

**9th 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 lifelong activity. **LOCATION:** Lynn, Massachusetts – Gannon Golf Course, 60 Great Woods Road East entrance of Lynn Woods **DATE: FRIDAY, NOVEMBER 10, 2023 TIME: 9:30 a.m.** start. 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](https://lynnma.myrec.com/info/activities/default.aspx) **Entries close noon,**

Wednesday, November 8 **COURSE:** Approximately 1.17-mile

grades 1-5 and 0.66 mile grades 1-3. Loop course. Mostly grass. Spectator friendly.

Map is posted on website [http://www.lwrun.org/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/UZTC2NQ2/Info](http://www.lwrun.org/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/UZTC2NQ2/Info%20General.doc)

[General.doc www.lwrun.org](http://www.lwrun.org)

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) 0.66 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) 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) <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