

**2nd ANNUAL MASSACHUSETTS STATE  
MIDDLE SCHOOL CROSS COUNTRY INVITATIONAL  
Saturday, November 6, 2010 -- Tewksbury MA Town Recreation Fields  
Hosted by USA Track & Field New England      Sponsored by Saucony**

**AS OF SEPTEMBER 1 – TO BE UPDATED AGAIN AFTER OCTOBER 1**

We expect 1000 entrants for the meet. The website is the primary mode of communications regarding starting times, order of races, division assignments, etc

**DATE:            SATURDAY, NOVEMBER 6, 2010**

**TIME:            11:00 a.m.** for first event. Be aware of race order in case public address system is not loud

**PLACE:            Tewksbury, Massachusetts – town recreation fields, 286 Livingston Street**

**COURSE:        Approximately 1.7 miles**, out/back/finish loop course. Spectator friendly  
Mostly grass. Course design allows for races to be run efficiently and handle large fields.  
Short 1/4“ spikes may be used, but non-spiked shoes will be fine.

**TENTATIVE SCHEDULE, START TIME, EVENT NUMBER - as of September 10 – 8 races total**

Six races by grade with no team scoring followed by girls and boys team scoring race

11:00 a.m.    Event 1 - Girls 8<sup>th</sup> graders (No team scoring - unlimited runners)  
11:15            2 - Boys 8<sup>th</sup> graders (No team scoring - unlimited runners)  
11:30            3 - Girls 7<sup>th</sup> graders (No team scoring - unlimited runners)  
11:45            4 - Boys 7<sup>th</sup> graders (No team scoring - unlimited runners)  
12:00 p.m.    5 - Girls combine 5<sup>th</sup> and 6<sup>th</sup> graders (No team scoring - unlimited runners)  
12:15            6 - Boys combine 5<sup>th</sup> and 6<sup>th</sup> graders (No team scoring - unlimited runners)  
12:30            7 - Girls Team Championship (Maximum of 7 runners to line-5 needed to score)  
12:45            8 - Boys Championship (Maximum of 7 runners to line-5 needed to score)

**Any additional races will be inserted at the appropriate grade listed.** Divisions are by school size.

**Given early interest, it is likely that there will be two divisions in the team races only.**

**INDIVIDUAL AND TEAM ELIGIBILITY:**

**Each and every runner will need a signed waiver, submitted by team, at packet pickup**

**The form will be available on the website in mid-September**

All teams will represent the specific Massachusetts middle school they attend.

The school does not have to have a formal cross country program or team

All Massachusetts public, charter, parochial or private middle schools are eligible.

No combined schools or town “all-star teams”. Runners must be students of that middle school.

Home school students may run in the grade races only (unattached)

Regarding Grades 5 through 8. – Fifth/sixth graders must attend that specific middle school.

Students in a grade 7-12 may participate in grade races or team race, grade 7-8 runners only

**NO ELEMENTARY SCHOOL STUDENTS!!      NO NINTH GRADERS!!**

**CHAMPIONSHIP RACE:**

Eligibility for this race requires a team to start five, six or seven runners; no individuals

Unlimited additional runners beyond the team top 7 may run in the grade races

Schools with 5 or more runners may elect to participate in only the grade races if they wish

**GRADE RACES:** Schools with more than seven runners may enter an unlimited number of runners in the various grade races.

Incomplete teams (having fewer than five runners) must compete in the grade races.

**AWARDS: INDIVIDUAL** - The first 15 finishers in grade races will receive medals.

The first 25 finishers in the Team Championship race will receive medals

The Individual place medals will be given as runners exit the finish chute.

**TEAM** - The top 3 teams in the Championship Races will receive trophies  
Each member of the top 3 teams will receive medals.

**TIME** - The top 3 times OVERALL will receive trophies

Team Trophies/medals and Time Trophies will be presented at an awards ceremony at 1:30 p.m.

**RESULTS:** Results will be posted beyond the finish chutes at the conclusion of each race.

Results will be posted on coolrunning.com and usatfne.org the evening of the race.

### **REGISTRATION WILL BE NEAR THE ENTRANCE TO THE FIELDS**

### **ACCOMMODATIONS:**

Portable toilets will be available. No dressing area. Come ready to run.

**PLEASE DO NOT BRING DOGS TO THE EVENT.** Pass this along to family members

**TENTS** Pop-up tents only will be allowed for teams in specific areas. No stakes pounded in the ground

### **DIRECTIONS, ATHLETE DROP OFF, PARKING:**

Dascomb Road Exit from I-93 toward Tewksbury, 2 miles turn left on Livingston

GPS address is 286 Livingston St, Tewksbury MA 01876 It is also off of Rt 38 (Main St)

Runners may be dropped off near the fields but cars must move to parking areas as directed

Parking - follow the signs and directions of facility personnel

Most parking is within ½ mile from the course.

The lot nearest the course is limited to team vehicles with 4 or more competitors

Cars parked along roadways and in private areas are subject to ticketing and towing!

**WEATHER CONDITIONS:** There is no plan to postpone the meet.

Check usatfne.org website relative to any postponement.

**ENTRY FEE:** \$3.00 per runner, maximum of \$100 per team (separate boys and girls teams).

No refunds – this is an entry fee, not a participation fee. Fees are due prior to or on race day.

**Write school name and Middle School XC on check lower left.**

Make checks payable to USATF-NE.

**Send check to Middle School XC**

USATF-NE

P.O. Box 1905

Brookline, MA 02446

**ENTRIES:** Entries are due by Friday, October 22, 2010

All entries must be sent in using the excel entry form.

Email Joseph Abelon at [jsa777@verizon.net](mailto:jsa777@verizon.net) for entry file.

Please carefully read all instruction in the excel entry file. Call 781-593-6562 at any time.

## **OTHER CROSS COUNTRY EVENTS FOR MIDDLE SCHOOL RUNNERS**

new balance Ocean State Cross Country Invitational  
Friday, September 24, Goddard Park, Warwick RI

[www.oceanstatexc.com](http://www.oceanstatexc.com)

Boston Mayor's Cup Youth races  
Sunday, October 24, Franklin Park, Boston MA

[www.baa.org/MayorsCup/](http://www.baa.org/MayorsCup/)

Gloucester Invitational  
Thursday, October 28, 4 pm, Gloucester MA

[jsa777@verizon.net](mailto:jsa777@verizon.net)

USATF New England Junior Olympic Championships (2 year age groups by year of birth)  
Sunday, November 14, Burrillville RI

[www.usatfne.org/cross](http://www.usatfne.org/cross)

USATF Region I Junior Olympics (for those qualifying on 11/14)  
Sunday, November 21, Burrillville RI

[www.usatfne.org/cross](http://www.usatfne.org/cross)

### **FOR FURTHER MEET AND GENERAL CROSS COUNTRY INFORMATION:**

For general information, call the USA Track & Field - New England office  
Days 9:30 a.m. - 6:00 p.m. at (617) 566-7600, [office@usatfne.org](mailto:office@usatfne.org)

For technical, meet details e-mail Meet Director - Joe Abelon - [jsa777@verizon.net](mailto:jsa777@verizon.net)

There may be set up or schedule modifications as race day approaches. Check the website for updates  
Please help us make this meet a success by following the instructions and working with us.

If you would like information on becoming a USA Track & Field member club, please contact  
[office@usatfne.org](mailto:office@usatfne.org)