order of Races (Start Times are Approximate)

9:30 am	DIV 1 9-10 Girls Race - 3K
9:49 am	DIV 1 9-10 Boys Race - 3K
10:06 am	DIV 1 11-12 Girls Race - 3K
10:25 am	DIV 1 11-12 Boys Race - 3K
10:42 am	DIV 1 Open Girls Race - 5K
11:11 am	DIV 1 Open Boys Race - 5K
11:37 am	Championship Girls Race - 7 per team [Division 1 & 2]
12:04 pm	Championship Boys Race - 7 per team [Division 1 & 2]
12:30 pm	Middle School Girls Race
1:00 pm	Middle School Boys Race
1:25 pm	DIV 2 9-10 Girls Race - 3K
1:44 pm	DIV 2 9-10 Boys Race - 3K
2:01 pm	DIV 2 11-12 Girls Race - 3K
2:20 pm	DIV 2 11-12 Boys Race - 3K
2:37 pm	DIV 2 Open Girls Race - 5K
3:06 pm	DIV 2 Open Boys Race - 5K

Division 1 – MIAA EMass DIV 1,2,3, CMass D1, WMass D1, non-MA schools: 1,000 or more 9-12 students

Division 2 – MIAA EMass DIV 4,5,6, CMass D2, WMass D2, non-MA schools: under 1,000 9-12 students

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.

Championship Boys: 22 Minutes Open Boys: 25 Minutes 3K Boys: 16 Minutes

Championship Girls: 26 Minutes Open Girls: 28 Minutes 3K Girls: 18 Minutes

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

Team Awards Top 3 Teams - Championship Races Only

Entry Information and Limits

- There is no need to declare which athletes are in which races prior to the date of the meet.
- Up to 7 athletes may be entered in each of the Championship races. Coaches are not required to enter any athletes in the Championship races.
- An unlimited number of athletes may be entered in the Open 3K and 5K races, but all athletes should be able to meet the time limit standards posted above.
- Younger athletes may be entered in the 11-12th Grade 3K races, but older athletes may not be entered in the 9-10th Grade 3K races.
- The Championship races are open to teams from both Division 1 and Division 2.
- The Championship races are the only races which will be team scored.

Entry Fees: **\$15** per individual. Minimum entry fee per school: **\$50**.
 \$175 max per gender per school (**\$350 maximum per school if both b/g attend**)

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 Frank Kelley 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, September 24, 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:

YOU MUST CONTACT THE MEET DIRECTOR TO ENTER

September 25: Late entry fee is \$50 per single gender team

September 26: Late entry fee is \$100 per team

After September 27, 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, September 24, 2017
- MSTCA waiver due Wednesday, September 19, 2018
- PO/Check/Single Payment – September 28, 2018
- No grills, fires, or cooking is allowed at the Wrentham Development Center grounds.
- No dogs or other animals are allowed on the Wrentham Development Center grounds
- Coaches must keep their athletes from running between the buildings 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.



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!

Failure to submit by the deadline will result in a warning. A second offense will result in a \$50.00 late fee.

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 Campion 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.