



Bob Glennon Twilight XC Invitational

Meet Sponsors: Asics, The Run House

Location: Cape Cod Fairgrounds, Falmouth

Sanctioned by: MIAA

Sponsored by: Dennis-Yarmouth Regional HS

Meet Director: Jim Hoar

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

Dates: October 12, 2024 (MSTCA Small/Medium)
October 13, 2024 (MSTCA Large)

Time: October 12th 5:15 pm
October 13th 5:30 pm

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 Placement

Massachusetts Schools

MSTCA Large = MIAA Division 1

MSTCA Medium = MIAA Division 2

MSTCA Small = MIAA Division 3

Non-Massachusetts Schools

MSTCA Large = Greater than 1,000 9-12 students

MSTCA Medium = 800 - 1,000 9-12 students

MSTCA Small = Less than 800 9-12 students

*****Schools needing to switch their race date must petition the Meet Director a minimum of 10 days prior to the meet*****

Order of Races

Saturday Night (Small / Medium School Night)

5:15 pm	Novice Coed – 2.1 miles
5:45 pm	Freshman Boys – 2.1 miles
6:05 pm	Freshman Girls – 2.1 miles
6:25 pm	Sophomore Boys – 5K
6:50 pm	Sophomore Girls – 5K
7:20 pm	Junior Varsity Boys – 5K
7:45 pm	Junior Varsity Girls – 5K
8:15 pm	Varsity Small School Boys – 5K
8:40 pm	Varsity Medium School Boys – 5K
9:05 pm	Varsity Small School Girls – 5K
9:35 pm	Varsity Medium School Girls – 5K

Sunday Night (Large School Night)

5:30 pm	Novice Coed – 2.1 miles
6:00 pm	Freshman Boys – 2.1 miles
6:20 pm	Freshman Girls – 2.1 miles
6:40 pm	Sophomore Boys – 5K
7:05 pm	Sophomore Girls – 5K
7:35 pm	Junior Varsity Boys – 5K
8:00 pm	Junior Varsity Girls – 5K
8:30 pm	Varsity Boys – 5K
8:55 pm	Varsity Girls – 5K

TIME LIMITS With 9 - 11 races in a short time period on a 1-Mile looped course in the dark, the MSTCA must follow a strict time schedule. Therefore, we are unable to time athletes who cannot meet the following standards for their race. These limits are established/reviewed by the MSTCA XC Committee each year.

Girls

Varsity: 26 minutes

Junior Varsity: 28 minutes

Sophomore: 28 minutes

Freshman: 19 minutes

Novice: No Time Limit

Boys

Varsity: 22 minutes

Junior Varsity: 25 minutes

Sophomore: 25 minutes

Freshman: 17 minutes

Novice: No Time Limit

Reminder: The Novice race is designed for athletes who may not or will not meet the time limits for the other races. Coaches may enter any athletes in this race, but any boys who will not reach the 1-Mile mark in less than 9 minutes and any girls who will not reach the 1-Mile mark in less than 10 minutes **must** be placed in this race. In all races other than the Novice race, any boy who does not reach the 1-Mile mark within 9 minutes and any girl who does not reach the 1-Mile mark within 10 minutes will be guided off the course at the 1-Mile mark by MSTCA personnel. The MSTCA is taking this action in order to ensure the safety of all runners in each race.

Awards

Medals to finishers 1-25 in each race except for the Novice race.

No medals will be awarded for the Novice race.

Medals will be distributed in the chute.

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

Robert Glennon Cup earned by the school with the lowest combined total team time from both the girls and boys varsity races. The Glennon Cup is presented in each division.

The Team Plaques and the Robert Glennon Cup will be awarded 20 min after the final race of the 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, Freshman and Novice races, but all athletes should be able to meet the time limit standards posted above.
- The Coed Novice race is designed for athletes of all grade levels who would not be able to compete otherwise due to the time limits. Any athlete who will finish at or above the time limits should be entered in this race.

Entry Deadline

Tuesday , October 8, 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

- An updated map of the site [can be found here](#). The 2.1 mile course consists of two loops and the 5 km course consists of three loops.

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 an entry fee to help support the MSTCA McIntyre/Polizzotto Scholarship Fund.
- All tents must be WEIGHTED & SECURED
- Athletes must complete all warm-up and cool-down runs on the Fairgrounds. For their own safety, athletes are NOT ALLOWED to run on the surrounding roads at any time.
- NO DRONES are allowed at any MSTCA events.

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