



MSTCA Frank Mooney Coaches XC Invitational

Meet Sponsor: HOKA	Location: Wrentham Developmental Center
Sanctioned by: MIAA	Sponsored by: Brookline High School
Meet Director: Mike Glennon	EMAIL: mglennontrack@gmail.com
Date: November 2, 2019	Time: Division 1 9:30 am Division 2 1:00 pm

Division 1 – MIAA EMass Divisions 1,2,3, CMass D1, WMass D1
Division 2 – MIAA EMass Divisions 4,5,6, CMass D2, WMass D2

Order of Races

9:30 am	Division 1 Sophomore Girls Race - 5K
9:59 am	Division 1 Sophomore Boys Race - 5K
10:25 am	Division 1 Freshman Girls Race - 3K
10:44 am	Division 1 Freshman Boys Race - 3K
11:01 am	Division 1 Junior Girls Race - 5K
11:28 am	Division 1 Junior Boys Race - 5K
11:51 am	Division 1 Senior Girls Race - 5K
12:18 pm	Division 1 Senior Boys Race - 5K
1:00 pm	Division 2 Sophomore Girls Race - 5K
1:29 pm	Division 2 Sophomore Boys Race - 5K
1:55 pm	Division 2 Freshman Girls Race - 3K
2:14 pm	Division 2 Freshman Boys Race - 3K
2:31 pm	Division 2 Junior/Senior Girls Race - 5K
2:58 pm	Division 2 Junior/Senior Boys Race - 5K

Time Limits With 14 races on the schedule, the MSTCA must follow a strict time schedule. Therefore, we are unable to time athletes who cannot meet the following standards for their race - the clock will be off, but the chute will still be open. These limits are established/reviewed by the MSTCA XC Committee each year.

Girls

Junior/Senior Races: 26 minutes
Sophomore Races: 28 minutes
Freshman Races: 18 minutes

Boys

Junior/Senior Races: 22 minutes
Sophomore Races: 25 minutes
Freshman Races: 16 minutes

Awards Medals to finishers 1 - 50 in each race.

Entry Information and Limits

- The Division 1 Junior/Senior races have been split in order to provide a safer racing environment for the athletes. Please enter athletes in their grade appropriate races.
 - An unlimited number of athletes may be entered in each race.
 - Younger athletes may be entered in older races, but older athletes cannot be entered in younger races.
 - There is no team scoring for any race.
-

Entry Deadline Monday , October 28, 2019

All entries are done on www.directathletics.com.

Late Entry Policy

If a school misses the Monday deadline, the coach must contact and receive permission from the Meet Director to enter.

October 29: Late entry fee is \$50 per single gender team

October 30: Late entry fee is \$100 per single gender team

After October 30, no entries will be accepted. Late fees must be paid before your team is allowed to compete.

Entry Fees: **\$21** per individual
 \$205 max per sex/per school (**\$385 maximum per school if both b/g attend**)

Each school must notify the MSTCA's Finance Officer at mstca.billing@gmail.com of its payment plan for the entry fees prior to the day of the meet.

** If a school is using the MSTCA's Single Payment method, the school should notify the MSTCA via email and include any Purchase Order number which is attached to the Single Payment.

** If a school is paying with a Purchase Order for this meet only, the school should notify the MSTCA of the PO number via email.

** If a school is paying by check in advance, the school should mail the check to the address listed below and notify the MSTCA via email.

** If a school is paying by check on the day of the meet, the school should notify the MSTCA of this intent via email.

Please make checks out to **MSTCA** and mail to:

MSTCA
c/o Frank Mooney Coaches Entries
956 Turnpike Road, Unit D
Canton, MA 02021

MSTCA Tax ID # 04-3394224

MSTCA Single Waiver Each school must have their Principal and/or AD sign and accompany a team roster and must be submitted to MSTCA President Jim Hoar, 31 Campion Road, Yarmouthport, MA 02675 by September 18, 2019. Forms/Rosters may also be sent electronically to hoarj@dy-regional.k12.ma.us. See below or visit www.mstca.org for a copy of the waiver.

ADDITIONAL NOTES

- 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.

- The annual MSTCA Canned Food Drive takes place at this meet. The MSTCA is asking that each athlete please bring 1 canned good to this meet. Together we can donate over 4,000 cans to local food pantries for the holiday season. Please help support local families in need!**