

SIXTY- SECOND ANNUAL WACHUSETT INVITATIONAL XC MEET

TIME : SATURDAY- OCTOBER 5, 2019 @ 2:00 PM
(RAIN DATE – SUNDAY – OCTOBER 6 – 1:00 PM)

PLACE: WACHUSETT REGIONAL HIGH SCHOOL – HOLDEN, MA

DIVISIONS : Teams entered in this meet will be divided into three divisions. Each division will include a varsity and junior varsity race. The JV teams in class B & C will run in a combined race. There will also be one freshman and one middle school race for runners of all divisions.

CLASSES : Entering teams will be divided into three classes: A - B - C. Each class will be based on male enrollment in grades 10-12 in the school year 2019.

AWARDS: Plaques will be awarded to the first and second place teams in each varsity race. Individual medals will be awarded to the top ten finishers in the varsity races. Ribbons will be awarded to J.V. Freshman, and middle school runners.

ENTRY FEE : All high schools with grades 9-12, 10-12 , whose runners will be entering the varsity, J.V. , or freshman races will pay \$ 100.00 / per school. Those schools with entries in the middle school race that are not part of a Junior-Senior High school program under one principal will pay \$ 65.00/ per school. A single individual entry is \$ 20.00 per entry. All purchase orders or checks should be made out to: WACHUSETT REGIONAL HIGH SCHOOL. ENTRIES AND PAYMENTS ARE DUE BY FRIDAY SEPTEMBER 28 .PLEASE MAKE EVERY ATTEMPT TO GET THIS DONE IN A TIMELY WAY !

ENRTY FORM: All entries will be sent in ELECTRONICALLY. If you sent yours electronically last year , you can easily use last years; just delete last years roster and add your 2019 roster. Remember to change the date so it won't get confused with last years entry. If you are a new team to our meet, you need only send me an email requesting the electronic entry and I will send you an email back with an attachment that will contain the electronic entry you will need to use. Feel free to call me if you have any questions regarding the electronic entry procedure. My email address is briwallace4x4@verizon.net. (cell # 508-245-7510)

RULES: MIAA rules are in effect. Each school with five runners must enter a varsity team. Only seven runners may run in the varsity race with the first five to score and the other two to be used as displacements. Any number of runners may enter the JV race. A freshman may run in the freshman, JV, or varsity race, but only a freshman may run in the freshman race. No freshman may run in the middle school race. All runners below grade nine must run in the middle school race unless grades 7-12 are under one principal, in which case they may run in a JV or varsity race. Boys in grade nine may run in a JV or varsity race only if grade 9-12 are under one principal.

DISTANCE: All races will be run over a 3.1 mile course except the middle school race which is 1.7 miles. Spikes can be used as the course is all soft surfaces with the exception of 200m of sidewalk. If you would like to walk the course, you may do so on Thursday or Friday October 4th and 5th. Please email me to let me know when you are coming.

Brian Wallace
Meet Director
Wachusett Regional High School
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