



**5th ANNUAL MASSACHUSETTS STATE
MIDDLE SCHOOL
CROSS COUNTRY INVITATIONAL**
Saturday, November 2, 2013
Ponkapoag GC #2 Canton MA
BEHIND MASSASOIT COMMUNITY COLLEGE
Hosted by USA Track & Field New England
Sponsored by the Boston Athletic Association



The website www.usatfne.org/cross is the primary mode of communications and updates regarding starting times, order of races, division assignments, etc

DATE: SATURDAY, NOVEMBER 2, 2013
TIME: 11:00 a.m. start. Be aware of race order in case athletes do not hear public address system

LOCATION: Ponkapoag Golf Course Canton, Massachusetts – DO NOT USE THE GOLF COURSE ENTRANCE. Proceed to Randolph Street

COURSE: Approximately 1.7 miles, out/back/finish loop course. Spectator friendly
The course map is posted at www.usatfne.org/cross website.
All 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 are adequate

TENTATIVE SCHEDULE, START TIME, EVENT NUMBER - as of September 17

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

- 11:00 a.m. Event 1 - Girls 8th graders (No team scoring - unlimited runners)
2 - Boys 8th graders (No team scoring - unlimited runners)
3 - Girls 7th graders (No team scoring - unlimited runners)
4 - Boys 7th graders (No team scoring - unlimited runners)
5 - Girls combined 5th and 6th graders (No team scoring - unlimited runners)
6 - Boys combined 5th and 6th graders (No team scoring - unlimited runners)
7 - Girls Team Championship (Maximum of 7 runners to line - 5 needed to score)
8 - Boys Team Championship (Maximum of 7 runners to line - 5 needed to score)

If additional Grade OR Team races are needed, the races will be run as sections, and the races will be combined for overall awards. Additional sections immediately follow the first section listed

INDIVIDUAL AND TEAM ELIGIBILITY:

Each and every runner will need a signed waiver, submitted by the team at packet pickup
Individuals / non-school team runners MUST submit the waiver AND FEE prior to race day.

All teams will be listed representing the Massachusetts middle school they attend.

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

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

No combined schools, No town "all-star teams". Runners must be students of that middle school.

Home school students may run grade races only

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

Middle schools that start earlier than 5th grade may only run grade 5-8 students

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

NO ELEMENTARY SCHOOL STUDENTS!! NO NINTH GRADERS!!

GRADE RACES:

Schools running the team races which have more than seven runners may enter an unlimited number of additional runners in the various grade races. Incomplete teams (fewer than five runners) must compete in the grade races.

TEAM 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

PARTICIPATION SOUVENIR

Courtesy of the Boston Athletic Association, finishers will receive a race souvenir item.

AWARDS: INDIVIDUAL - First 15 finishers in grade races

First 25 finishers in the Team Championship

TEAM - The top 3 teams in the Championship Races will receive trophies

TIME - The individuals with the day's top 3 times OVERALL will receive trophies

ACCOMMODATIONS:

TOILETS on site; do not "use" the woods. No dressing area / lockers - come ready to run.

TRASH – CARRY IN, CARRY OUT!

DOGS ARE ABSOLUTELY NOT ALLOWED AT THE RACE SITE

Pass this information along to athletes' family members / spectators

Individuals with dogs will not be allowed beyond the parking lot. Individuals with dogs will be asked to immediately leave the facility, and subject teams to possible immediate removal from the site. That applies to spectators associated with any teams.

SOUVENIR T-SHIRT

A limited number of T-shirts with race design and listing participating schools will be available

DIRECTIONS

I-93 to Exit 2A (138 South /Washington St toward Stoughton. 1.7 miles turn left on Randolph St.

DO NOT GO TO THE GOLF COURSE PARKING OR CLUBHOUSE

GPS address is 900 Randolph St, Canton MA 02021.

Parking is adjacent to course. Please car pool and share rides; overflow parking is limited.

WEATHER ISSUES: There is no plan to postpone the meet to another date. Conditions (lightning, torrential rains) may cause a delay to schedule. Check usatfne.org relative to conditions.

ENTRY: Entry is online only at www.headcountreg.com

The entry fee is \$5.00 per runner entered **Entries are due by Monday, October 21, 2013**

No refunds – this is an entry fee, not a participation fee. Fees should be paid in advance.

Full school teams may submit waivers and fees on race day prior to picking up packets

All individuals and non-school teams MUST submit signed waiver AND entry fee prior to meet day.

There may be set up or schedule modifications as race day approaches. Check the website for updates

If you have questions, or if you would like information on becoming a USA Track & Field member club, please contact office@usatfne.org Check www.usatfne.org/cross for more cross country events