

**6th ANNUAL MASSACHUSETTS ELEMENTARY SCHOOL
CROSS COUNTRY CHAMPIONSHIP**

Hosted by Lynn Parks and Recreation and Gannon Golf Course

GOAL: To expose more youngsters to the joy of running and to encourage schools to introduce their students to a healthy, inexpensive life long activity.

LOCATION: Lynn, Massachusetts – Gannon Golf Course, 60 Great Woods Road
East entrance of Lynn Woods

DATE: MONDAY, NOVEMBER 11, 2019

TIME: 9:30 a.m. start. Be aware of race order in case athletes do not hear public address system
lwrn.

ENTRY FEE: There is no entry fee.

Entries mail **by Monday, November 4, 2019**

THE WEBSITE is the primary mode of communications and updates regarding start times, order of races, division assignments, etc

Website <http://www.lwrun.org/>

COURSE: Approximately 1.2-mile grades 1-5 and 0.7 mile grades 1-3. Loop course. Mostly grass. Spectator friendly. Map is posted on website

<http://www.usatf.org/routes/view.asp?rID=545891>

2018 RESULTS http://www.coolrunning.com/results/18/ma/Nov12_5thAnn_set1.shtml

INDIVIDUAL AND TEAM ELIGIBILITY:

Grades 1-5 elementary schools only. No middle school 5th graders.

All students of public, parochial, charter and private elementary schools of Massachusetts are eligible.

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

No combined schools, No town “all-star teams”. Runners must be students of the elementary school they attend.

Home school students grades 1-5 are eligible but run as individuals.

REGARDING GRADES 1-5:

Some smaller school systems have schools with grades 1-8 or more.

Some of these schools have formal middle school xc programs.

The fifth-grade students of those school systems are not eligible for this meet as they can compete in the middle school program.

Unlimited runners per school per event. Students may run in only one event.

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

Multiple heats per race will be run if field size warrants with the results based on combined heats.

SCHEDULE, START TIME, EVENT NUMBER

9:30 a.m.

Race 1 Girls Grades 1-3 (Non team scoring) 0.70 miles (1 loop)

Race 2 Boys Grades 1-3 (Non team scoring) 0.70 miles (1 loop)

Race 3 Girls Grade 1-5 (School Championship team scoring - 5 score) 1.25 miles (2 loops)

Race 4 Boys Grade 1-5 (School Championship team scoring) - 5 score) 1.25 miles (2 loops)

Please indicate on registration form which race type entered: A runner can compete in only one race.

AWARDS:

Plaques for top scoring teams.

Medals for top placing individuals

Awards to all finishers.

PARKING:

1) Gannon Golf course. Vans and busses have priority.

2) Entrance of Lynn Woods (East entrance)

All above on first arrival basis.

**Parking instructions will be emailed to all entrants prior to race day.
Please carpool.**

ACCOMMODATIONS:

TOILETS: On site: do not "use" the woods. No dressing area / lockers -come ready to run.

DOGS ARE ABSOLUTELY NOT ALLOWED AT THE RACE SITE.

DIRECTIONS:

From Route 128 east take exit 44B- follow signs to Lynn (Route 129)

Take right on Great Woods Road (1.9 miles from rotary exit)

Most parking is within 1/2 mile of the course.

WEATHER ISSUES:

Entrants will be notified by email if race is postponed. The information will also be posted on the website(s). www.lwrun.org and www.ci.lynn.ma.us/

FOR FURTHER INFORMATION CALL:

JOE ABELON 781-593-6562 OR CELL 781-709-7135 JSA777@VERIZON.NET

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