

# 66<sup>th</sup> Annual Wachusett Invitational Cross Country Meet

Saturday October 5<sup>th</sup>, 2024 – 10:30 a.m.

Wachusett Regional High School

## Sanctioning:

MIAA

## Meet Director:

Mike O'Malley – 774 232 2184

[wrhscoacho@gmail.com](mailto:wrhscoacho@gmail.com)

## School Participation Info:

This meet is open to all eligible student athletes of MIAA member schools

All athletes must be accompanied by a coach or school representative

## Entry Deadline:

Online entries must be completed by Wednesday October 2<sup>nd</sup> on [www.athletic.net](http://www.athletic.net)  
by 8:00 p.m.

**\* Late entries will NOT be accepted \***

## Team Waiver Deadline:

Team waiver forms can be found with the meet info

Team waiver forms must be received by Friday October 4<sup>th</sup>

Mail waiver forms to: Mike O'Malley, 68 Holden St. Apt. #1, Worcester, MA 01605 – or –  
email @ [wrhscoacho@gmail.com](mailto:wrhscoacho@gmail.com)

## Emergency Contact Form:

Emergency contact forms can be found with the meet info

All coaches must fill out the Emergency Contact form, which can be emailed or mailed to the meet director, or if not either of those, must be filled out at the meet

## Entry Fees:

\$30 per individual entry

\$200 max per gender per school if @ or under 20 total entries

\$350 max per gender per school if over 20 total entries

Entry fees are not participation fees; meaning after entries have closed, schools are then responsible for payment of all those who are entered, regardless of whether they actually compete or not on meet day

Purchase orders or checks should be mailed as soon as possible to:

Mike O'Malley  
68 Holden St. Apt. #1  
Worcester, MA 01605

Payable to: Wachusett Regional School District or WRSD

**\* All schools must notify Mike O'Malley @ [wrhscoacho@gmail.com](mailto:wrhscoacho@gmail.com) of their plan for payment to cover their meet entries by Friday October 4<sup>th</sup>; schools that do not take this step will not be allowed to compete**

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## Competition Info:

This meet will be open to both boys & girls teams and student athletes

Team packets need to be picked up on race day & will be distributed inside the baseball field

Athletes are asked to not stop their watch, if one is worn during the race, as they cross the finish line as that may interfere with the timing system

## Athlete & School Participation Limitation:

Max of 10 athletes per gender for Championship races

Unlimited number of entries in the JV, Freshman, and Middle School races

Freshmen may run in the Championship, JV, and Freshman races;  
only freshmen are allowed entry in the Freshman races

Middle School athletes may compete in the Championship or JV races if grades 7-12 are in a school under one principal;  
otherwise all athletes below grade 9 may only compete in the Middle School races

## Race Time Limitations:

Due to the number of races on the schedule, the time standards must be strictly adhered to  
Please do not enter athletes who are not able to complete their race in under the allotted time

**Middle School: 30 minutes (boys) and 35 minutes (girls)**

**Freshmen & JV: 30 minutes (boys) and 35 minutes (girls)**

**Championship: 25 minutes (boys) and 30 minutes (girls)**

The clock will be shut off for each race by the above time limits or earlier should all participants be finished

## Race Schedule:

Middle School course: 1.7 mi. race    Freshmen, JV, & Championship course: 5K (3.1 mi.) race

**\* Rolling time schedule \***

**\* Races may run up to 10-15 minutes ahead of schedule, depending on previous races' finish \***

**\* All teams & runners should report to the holding area no later than 10 minutes ahead of the start of their race \***

10:30 a.m. – Girls Middle School Race

11:10 a.m. – Boys Middle School Race

11:45 a.m. – Girls Freshmen Race

12:25 p.m. – Boys Freshmen Race

1:00 p.m. – Girls JV Race

1:40 p.m. – Boys JV Race

2:15 p.m. – Girls Championship Race

2:50 p.m. – Boys Championship Race

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## Coaches, Athlete, & Spectator Restrictions:

Teams can view the course on Thursday October 3<sup>rd</sup> or Friday October 4<sup>th</sup> after 3:00 p.m.; please contact the meet director ahead of time to inform them of plans to view the course

Please do not arrive more than 90 minutes ahead of race time on the day of the meet

Team areas and tents should only be on the baseball outfield or on the outside of the fence near the start/finish line

All tents should be secured and weighed down

**Do not try to cross or pass through the start/finish line or finishing chute area**

**Athletes wearing their bib numbers while attempting to cross near the finish line area can interfere with the timing system for the current race, therefore need to stay away from the entire finish line and finishing chute area**

**Coaches, athletes, and spectators are asked to use the gates of the baseball field in center field or the scoreboard side**

## Coaches Meeting:

There will **NOT** be a coaches meeting held at the meet

## Clerking, Check In, & Holding Area:

Teams and runners should report to the holding area no later than 10 minutes ahead of the start of their race

The holding area is the soccer & field hockey field next to the start/finish line as seen on the course map

## Medical Coverage:

Athletic trainer will be on site at the facility to coordinate and supervise all emergency medical needs; get hold of the meet director should the trainer be needed

## Entry Procedure:

Log on to [www.athletic.net](http://www.athletic.net) to enter your athletes

If your team is not invited on the site, contact the meet director

Enter your individual athletes/team

Be sure to enter your athletes by the entry deadline

**Coaches are asked to enter only the athletes that intend to compete on race day**

## Scoring & Awards:

Scoring will follow all NFHS rules

Team plaques will be presented to the Team Champions and Team Runner-Up for the Middle School & Championship 5K races

Medals will be awarded to the 1<sup>st</sup> through 15<sup>th</sup> places for all races

Please have athletes pick up their awards after results have been announced

## Meet Cancellation:

In the case of inclement weather, a decision will be made the night before and notification will be sent out  
Mike O'Malley – 774 232 2184