



**Mass State Track Coaches Association**



# 40<sup>th</sup> Annual Cross Country Invitational Meet

**Sanctioned by :** MIAA

**Sponsored by :** Notre Dame Academy – Hingham

**Date :** Nov 1, 2014

**Place:** Wrentham Developmental Center-Wrentham Mass

**Time:** 9:30 a.m.

**Meet Director /Event Manager** Rick Kates rkates@ndahingham.com

**Supported by :** Asics Corporation

**Order of Races:**

9:30 a.m. 10<sup>th</sup> Grade Boys Div 2...5K

12:30 p.m. 10<sup>th</sup> Grade Boys Div 1 5K

9:55 a.m. 10<sup>th</sup> Grade Girls Div 2 5K

12: 55 p.m. 10<sup>th</sup> Grade Girls Div 1 5K

10:15 a.m. 9<sup>th</sup> Grade boys Div 2 ..3K

1:15 p.m. 9<sup>th</sup> Grade Boys Div 1 3K

10:35 a.m. 9<sup>th</sup> Grade Girls Div 2...3K

1:35 p.m. 9<sup>th</sup> Grade Girls Div 1 3K

10:55 a.m. 11-12<sup>th</sup> Grade Boys Div 2..5K

1:55 p.m. 11-12<sup>th</sup> Grade Boys Div 1 5K

11:20 a.m. 11-12<sup>th</sup> Grade Girls Div 2.. 5K

2: 20p.m. 11-12<sup>th</sup> Grade Girls Div 1 5K

**NEW!!! Time limit...we will not time athletes who can not make the following standard for that race.**

**The chute will be closed . We ask you not to bring them to this state level meet.**

**JR/SR boys 22m JR/SR Girls 26m SOPH Boys 25m SOPH Girls 28 Frosh Boys 16m Frosh Girls 18**

**Awards:** Plaques will be awarded to places 1-3 in each race

Medals will be awarded for places 4-50 in each race

**Entry Limitations: None except see new time limit**

**Cost:** \$20 per individual

\$50 minimum per school

Maximum per single sex..\$125 per school

\$225 maximum per school entering a boys and girls team.

MSTCA must receive a PO or Check before you can compete.

All entry fees are made out to MSTCA and mailed to :

MSTCA Elaine Mooney 60 Cynthia Rd Seekonk Mass 02771. **Tax ID # 043394224**

**Entry Deadline is Monday Oct 27<sup>th</sup>.....Late fee policy....if you miss the deadline you must contact the meet director to enter.....Oct 28<sup>th</sup> \$50 fine per team.....Oct 29<sup>th</sup> \$100 fine per team...after this date no one will be allowed to enter. All Fines must be paid before competing. Once you enter onto DA you are responsible for payment of the entry fee.**

### **MSTCA XC Coaches Checklist for Entry Deadlines for this Meet**

Single Waiver forms & rosters must have been sent to [By September 15 for all MSTCA XC Meets]

Mail to: Jim Hoar 31 Campion Rd. Yarmouthport, Mass 02675

Purchase order or Check made out to MSTCA –Must be received by Thursday, October 30

Entries due on [www.directathletics.com](http://www.directathletics.com) by Monday, October 27

Check/Verify/Do Not enter student athletes taking the SAT on this day

Check/Verify/Do not enter the student athletes who can not make the time limit.

Teams must be accompanied by the school coach or a designated adult with the permission from the school printed on the school letterhead and signed by the principal.

Collect/Challenge team to bring can food to the meet for the annual drive for local food pantries on meet day.

Remind parents/spectators about parking fee and no dogs.