



The Run House
RUN YOUR WAY

28th Ted Dutkiewicz Memorial XC Invitational

Meet Sponsor: The Run House

Location: Stanley Park, Westfield

Sanctioned by: MIAA

Sponsored by: East Longmeadow High School

Meet Director: Michael Budd

Email: youralarmguy@aol.com

Date: September 14, 2024

Time: 9:00 am

Sanctioning for the following states has been approved and athletes from member schools are allowed to compete in this invitational: Massachusetts, Connecticut, Rhode Island.

Order of Races

9:00 am	Girls Frosh Race – ~3 kilometers (exact distance TBA)
9:30 am	Boys Frosh Race – ~3 kilometers (exact distance TBA)
10:00 am	Girls Junior Varsity Race – ~3 kilometers (exact distance TBA)
10:30 am	Boys Junior Varsity Race – ~3 kilometers (exact distance TBA)
11:00 am	Girls Varsity Race – 5 kilometers
11:30 am	Boys Varsity Race – 5 kilometers

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 10, 2024 at 8:00 p.m.

- 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.

VC

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.**

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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.

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.
- **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!**

**** This form was last updated on August 14, 2024 ****