



**The Run House**  
RUN YOUR WAY

## MSTCA XC Relays

**Meet Sponsor:** The Run House

**Location:** Highland Park, Attleboro

**Sanctioned by:** MIAA

**Sponsored by:** West Bridgewater M/S High School

**Meet Director:** Jayson Sylvain

**Email:** [mstca.xc@gmail.com](mailto:mstca.xc@gmail.com)

**Date:** September 9, 2023

**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, Rhode Island, Connecticut, New Hampshire, New York, and Vermont.

---

### Order of Races

9:00 am	Coed Relay #1 (2 Girls & 1 Boy) - 4.6 miles (Boy is middle leg)
9:36 am	Coed Relay #2 (2 Boys & 1 Girl) - 4.6 miles (Girl is middle leg)
10:15 am	Freshman/Sophomore Boys Relay - 4.6 miles
10:52 am	Freshman/Sophomore Girls Relay - 4.6 miles
11:32 am	Junior/Senior Boys Relay - 4.6 miles
12:08 pm	Junior/Senior Girls Relay - 4.6 miles

---

**Awards:** Medals to the top 10 teams in each race.

Relay teams may collect their medals by the registration table after the official results are posted.

---

### Entry Information and Limits

- Each relay team must consist of 3 runners.
- The first two legs will run 1.5 miles while the anchor leg will run 1.6 miles.
- For the order in the Coed races please refer to the Schedule.
- There is no limit on the number of relay teams a school may enter in each race.
- Teams do not need to bring batons, the MSTCA will supply relay bracelets for each team.
- The anchor leg will wear the team's bib and must finish with the bracelet.

**Entry Deadline      Tuesday , September 5th, 2023 at 8:00 p.m.**

- All entries are done through [this form](#).
  - A coach can edit her/his entries through 8:00 p.m. on September 6th.
  - No late entries will be accepted.
- 

**Entry Fees:**    \$35 per relay if entering 4 teams or less  
                          \$175 per school if entering 5 to 7 teams  
                          \$260 per school if entering more than 7 teams

\*\* 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](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.**

---

**Additional Notes**

- No grills, fires, or cooking is allowed at the Highland Park grounds.
- All tents must be WEIGHTED & SECURED
- NO DRONES are allowed at any MSTCA events.