



The Run House
RUN YOUR WAY

MSTCA Dick Atkinson Invitational

Meet Sponsor: The Run House

Location: Northfield Mountain, Northfield MA

Sanctioned by: MIAA

Sponsored by: Mahar Regional HS

Meet Director: Sarah Woodward

Email: swoodward24@gmail.com

Date: October 21, 2023

Time: 11:00 am

Order of Races

11:00 am Junior Varsity Boys Race – 5K
11:40 am Junior Varsity Girls Race – 5K
12:20 pm Varsity Boys Race – 5K
1:00 pm Varsity Girls 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 17, 2023 at 8:00 pm.**

- **NEW FOR 2023:** All entries are done on athletic.net.
 - No late entries will be accepted.
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Entry Fees: \$21 per individual
 \$130 max per gender per school (\$260 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.

** **NEW FOR 2023:** 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 [2023 Single Waiver](#) by September 6, 2023. 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.**

ADDITIONAL NOTES

- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.