



MSTCA Frank Mooney Coaches XC Invitational

Meet Sponsors: Hoka, The Run House

Location: Wrentham Developmental Center

Sanctioned by: MIAA

Sponsored by: Brookline High School

Meet Director: Mike Glennon

Email: mglennontrack@gmail.com

Date: November 2, 2024

Time: MSTCA Large 9:00 am

MSTCA Small 12:30 pm

MSTCA Large = MIAA Division 1

MSTCA Small = MIAA Divisions 2 and 3

Order of Races

9:00 am	MSTCA Large Sophomore Girls Race - 5K
9:29 am	MSTCA Large Sophomore Boys Race - 5K
9:55 am	MSTCA Large Freshman Girls Race - 3K
10:14 am	MSTCA Large Freshman Boys Race - 3K
10:31 am	MSTCA Large Junior Girls Race - 5K
10:58 am	MSTCA Large Junior Boys Race - 5K
11:20 am	MSTCA Large Senior Girls Race - 5K
11:47 am	MSTCA Large Senior Boys Race - 5K
12:30 pm	MSTCA Small Sophomore Girls Race - 5K
12:59 pm	MSTCA Small Sophomore Boys Race - 5K
1:25 pm	MSTCA Small Freshman Girls Race - 3K
1:44 pm	MSTCA Small Freshman Boys Race - 3K
2:01 pm	MSTCA Small Junior/Senior Girls Race - 5K
2:28 pm	MSTCA Small Junior/Senior Boys Race - 5K

Time Limits With 14 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

Junior/Senior Races: 26 minutes

Sophomore Races: 28 minutes

Freshman Races: 18 minutes

Boys

Junior/Senior Races: 22 minutes

Sophomore Races: 25 minutes

Freshman Races: 16 minutes

Awards

- Medals to finishers 1 - 30 in each race.
- No Team Awards

Entry Information and Limits

- The MSTCA Large Junior/Senior races are split in order to provide a safer racing environment for the athletes. Please enter athletes in their grade appropriate races.
- An unlimited number of athletes may be entered in each race.
- Younger athletes may be entered in older races, but older athletes cannot be entered in younger races.

Entry Deadline

Tuesday, October 29, 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.
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- **The annual MSTCA Canned Food Drive takes place at this meet. The MSTCA is asking that each athlete please bring 1 canned good to this meet. Together we can donate over 4,000 cans to local food pantries for the holiday season. Please help support local families in need!**

**** This form was last updated on August 22, 2024 ****