



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 HS

Meet Director: Jayson Sylvain

Email: mstca.cfo@gmail.com

Date: September 7, 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, Rhode Island.

Order of Races

| | |
|----------|--|
| 9:00 am | Coed Relay #1 (2 Boys & 1 Girl) - 4.6 miles (Girl is middle leg) |
| 9:37 am | Coed Relay #2 (2 Girls & 1 Boy) - 4.6 miles (Boy is middle leg) |
| 10:15 am | Freshman/Sophomore Girls Relay - 4.6 miles |
| 10:55 am | Freshman/Sophomore Boys Relay - 4.6 miles |
| 11:32 am | Junior/Senior Girls Relay - 4.6 miles |
| 12:11 pm | Junior/Senior Boys Relay - 4.6 miles |

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

Relay teams may collect their medals by the registration tent 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 3rd, 2024 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 3rd.
 - No late entries will be accepted.
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Entry Fees: \$35 per relay if entering 4 teams or less
 \$175 per school if entering 5 to 7 teams
 \$275 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.

** 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.

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.
- Buses can drop off athletes at Highland Park's main entrance and proceed to park at the Willett Elementary School which is ¼ mile away.
- Spectator parking will be in the lot on Rathbun Willard Dr.

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