



9th Annual Bob McIntyre Twilight XC Invitational

Meet Sponsors:	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
Dates:	October 18, 2019 (D1) October 19, 2019 (D2)	Time:	October 18 th 5:00 pm October 19 th 5:00 pm
Rotation for Friday Races:	2019 – Division 1	2020 – Division 2	2021 – Division 1

Sanctioning for the following states has been approved and athletes from member schools are allowed to compete in this invitational: Massachusetts, Rhode Island, Connecticut, New Hampshire, New York, and Vermont. Out of state teams will be notified of their division placement by the meet director.

Division 1 – MIAA Schools and non-Massachusetts schools: 1,050 or greater 9-12 students

Division 2 – MIAA Schools and non-Massachusetts schools: 1,049 or fewer 9-12 students

This threshold has been created to allow for a similar number of racers to compete each night. Schools needing to switch their race date must petition the Meet Director a minimum of 10 days prior to the meet.

Order of Races

5:00 pm	Freshman Girls – 2.1 miles
5:25 pm	Freshman Boys – 2.1 miles
5:45 pm	Sophomore Girls – 5K
6:15 pm	Sophomore Boys – 5K
6:40 pm	Junior Varsity Girls – 5K
7:10 pm	Junior Varsity Boys – 5K
7:35 pm	Varsity Girls – 5K
8:00 pm	Varsity Boys – 5K

TIME LIMITS With 8 races in a short time period, 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.

<u>Girls</u>		<u>Boys</u>	
Varsity:	26 minutes	Varsity:	22 minutes
Junior Varsity:	28 minutes	Junior Varsity:	25 minutes
Sophomore:	28 minutes	Sophomore:	25 minutes
Freshman:	19 minutes	Freshman:	17 minutes

Awards Medals to finishers 1-25 in each race. Medals will be distributed in the chute.

Plaques to the Top 3 Teams in the Varsity Races only.

Robert Glennon Award earned by the school with the lowest combined total team time from both the girls and boys varsity races. Award is given each night.

Entry Information and Limits

- Up to 7 athletes may be entered in each of the Varsity races. Coaches are **not** required to enter any athletes in the Varsity races.
- Up to 10 athletes may be entered in each of the Junior Varsity races. This restriction is strictly enforced in order to maintain a safe racing environment for the athletes.
- An unlimited number of athletes may be entered in the Sophomore and Freshman races, but all athletes should be able to meet the time limit standards posted above.

Entry Deadline **Monday , October 14, 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 15: Late entry fee is \$50 per single gender team

October 16: Late entry fee is \$100 per single gender team

After October 16, 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 Twilight Invitational 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 Cape Cod Fairgrounds
- No dogs or other animals are allowed on the fairgrounds
- Remind your spectators that there is a \$5/adult entry fee to help support MSTCA College Scholarship Fund.
- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.