



# MSTCA Frank Kelley XC Invitational

**Meet Sponsor:** Brooks

**Location:** Wrentham Developmental Center

**Sanctioned by:** MIAA

**Sponsored by:** Hopkinton High School

**Meet Director:** Jean Cann

**Email:** [jcann@hopkinton.k12.ma.us](mailto:jcann@hopkinton.k12.ma.us)

**Date:** September 21, 2024

**Time:** MSTCA Small 9:00 am

MSTCA Large 1:00 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.

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## Division Placement

### Massachusetts Schools

MSTCA Large = MIAA Division 1

MSTCA Small = MIAA Divisions 2 & 3

### Non-Massachusetts Schools

MSTCA Large = Greater than 900 9-12 students

MSTCA Small = 900 or Fewer 9-12 students

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## Awards

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

There will be Team Scoring only in the Championship 5k.

Team Plaques will go to the top 2 Teams in the Championship 5k.

## **Order of Races**

9:00 am	MSTCA Small Freshman Girls Race - 3K
9:20 am	MSTCA Small Freshman Boys Race - 3K
9:40 am	MSTCA Small Sophomore Girls Race - 3K
10:00 am	MSTCA Small Sophomore Boys Race – 3K
10:20 am	MSTCA Small Junior Girls Race - 3K
10:40 am	MSTCA Small Junior Boys Race - 3K
11:00 pm	MSTCA Small Senior Girls Race - 3K
11:20 pm	MSTCA Small Senior Boys Race – 3K
12:00 pm	MSTCA Championship Girls Race - 5K
12:30 pm	MSTCA Championship Boys Race - 5K
1:00pm	MSTCA Large Freshman Girls Race - 3K
1:20pm	MSTCA Large Freshman Boys Race - 3K
1:40pm	MSTCA Large Sophomore Girls Race - 3K
2:00pm	MSTCA Large Sophomore Boys Race - 3K
2:20pm	MSTCA Large Junior Girls Race - 3K
2:40pm	MSTCA Large Junior Boys Race - 3K
3:00pm	MSTCA Large Senior Girls Race - 3K
3:20pm	MSTCA Large Senior Boys Race - 3K

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**Time Limits** With 18 races on the schedule, the MSTCA must follow a strict time schedule. Therefore, we are unable to time athletes who cannot meet the following standards for their race - the clock will be off, but the chute will still be open. These limits are established/reviewed by the MSTCA XC Committee each year.

### Girls

Champ 5K: 26 minutes

HS 3K: 19 minutes

### Boys

Champ 5K: 24 minutes

HS 3K: 19 minutes

## **Entry Information and Limits**

- There is no need to declare which athletes are in which races prior to the date of the meet.
  - Coaches are **not** required to enter any athletes in the Championship races.
  - An unlimited number of athletes may be entered in the 3K races, but all athletes should be able to finish the race within 20 minutes.
  - Younger athletes may be entered in the older 3K races, but older athletes may **not** be entered in the younger 3K races.
  - Middle school athletes may be entered in the Freshman 3K races.
  - The Championship races are open to teams from both the Large and Small Divisions.
  - The Championship races are the only races which will be team scored.
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## **Entry Deadline**

**Tuesday, September 17, 2024 at 8:00 pm.**

- All entries are done on [athletic.net](https://athletic.net).
  - No late entries will be accepted.
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**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](http://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.**

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### **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](http://www.mstca.org).

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### **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 September 11, 2024 \*\***