

4th Annual Bob McIntyre Twilight Cross Country Invitational Meet

Sponsored by: Dennis Yarmouth Regional High School
Hosted by: Mass State Track Coaches Association
Meet Director: Jim Hoar **Event Manager:** Jim Hoar

SPONSORED BY: MARATHON SPORTS

When: Saturday October 18 , 2014
Time: 4:30 P.M.
Where: Barnstable Fairgrounds off route 151 in Falmouth Mass.

Order of Races:

4:30 9 th Grade Boys	2.1 miles only 10 entries
4:50 9 th Grade Girls	2.1 miles only 10 entries
5:10 10 th Grade Boys	3.1 miles only 10 entries
5:35 10 th Grade Girls	3.1 miles only 10 entries
6:00 J.V. Girls	3.1 miles only 7 entries
6:25 J.V. Boys	3.1 miles only 7 entries
6:50 Boys Varsity large schools	3.1 miles only 7 entries
7:10 Girls Varsity large schools	3.1 miles only 7 entries
7:35 Boys Varsity small schools	3.1 miles only 7 entries
7:55 Girls Varsity small schools	3.1 miles only 7 entries

New this year! Time limits...if your athlete does not make the following time limit they will not be allowed in the chute and will not be timed.

9th Grade boys race:17m 9th grade girls race:19m 10th Grade boys race: 25m
10th Grade girls race:28m JV Boys race:25m JV girls race:28m Boys varsity race:23m
Girls varsity race: 24m.....Please keep athletes who can not make these times home.
This is a state level meet.

Awards:

Top 25 in each race *Varsity Race:* Top 3 teams receive a plaque
Special award...Robert Glennon Award ...team with the lowest total time for your top 5
runners from the girls and boys varsity races either large schools or small schools. A
coach can opt to go up a division for his or her team but must declare when entering the
meet. A coach can run an individual up one division with permission of the meet director.
Team awards can be picked up at the finish line tent.

Cost: \$15.00 per individual
\$50.00 minimum per school

Maximum fee per school \$135.00 per single sex
\$260.00 maximum per school

**Varsity and JV Races Limited to 7 per school all other races are limited to 10
entires!!!!**

MSTCA tax number 043394224

PO and Checks made out to MSTCA and mailed to Elaine Mooney 60 Cynthia Rd Seekonk, Mass.02771. **MSTCA must receive a check or PO before the athletes can compete.**

Entry deadlines, Oct 14th 2014 by 12:00 p.m. **All entries must be entered onto Direct Athletics before this deadline. Once you enter on DA you are responsible for payment of the entry fees.** www.directathletics.com

Single Waiver forms with rosters must be in the hands of Jim Hoar before the meet!

Late Entry Policy: If you miss the deadline call the meet director to enter...Oct 15 \$50 fine per team, Oct 16 \$100 fine per team after this date no team will be accepted. All fines must be paid before competing.

Meet Director: Jim Hoar 508.258.0038 cell 5087767589 hoarj@dy-regional.k12.ma.us

Bus Parking....please follow the directions for parking like last year.

Spectators Admission Fee: adults \$3 a person \$5 a couple..Children \$2