



The Run House
RUN YOUR WAY

MSTCA Bay State XC Invitational

Meet Sponsor: The Run House

Location: Wrentham Developmental Center

Sanctioned by: MIAA

Sponsored by: Norton High School

Meet Director: Alexander Evans

Email: aevens4@grad.bryant.edu

Date: September 28, 2024

Time: 10:00 am

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.

Order of Races (Schedule is subject to change depending on the total entries received)

10:00am Junior Varsity Girls HS - 5K (unlimited entries)

10:30 am Varsity Girls 'A' Race - 5K

11:00 am Varsity Girls 'B' Race - 5K

11:30 am Varsity Girls 'C' Race - 5K

12:00 pm Varsity Boys 'A' Race - 5K

12:25 pm Varsity Boys 'B' Race - 5K

12:50 pm Varsity Boys 'C' Race - 5K

1:15 pm Junior Varsity Boys HS - 5K (unlimited entries)

2:00 pm Middle School Girls Race - 3K

2:30 pm Middle School Boys Race - 3K

- Depending on the number of entries, the MSTCA may add races to, or remove races from, the meet.

Format

Teams may enter a maximum of 10 athletes in the Varsity races and an unlimited number of athletes in the Junior Varsity races. The MSTCA will place each school which enters into either the 'A', 'B', or 'C' race in a manner designed to create three equal and balanced competitions. Schools racing both genders will be assigned to races with the same letter. Race assignments will be posted on www.mstca.org by Wednesday, September 25th, 2024.

Awards

Medals to finishers 1-25 in each Varsity and Junior Varsity race.

Medals will be distributed in the chute.

Plaques to the Top 2 Teams in each Varsity race.

Entry Information and Limits

- Schools may enter one team of up to 10 athletes per gender in a Varsity race.
 - Schools may enter an unlimited number of athletes in the Junior Varsity races.
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Entry Deadline

Tuesday, September 24, 2024 at 8:00 pm

- All entries are done on athletic.net.
- No late entries will be accepted.

Entry Fees: **\$21** per individual
 \$240 max per gender per school if 25 entries or less
 \$380 max per gender per school if over 25 entries

For example, if a school enters 30 girls and 20 boys, the total entry fee for the school would be \$620.

** Please note these are entry fees, not participation fees. Once the entries close, each school is responsible for paying the total fee for its entries, regardless of how many relay teams actually compete.

** Each school must notify the MSTCA [using this form](#) of its payment plan for the entry fees prior to the day of the meet.

MSTCA Single Waiver

Each school must have their Principal and/or AD complete the online [2024 Single Waiver](#) by September 6, 2024. A link to the waiver is also available in the Coaches Corner at www.mstca.org. **Please note a school must have this form submitted before its athletes will be allowed to race in any MSTCA meet this season.**

MSTCA Emergency Contact Form

Each coach should complete the [MSTCA Emergency Contact Form](#) prior to participating in any MSTCA event this fall. The MSTCA's Athletic Trainers need this information on hand in case they need to alert a coach of an athlete's status. A link to the form is also available in the Coaches Corner at www.mstca.org.

Course Map

- A map of the site [can be found here](#). The 3K course consists of just the first two loops.

ADDITIONAL NOTES

- 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 \$10 parking fee per carload.
- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.

**** This form was last updated on August 14, 2024 ****