



7th Annual Bob McIntyre Twilight XC Invitational

Meet Corporate Sponsor: Marathon Sports/Saucony

Place: Cape Cod Fairgrounds

Sanctioned by: MIAA

Sponsored by: Dennis Yarmouth Regional HS

Meet Director: Jim Hoar

EMAIL: hoarj@dy-regional.k12.ma.us

Date: October 21, 2017

Time: 3:00pm

Order of Races (Start Times are Approximate):

3:00 pm	9 th Grade Division 1 & Division 2 Freshman B Race Boys & Girls
3:20 pm	9th Grade Girls 2.1 miles – MAX 7 entries per school
3:40 pm	9th Grade Boys 2.1 miles – MAX 7 entries per school
4:00 pm	10th Grade Girls 5K – MAX 7 entries per school
4:30 pm	10th Grade Boys 5K – MAX 7 entries per school
4:57 pm	Division 1 J.V. Girls 5K – MAX 10 entries per school
5:26 pm	Division 2 J.V. Girls 5K – MAX 10 entries per school
5:56 pm	Division 1 J.V. Boys 5K – MAX 10 entries per school
6:22 pm	Division 2 J.V. Boys 5K – MAX 10 entries per school
6:48 pm	Division 1 Girls Varsity 5K – MAX 7 entries per school
7:14 pm	Division 1 Boys Varsity 5K – MAX 7 entries per school
7:36 pm	Division 2 Girls Varsity 5K – MAX 7 entries per school
8:02 pm	Division 2 Boys Varsity 5K – MAX 7 entries per school

Division 1– MIAA EMASS DIV 1,2,3, CMASS D1, WMASS D1

Division 2– MIAA EMASS DIV 4,5,6, CMASS D2, WMASS D2

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.

Varsity Boys: 22 Minutes

JV/Sophomore Boys: 25 Minutes

Freshman Boys: 17 Minutes

Varsity Girls: 26 Minutes

JV/Sophomore Girls: 28 Minutes

Freshman Girls: 19 Minutes

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

Team Awards : Top 3 Teams in the Varsity Races Only

Special Award : Robert Glennon Award earned by the school with the lowest total time for your team from the girls and boys varsity races; based out of both divisions.

Division Change

Teams can opt to go up a division for his or her team but must declare when entering the meet-Contact Meet Director Jim Hoar

A coach can run an individual up one division with permission of the meet director.

Entry Fees: \$15 per individual; \$50 minimum
\$175 max per sex/per school (\$325 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:

Mrs. Elaine Mooney
60 Cynthia Rd
Seekonk, MA 02771

MSTCA Tax ID # 04-3394224

ENTRY DEADLINE: Monday , October 16, 2017 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

October 17: Late entry fee is \$100 per team

October 18: Late entry fee is \$150 per team

After October 18, 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 Sept 20, 2017. See below or visit www.mstca.org for a copy of the waiver.

COACHES CHECKLIST

- Entries due October 16, 2017
- MSTCA waiver due September 20, 2017
- PO/Check/Single Payment – October 19, 2017
- No grills, fires, or cooking is allowed at the Cape Cod Fairgrounds
- No dogs or other animals are allowed on the fairgrounds
- Remind your spectators that there is a \$5 parking fee per carload to help support MSTCA College Scholarship Fund.
- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.



MSTCA SINGLE WAIVER FORM – FALL 2017

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 Champion Road
Yarmouthport, MA 02675

THIS MUST BE RECEIVED NO LATER THAN WEDNESDAY, SEPTEMBER 20, 2017



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.