

**1ST ANNUAL MASSACHUSETTS STATE
MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIPS
Hosted by USA Track & Field New England
Sponsored by Saucony**

UPDATED OCTOBER 28 – UPDATES IN BOLD

Information is current as of October 28; updates will be made regularly at www.usatfne.org/cross.

We have approximately 1000 entrants for the day. Entry has closed for the meet. The website is the primary mode of communications regarding starting times, order of races, division assignments, etc

DATE: SATURDAY, NOVEMBER 7, 2009

TIME: 11:00 AM for first event

PLACE: DEVENS, MASSACHUSETTS - Willard Field Complex

COURSE: **Approximately 1.7 miles.** Two loop course. Eighty five percent spectator friendly. Mostly grass. Course design allows for races to be run efficiently and handle large fields.

RACES: **One division, eight total races**

- Boys and girls team scoring race, followed by six races by grade with no team scoring.

SCHEDULE, START TIME and EVENT NUMBER

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

INDIVIDUAL AND TEAM ELIGIBILITY:

Each Runner will need a signed waiver, submitted by team, at packet pickup

The form is available on the website –

www.usatfne.org/cross/middleschool/massachusetts.html

All teams will be representing a specific Massachusetts middle school. No combined middle schools, or town “all-star teams”. Runners must be students of that middle school.

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

Home school students may run in the grade races only.

Regarding Grades 5 through 8. - fifth graders must attend that specific middle school.

NO ELEMENTARY SCHOOL STUDENTS!! NO NINTH GRADERS!!

Students have to represent the specific middle school that they attend.

REGISTRATION WILL BE AT A TENT NEAR THE STARTING AREA

CHAMPIONSHIP RACE:

Eligibility for this race requires a team to start five, six or seven runners.

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

These 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

The Team Trophies and Time Trophies will be presented at an awards ceremony at 1:30

RESULTS: A set of 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.

Results will be emailed to each participating school

ACCOMMODATIONS:

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

PLEASE DO NOT BRING DOGS TO THE EVENT

PARKING AND DROP OFF:

Follow the signs and directions of Devens facility personnel

Runners may be dropped off near the start at the intersection of Sherman/MacArthur

Parking – under ½ mile from the course. GPS address is 43 Buena Vista Dr, Devens MA

Cars parked along roadways are subject to ticketing and towing. Please follow directions

WEATHER CONDITIONS:

At this time there is no plan to postpone the meet.

Check usatfne.org website relative to postponement.

ENTRY FEE: \$3.00 per runner, maximum of \$50 per team (separate boys and girls teams).

No refunds.

Make checks payable to USATF-NE.

Write school name and Middle School XC on check.

Send check to Middle School XC

USATFNE

P.O. Box 1905

Brookline, MA 02446

ENTRIES: Entries are due by Friday, October 16, 2009

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

Email Joseph Abelon at jsa777@verizon.net for entry file.

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

In this first year, there may be a number of modifications as race day approaches.

Please help us make this the first annual by following the instructions and working with us.