

**9th ANNUAL MASSACHUSETTS STATE
MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIPS
Saturday, November 4, 2017 Willard Field, Devens MA**

Hosted by USATF New England Sponsored by the Boston Athletic Association

The website **LWRUN.ORG** is the primary mode of communications and updates regarding starting times, order of races, division assignments, etc. This document is as of June 6, 2017.

USA Track & Field - New England will host the eighth annual Massachusetts Middle School Cross Country Invitational on Saturday, November 4, 2017. There is no other organization that deals with middle school athletics in Massachusetts. This meet, presented by USA Track & Field - New England, provides a capstone to the middle school season.

The races will run on the cross country course at Willard Field in Devens MA. The location is easily accessible off of Rt 2 - Exit 37B.

MEETLINKS: www.lwrun.org

This will be your primary link for all information related to this meet. It is suggested that you access this site frequently during the season for important updates.

DATE: SATURDAY, NOVEMBER 4, 2017

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. See www.lwrun.org for parking guide.

[COURSE MAP](#) Same course as 2016

[VIDEOCOURSETOUR](#)

COURSE: Approximately **1.8 miles**, multiple loop course. Spectator friendly. The course map will be posted at www.lwrun.org 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 8th graders (No team scoring - unlimited runners)

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

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

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

12:00 p.m. 5 - Girls combined 5th and 6th graders (No team scoring - unlimited runners)

12:20 6 - Boys combined 5th and 6th graders (No team scoring - unlimited runners)

12:40 7 - Girls Team Championship DIVISION 2 (Maximum of 7 runners/ 5 needed to score)

1:00 8 - Girls Team Championship DIVISION 1 (Maximum of 7 runners/ 5 needed to score)

1:15 9 - Boys Team Championship DIVISION 2 (Maximum of 7 runners/ 5 needed to score)

1:30 . 10 - Boys Team Championship DIVISION 1 (Maximum of 7 runners/ 5 needed to score)

NOTE there are two Team Championship Races per Gender: Div 1 and Div 2

Divisions are based on the total enrollment of grades 7 and 8.

Division I - 400 plus

Division II - 399 and less.

Single gender schools must double their 7th and 8th grade enrollment to determine division.

Divisions based on 2014-2015 Massachusetts School District Profiles and will be used for three consecutive years (2015, 2016 and 2017). Schools who plan on entering teams in the Team Championship races and are not listed on the division listings should contact Joe Abelson h 781-593-6562 c 781-709-7135 jsa777@verizon.net
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. Waiver on www.lwrun.org

All teams will be listed as representing the Massachusetts middle school in which the students 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.

Teams must run in the correct division regarding the Team Championship Races 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)

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, www.facebook.com/usatfNE and www.lwrun.org relative to conditions.

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ENTRY PROCEDURE:

Schools being entered formally by school administrators:

You may send a personal check, a school check or by purchase order. Indicate school name when using a personal check.

"CONTACT USATF-New England AND STATE THAT YOU WILL BE USING A PURCHASE ORDER OR SCHOOL ACCOUNT CHECK.

THE PAYMENT OR PURCHASE ORDER IS BASED ON WHAT YOU HAVE ENTERED AT ENTRY DEADLINE AND NOT ON HOW MANY YOU BRING TO THE MEET-THE FEE IS AN ENTRY FEE NOT A PARTICIPATION FEE

Email message to USATF-NE office@usatfne.org

Schools being entered by parents:

It would help greatly if one parent would represent the team and send one check for that team. Please indicate the school on the check.

Make checks payable to:

USATF-NE Write school name and Middle School XC on check

Mail checks to:

**Middle School XC
USATF-NE
P.O. BOX 1905
Brookline, MA 02446**

Entries due Friday, October 27,2017 \$5.00 per entry

Fees not paid by schools are due Wednesday, November 1.

Team fees brought to the meet must be a single check covering all entrants, not multiple checks/cash for the team.

ALL LATE ENTRIES will incur a cost of \$10 per entry.

Late entries are due by Tuesday, October 31, 2017

SIGNED WAIVERS

The waiver forms can be found at and downloaded from the website.
All teams / individuals MUST submit a waiver for each entrant, signed by the parent or guardian – not the coach.

It is the coach's responsibility to collect and submit the waivers.

Bring them to the meet, and exchange all waivers for the packet of bib numbers. They will be counted and matched.

Have the students complete the forms early, and get them to you early. There will NOT be forms to fill out on site.

NO SIGNED WAIVER, NO PACKET, NO RUNNING, NO EXCEPTIONS

Roster entry:

You will need the Microsoft Excel file "State XC Entry Form-2017"
The file can be obtained from www.lwrun.org or jsa777@verizon.net

Save copy as "(school name- city of school" EX: Parker-Chelmsford

Please read all instructions.

Please fill on all question mark (?) requests for information.

Circle division request **only** if you are entering a team in the Team Championship Races

Enter your roster at the bottom of the file were it says

"Enter roster below per above sample".

Make sure you include gender (b or g)

NOTE: You will not need to declare in which race a runner will compete.

NOTE CHAMPIONSHIP RACE: Make sure you know the correct Division.

After you have completed filling out entry form:

Save the file. It should be saved as sent. A Microsoft Excel file.

Reminder: The file name is now
(school name- city of school EX: Parker-Chelmsford

Email the file as an attachment (**DO NOT** copy and paste).

Email to Joseph Abelon jsa777@verizon.net

On the subject line write "Mass Middle XC-school name-city of school"

EX: Mass Middle XC- Parker- Chelmsford

You will be informed by email when your roster is has been entered.

h781 593 6562 c 708 781 7135 for questions