



The Run House
RUN YOUR WAY

27th Ted Dutkiewicz Memorial XC Invitational

Meet Sponsor: The Run House

Location: East Longmeadow High School

Sanctioned by: MIAA

Sponsored by: East Longmeadow High School

Meet Director: Michael A. Budd

Email: youralarmguy@aol.com

Date: September 16, 2023

Time: 9:00 am

Order of Races

9:00 am	Boys Frosh Race – 2.14 miles
9:30 am	Girls Frosh Race – 2.14 miles
10:00 am	Boys Junior Varsity Race – 2.14 miles
10:30 am	Girls Junior Varsity Race – 2.14 miles
11:00 am	Boys Varsity Race – 3.0 miles
11:30 am	Girls Varsity Race – 3.0 miles

There will be Team Scores for the Varsity race only.

Awards

Medals to finishers 1-20 in Frosh and Junior Varsity races.

Medals to finishers 1-30 in Varsity races.

Team trophies for the top three teams in the Varsity Divisions.

Entry Information and Limits

- A maximum of 10 runners may be entered in the Varsity races.
 - An unlimited number of athletes may be entered in the Frosh and Junior Varsity races.
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Entry Deadline

Tuesday, September 12, 2023 at 8:00 p.m.

- **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

- No grills, fires, or cooking is allowed on East Longmeadow High School grounds.
- All tents must be WEIGHTED & SECURED
- No Drones are allowed at any MSTCA events.
- The MSTCA is asking that each athlete please bring 1 canned good to this meet. A donation will be made to the local food bank in Ted's name. Please help support local families in need!**