



The Run House
RUN YOUR WAY

MSTCA Dick Atkinson Invitational

Meet Sponsor: The Run House

Location: Stanley Park, Westfield

Sanctioned by: MIAA

Sponsored by: Northampton High School

Meet Director: Linda Rowbotham

Email: mstca.president@gmail.com

Date: October 19, 2024

Time: 11:00 am

Order of Races

11:00 am	Junior Varsity Girls Race – 5K
11:45 am	Junior Varsity Boys Race – 5K
12:30 pm	Varsity Girls Race – 5K
1:00 pm	Varsity Boys Race – 5K

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

Plaques to the Top 2 Teams in each Varsity race.

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.
- An unlimited number of athletes may be entered in each of the Junior Varsity races.

Entry Deadline

Tuesday, October 15, 2024 at 8:00 pm.

- All entries are done on athletic.net.
 - No late entries will be accepted.
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Entry Fees: \$21 per individual
 \$140 max per gender per school (**\$280 maximum per school if both b/g attend**)

** 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.

ADDITIONAL NOTES

- Should the parking lot at Stanley Park become filled, spectators will be directed to park at a Westfield State University parking lot which is a 10 minute walk from Stanley Park.
- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.

**** This form was last updated on August 25, 2024 ****