

Massachusetts State Track Coaches Association
32nd Annual Cross Country Invitational Meet

Sanctioned by : MIAA

Date : Nov 3, 2007

Start Time: 9:30am

Supported by Asics Corporation

Sponsored by: Notre Dame Academy

Place :Wrentham Developmental Center
Wrentham Mass.

Meet Director: Rick Kates

Mail Signed Entry Form and PO/Check To: Rick Kates c/o Notre Dame Academy
1073 Main Street
Hingham, MA 02043

Email: rkates@ndahingham.com Phone 781-706-3340 –Evenings Only 6-9pm

Order of Events:

9:30 a.m. 10th Grade B Div I 5K

9:50 a.m. 10th Grade G Div I 5K

10:15 a.m. 9th Grade B Div I 3K

10:35 a.m. 9th Grade G Div I 3K

10:55 a.m. 11-12th Grade B Div I 5K

11:25 a.m. 11-12th Grade G Div I 5K

12:15p.m. 10th Grade B Div II 5K

12:40 p.m. 10th Grade G Div II 5K

1:10 p.m. 9th Grade B Div II 3K

1:30 p.m. 9th Grade G Div II 3K

1:45 p.m. 11-12th Grade B Div II 5K

2:10 p.m. 11-12th Grade G Div II 5K

Awards: Plaques will be awarded to Places 1-3 in each race

Medals will be awarded to places 4-50 in each race

Meet Information:

Entry Deadline[s]

1.OnLine Entry Deadline: October 25th with Directathletics.com

2. Printout and signed Entry form Due October 29th in Meet Director's hand with Check or Purchase order-Late Fee will be assessed if NOT received.

3.NO LATE ENTRIES ACCEPTED AFTER OCT 27th, with a \$100 late fee applied, signed copy/and check or P.O. must be still received by October 29th, failure to do so, will result in rejection of your team's entry.

1. Entry fee \$15 per individual
2. \$50 Minimum per School
3. \$200 Maximum per School [Not including late fees]
4. Make checks out to : MSTCA MSTCA Tax ID 04-3394224
5. Entry Deadline is Oct 25th with Online Registration
6. **Late Entry Additional \$100 per team entry No Entries will be accepted after OCT 27th –Late Entries you must contact the meet director**

7. No Entries will be processed without PO or Check...once the entry is accepted, each school is responsible for the entry fee, regardless if they participate or not.
8. Entries are to be done online by www.directathletics.com
9. Please note you may run your underclassman in the higher grade races, but you can not drop your athletes down a grade.
10. Entries/Results will be posted on MSTCA website ...www.mstca.org
11. Mail Entries and signed by your principal/athletic director form along with PO or Check-Failure to do so, will result in rejection of your team's entry.

directions: rt 495 **traveling south** Exit 15 RT 1A...Toward Wrentham/Norfolk...end of ramp turn left..go.2miles road will turn right onto South St. rt1A...go 2.0 miles to red light and turn left onto rt 140 Franklin St...travel .4 miles road will fork stay right onto Shears ST...go.3 miles turn right onto Emerald st....you will see someone to direct you into the parking areas...

directions rt. 495 **traveling north**..Exit 15 Rt. 1A Toward Wrentham/Norfolk....end of ramp turn right...go .2miles road will turn right onto South St. rt. 1A....go 2 miles to red light and turn left onto rt. 140 Franklin St.travel .4 miles road will fork stay right onto Shears St....to .3 miles turn right onto Emerald st. ...you will see someone to direct you into the parking areas....



How to submit entries-Cross Country

NOTE: After all of your athletes have been added to your online roster (Step 2), you must submit your roster/entries to the meet by clicking the green "Register" link. (Step 3 below) Your rosters/entries are not submitted until you complete Step 3.

STEP 1 - Access your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't have a Coach Account for your school, click [HERE](#). If you don't know your username and password, click [HERE](#).

NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Cross Country **Team:** Trinity College School (M)

This indicates that you are controlling the Trinity College School MEN'S team (M=MEN). To switch to your Women's team, you would select "Trinity College School (W)".

STEP 2 - Edit/Set up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.

1) Upon logging in, click the TEAM tab.

2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click "Import Track Roster" which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.

3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).

4) Enter your athletes First Name, Last Name and School Year and click "Submit"

5) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3--Submit Your Roster/Entries

Once your athletes are added to your roster, you must submit your roster to the meet

1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.

2) Check off the box for each athlete you wish to enter. You can check the "All" box to select (or un-select) your entire roster.

3) When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.

1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.

2) Check off the box for each athlete you wish to enter. You can check the "All" box to select (or un-select) your entire roster.

3) When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.

4) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link.

5) For entry confirmation, simply print the "View Entries" page or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.

Step 4

Mail Entries and signed by your principal/athletic director form along with PO or Check-Failure to do so, will result in rejection of your team's entry. Must be received by the meet director no later than October 29th. This verifies your athletes eligibility and school's acknowledgement of participation and entry fees. Please save a copy and bring the day of the meet. If meet management does not have your form, your team will not be allowed to compete.

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