



**8th ANNUAL MASSACHUSETTS STATE
MIDDLE SCHOOL
CROSS COUNTRY INVITATIONAL**
Saturday, November 5, 2016
Willard Field, Devens MA
Hosted by USA Track & Field New England
Sponsored by the Boston Athletic Association



The website www.lwrun.org is the primary mode of communications and updates regarding starting times, order of races, division assignments, etc This document is as of September 21, 2016.

DATE: SATURDAY, NOVEMBER 5, 2016

TIME: 11:00 a.m. Be aware of race order/times in case athletes do not hear public address system

LOCATION: Willard Park Field, Devens, Massachusetts 01434

Rt 2 to Exit 37B, Jackson Rd / Devens. Follow to designated parking areas

COURSE: Approximately 1.8 miles, multiple loop course. Spectator friendly

The course map will be posted at www.usatfne.org/cross website.

Primarily grass. Course allows for races to be run efficiently and handle large fields.

Short 1/4" spikes may be used, but non-spiked shoes are adequate

SCHEDULE, START TIME, EVENT NUMBER – NEW IN 2016

No race will start before the listed time

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

11:00 a.m. Event 1 - 8th grade Girls (No team scoring - unlimited runners)

11:15 2 - 8th grade Boys (No team scoring - unlimited runners)

11:30 3 - 7th grade Girls (No team scoring - unlimited runners)

11:45 a.m. 4 - 7th grade Boys (No team scoring - unlimited runners)

12:00 p.m. 5 - 5th / 6th grade Girls (No team scoring - unlimited runners)

12:20 6 - 5th / 6th grade Boys (No team scoring - unlimited runners)

12:40 7 - Girls Team Championship DIVISION 2 (5-7 runners)

1:00 8 - Girls Team Championship DIVISION 1 (5-7 runners)

1:15 9 - Boys Team Championship DIVISION 2 (5-7 runners)

1:30 10 - Boys Team Championship DIVISION 1 (5-7 runners)

NOTE there are two Team Races, two divisions

INDIVIDUAL AND TEAM ELIGIBILITY:

Each and every runner will need a signed waiver, sent by mail or submitted by the team at packet pickup. Individuals/non-school team runners must submit both the waiver and fee prior to race day.

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

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

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

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

Home school students may run in the 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 with more than seven runners and which are running in a team race may enter unlimited additional runners in grade races. Teams with fewer than 5 runners must compete in grade races.

TEAM CHAMPIONSHIP RACES:

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 choose to participate in only the grade races if they wish
**This year there are two team races. Teams must run in the correct division or will not score

AWARDS: **INDIVIDUAL** - Top 15 finishers in grade races, 25 finishers in Team Championships
TEAM - The top 3 teams in the Championship Races receive trophies
TIME - The individuals with the day's top 3 times OVERALL receive trophies

ACCOMMODATIONS:

TOILETS on site. Runners "using" the woods will immediately disqualify the entire team from all races
TRASH – IF YOU CARRY IT IN, PLEASE CARRY IT OUT!

DOGS ARE ABSOLUTELY NOT ALLOWED AT THE RACE SITE

Pass this information along to athletes' families and spectators. Leave dogs home or in the car
Individuals with dogs will not be allowed beyond the parking lot. Individuals with dogs will be asked to immediately leave the facility, and subject their child's entire team to possible immediate removal from the site. That applies to spectators associated with any teams.

SOUVENIR T-SHIRTS

A limited number of T-shirts with race design and listing participating schools will be available for \$15

DIRECTIONS - GPS address is 1 Sherman Ave, Devens MA 01434

Route 2 to Exit 37B (Jackson Rd / Devens. Left on Sherman Ave. Follow to designated parking areas (short walk)

Parking lots are in close proximity to course. Please car pool and share rides; parking is limited.

PARK ONLY IN DESIGNATED AREAS. FOLLOW MONITORS' INSTRUCTIONS

NO PARKING IN DROP-OFF AREAS, ON STREETS, OR ON GRASS.

TICKETING AND TOWING WILL BE ENFORCED

WEATHER ISSUES: There is no plan to postpone the meet to another date. Conditions (lightning, torrential rains, snow) may cause a delay to schedule. Check usatfne.org, lwrn.org and www.facebook.com/usatfNE relative to conditions.

ENTRY: Entry will be set up online only at www.headcountreg.com after October 1.

The entry fee is **\$5.00 per runner** entered **Entries are due by WEDNESDAY, OCTOBER 26, 2016**
Entries received after that date are \$10 per runner entered.

Late entries contact jsa777@verizon.net for entry form.

No refunds – this is an entry fee, not a participation fee. Fees must be paid in advance unless payment is through a school purchase order or check.

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

All individuals and non-school teams MUST submit both 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