

FAQ (as of October 28, 2009)

Massachusetts State Middle School Cross Country Invitational Saturday, November 7, 2009 Devens, MA

Q: Our school district has several schools with small rosters. May we combine schools?

A: No. The intent of this event is to have competition and representation between all unique middle schools. This is not a competition between cities or towns.

Q: Which middle schools are eligible?

A: All public, charter, private and parochial schools in Massachusetts are eligible to enter this event? Students must be a member of that unique school. Grades five through eight. The fifth grader must attend that middle school. No elementary students.

Q: Our school has a small roster. Do we have to enter a team in the Championship race?

A: No. Each coach may elect not to have a team in the Championship race.

We ask that you indicate your intent in the entry file as we will need the information to determine the configuration of the start line.

Q: Do we have to declare which runner will be running the Championship race?

A: No. Simply send five to seven runners to the starting line.

Q: May enter individuals (less than five runners) in the Championship race?

A: No. The Championship race designed for team competition only. Five to seven runners.

Q: How will I know that you have received by entry file roster.

A: You will promptly receive a reply email stating that your roster has been entered and the cost per team (girls and boys).

Q: How do we make payment?

A: Make checks payable to USATF-NE. **Write school name/Middle School XC on check. Send check to Middle School XC, USATF-NE, P.O. Box 1905, Brookline, MA 02446**

Fees must be paid to race. Inform us if you need an invoice and only then may fees be paid on meet day.

Q: Will there be more than one division? How will we know which division we are in?

A: This is a new event. The 2009 meet will have only one division for all races.

Q: How will we be informed of meet day procedures?

A: The website is the primary means of communication. We will send you emails but need to reinforce the importance of the website

Q: Can runners wear spiked shoes?

A: Short, ¼ “ spikes should be the maximum used, as we are running on playing fields and need to minimize damage.

Q: If we miss our race, can we run another race?

A: It is the responsibility of the runner to be on time for their race.

Q: Why is Devens the race site?

A: We were looking for a fairly central location close to a highway that had a course that has good visibility for spectators, where there was sufficient parking, and where the property's administration would work cooperatively with this new concept. After visiting several other sites, Devens had all we were looking for

Q: Will the running route be marked so we can practice over the course?

A: In a word, no; at least not this year.

The final course was not determined until mid-October, and there is a link to a map from the main meet page on www.usatfne.org/cross

. We are able to line the course after November 3, and flagging/taping will be done the day before the race, but we do not have unrestricted access to the fields where the course will run.

For planning, the course is about 1.7 miles, just short of 2 full loops, 95-98% grass, with several short and challenging uphill at about a quarter mile and 1.25 miles, and has wide fields and several narrow passages.

Q: Can teams park at the start or finish?

A: No. A van or car may drop off a runner at the intersection of Sheridan and MacArthur, but must then proceed to a parking area.

Q: Where do we park?

A: Follow the directions and signs. There is a large lot at 43 Buena Vista (for your GPS) which is within a half mile of the course

Do not park on the side of the roadways – such parking is subject to ticketing and towing.

When in doubt about a legal spot, ask.

Q: What else is there to be aware of?

A: A few common sense things expected at any cross country meet

- Spectators must stay off the course
- Any interference or running along with a competitor will result in that runner's disqualification
- Do not walk through the finish/chute area at the finish; meet your runner at the end of the chutes.
- Do not bring any dogs or pets; anyone with a dog will be asked to leave the race area.

Q: Concessions?

A: There will be refreshments available on the paved area beyond the finish chutes.

T-Shirts will also be available for purchase in that area