



MSTCA Frank Mooney Coaches XC Invitational

Meet Corporate Sponsor: ASICS

Place: Wrentham Developmental Center

Sanctioned by: MIAA

Sponsored by: Brookline HS

Meet Director: Mike Glennon

EMAIL: mglennontrack@rcn.com

Date: November 3, 2018

Time: Division 2 9:30 am

Division 1 12:15 pm

Order of Races (Start Times are Approximate)

9:30 am	DIV 2 SOPH Girls Race - 5K	12:15 pm	DIV 1 SOPH Girls Race - 5K
9:59 am	DIV 2 SOPH Boys Race - 5K	12:44 pm	DIV 1 SOPH Boys Race - 5K
10:25 am	DIV 2 FROSH Girls Race - 3K	1:10 pm	DIV 1 FROSH Girls Race - 3K
10:44 am	DIV 2 FROSH Boys Race - 3K	1:29 pm	DIV 1 FROSH Boys Race - 3K
11:01 am	DIV 2 JR/SR Girls Race - 5K	1:46 pm	DIV 1 JUNIOR Girls Race - 5K
11:28 am	DIV 2 JR/SR Boys Race - 5K	2:13 pm	DIV 1 JUNIOR Boys Race - 5K
		2:36 pm	DIV 1 SENIOR Girls Race - 5K
		3:03 pm	DIV 1 SENIOR Boys Race - 5K

There will be a 30 minute break between the Division 2 and Division 1 races.

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 their race; the chute will be closed. These limits are established/reviewed by the MSTCA XC Committee each year.

JR & SR Boys: 22 Minutes

SOPH Boys: 25 Minutes

FROSH Boys: 16 Minutes

JR & SR Girls: 26 Minutes

SOPH Girls: 28 Minutes

FROSH Girls: 18 Minutes

Individual Awards: Medals to finishers 1-50 in each race.

Entry Fees: \$20 per individual; Minimum entry fee per school: \$50.
\$175 max per gender per school (**\$375 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 Mooney Coaches 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, October 29, 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

IF YOU MISS THE ENTRY DEADLINE, YOU MUST CONTACT THE MEET DIRECTOR TO ENTER

October 30: Late entry fee is \$50 per team per single gender team

October 31: Late entry fee is \$100 per team

After October 31, 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 October 29, 2018
- MSTCA waiver due September 19, 2018
- PO/Check/Single Payment – November 1, 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.
- 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!**



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!

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.