



**14th ANNUAL MASSACHUSETTS STATE
MIDDLE SCHOOL
CROSS COUNTRY CHAMPIONSHIPS
Saturday, November 4, 2023
Willard Field, Devens MA**



Hosted by USA Track & Field New England

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 AUGUST 10, 2022

DATE: **SATURDAY, NOVEMBER 4, 2023**

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 the Jackson Rd / Devens exit. Follow to designated parking areas

COURSE: Approximately **1.86 miles**, multiple loop course. Spectator friendly

The course map is posted at the **www.lwrun.org** website where all information is update

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

THIS SCHEDULE DIFFERS FROM PRIOR YEARS

The schedule may change at any point in time if Covid mitigation plans and regulations require

11:20	2 -	Boys 8 th graders (No team scoring - unlimited runners)
11:40	3 -	Girls 7 th graders (No team scoring - unlimited runners)
12:00	4 -	Boys 7 th graders (No team scoring - unlimited runners)
12:20	5 -	Girls combined 5 th and 6 th graders (No team scoring - unlimited runners)
12:40	6 -	Boys combined 5 th and 6 th graders (No team scoring - unlimited runners)
1:00	7 -	Girls Team Championship DIVISION 2 (Must have 5, 6, or 7 starters in the race)
1:20	9 -	Boys Team Championship DIVISION 2 (Must have 5, 6, or 7 starters in the race)
1:40	8 -	Girls Team Championship DIVISION 1 (Must have 5, 6, or 7 starters in the race)
2:00	10	Boys Team Championship DIVISION 1 (Must have 5, 6, or 7 starters in the race)
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Six races by grade with no team scoring followed by girls and boys team scoring races 11:00 a.m.

Event 1 - Girls 8th graders (No team scoring - unlimited runners)

NOTE there are two Team Races, two divisions, Girls followed by Boys in each division

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.

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 starting 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

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

** 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

FACILITY:

TOILETS: on site. Runners "using" the woods will immediately disqualify the entire team from all races

TRASH: If you bring anything 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 at home

Individuals with dogs without proper service dog credentials will not be allowed beyond the parking lots. Individuals with dogs will be asked to immediately leave the facility, and subject their child's entire team to immediate removal from the site and from all results.

WATER: Individuals should bring their own water bottle/fluids

FOOD: There will be no food concession available this year

SOUVENIR T-SHIRTS:

A limited number of T-shirts with race design and listing participating schools will be available for \$20

RESULTS: Posted on site - ONLY COACHES WILL BE ALLOWED IN THE RESULTS AREA

Results will be posted online at www.lwrun.org and www.newengland.usatf.org Saturday evening

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

Route 2 to Jackson Rd / Devens exit. Follow to designated parking areas (short walk)

There may be construction restricting 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 delays. Check www.lwrun.org and www.facebook.com/usatfNE

COVID MITIGATION PLANS: Restrictions may be added up to race day

** Teams are asked to arrive on the course no more than 45 minutes prior to their race

- AND to depart as soon as races are over unless they are among the award winners

The area around the finish line will be fenced and quite restricted.

Other areas will be flagged off and may prevent direct access to the start or finish areas.

Please respect our efforts to provide a safe and orderly event, and tell parents/spectators the same.

Individuals in restricted areas will subject their school's entire team to removal from all results

THE MEET WEBSITE IS www.lwrun.org - Check regularly for updates

ENTRY:

Entry will be set up online at SimplyRegister.net, an online system, after September 15

The entry fee is **\$5.00 per runner** entered; there is also a small service charge to pay with online entry

Full entry instructions will be posted separately at lwrun.org

All entries are due by SUNDAY, OCTOBER 30, 2022

Any entries received after October 30 date will be charged \$10 per runner

No refunds after entry – this is an entry fee, not a participation fee.

Fees must be paid in advance unless payment is explicitly requested by a school purchase order (not just a statement of future payment) or check on meet day.

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

All individuals and teams **MUST** submit signed waivers at number pick-up. No exceptions.

COACHES: Please make sure you or the parents of your athletes **have waivers** when they arrive to pick-up team packets. They **must pass in waivers** in return for the athlete's number(s). They cannot compete without the waiver!!!

Waivers may be obtained at www.lwrun.org

THE MEET WEBSITE IS www.lwrun.org - Check regularly for updates

There may be set-up or schedule modifications or Covid mitigation regulations implemented 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.newengland.usatf.org for more cross country events

The USATF New England Junior Olympic Championship is Sunday, November 13, in Smithfield RI. Entry closes on Thursday, November 10, at 12 noon.