



**10th ANNUAL MASSACHUSETTS STATE  
MIDDLE SCHOOL  
CROSS COUNTRY INVITATIONAL**  
**Saturday, November 3, 2018**  
**Willard Field, Devens MA**  
**Hosted by USA Track & Field New England**  
**Sponsored by the Boston Athletic  
Association**



The website [www.lwrun.org](http://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 October 8, 2018

**DATE: SATURDAY, NOVEMBER 3, 2018**

**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 **1.886 miles**, multiple loop course. Spectator

friendly The course map will be posted at

<http://newengland.usatf.org/Sports/Cross-Country.aspx> 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 - 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 - 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 a.m.	4 - Boys 7 <sup>th</sup> graders (No team scoring - unlimited runners)
12:00 p.m.	5 - Girls combined 5 <sup>th</sup> and 6 <sup>th</sup> graders (No team scoring - unlimited runners)
12:20	6 - Boys combined 5 <sup>th</sup> and 6 <sup>th</sup> graders (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: NO ELEMENTARY SCHOOLS! NO 9th GRADERS!**

**Each and every runner will need a signed waiver to be submitted by the individual or team coach at packet pickup. No participation without the signed waiver. [Go to www.lwrun.org](http://www.lwrun.org) for waivers.**

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 5<sup>th</sup> 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

**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. Follow to designated parking areas (short walk)

There may be construction that will restrict full driving access near the course itself.

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, heavy rain, snow) may cause a delay to schedule. Check [usatfne.org](http://usatfne.org) , [www.facebook.com/usatfNE](https://www.facebook.com/usatfNE)

[www.lwrun.org](http://www.lwrun.org)

**ENTRY:** 2018 entry will utilize SIMPLY REGISTER

The link is <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=114876>

The entry fee is **\$5.00 per runner** ~~entered~~**plus** transaction fee and service fees. See ENTRY PROCEDURES at [www.lwrun.org](http://www.lwrun.org)

**ALL Entries are due by FRIDAY, OCTOBER 26, 2018**

**Entries received after October 26 date will be charged \$10 per runner entered. Contact [jsa777@verizon.net](mailto:jsa777@verizon.net) for late entry procedure.**

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 teams **MUST** submit both signed waiver at number pick-up. Waivers can be obtained at [www.lwrun.org](http://www.lwrun.org)

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](mailto:office@usatfne.org) Check [www.usatfne.org/cross](http://www.usatfne.org/cross) for more cross country events