

10th ANNUAL MASSACHUSETTS ELEMENTARY SCHOOL CROSS COUNTRY CHAMPIONSHIP

Hosted by Lynn Parks and Recreation and Gannon Golf Course

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

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

DATE: MONDAY, NOVEMBER 11, 2024

Check in begins at 8:00 AM

FIRST RACE is at 9:30 AM Be aware of race order in case athletes do not hear public address system

ENTRY FEE: There is no entry fee.

REGISTER in ADVANCE:

Online at

<https://lynnma.myrec.com/info/activities/default.aspx>

Entries close noon, Friday, November 8

COURSE: Approximately 1.17-mile grades 1-5 and 0.66 mile grades 1-3. Loop course. Mostly grass. Spectator friendly.

Map: on website www.lwrun.org

INDIVIDUAL AND TEAM ELIGIBILITY:

Grades 1-5 elementary schools only.

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 at the elementary school they attend. Home school students grade 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 schools have **formal middle school xc programs.**

The fifth-grade students at those school systems **cannot** run **both** the “Massachusetts State **Middle** School Cross Country Championship” (Nov 2, Devens) and the “Massachusetts State **Elementary** School Cross Country Championships” Nov 11, Lynn).

Choose one only!

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) 0.66 miles (1 loop)

Race 2 Boys Grades 1-3 (Non team scoring) 0.66 miles (1 loop)

Race 3 Girls Grade 1-5 (School Championship team scoring - 5 score) 1.17 miles (2 loops)

Race 4 Boys Grade 1-5 (School Championship team scoring) - 5 score) 1.17 miles (2 loops)

AWARDS:

Plaques for top scoring teams.

Medals for top placing individuals

Awards to all finishers.

PARKING:

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

2) Entrance of Lynn Woods (East entrance)

All the above on a 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) <http://www.lwrun.org> and www.ci.lynn.ma.us/

FOR FURTHER INFORMATION CALL:

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

LISA NERICH - LYNN PARKS AND RECREATION (781)-477-7096 OR 781-268-8000