

**9.9.23 MSTCA XC RELAYS**

Attleboro, MA

Highland Park

Saturday, September 9, 2023



OFFICIAL MEET REPORT

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**Race #1**  
**Coed (2 girls 1 boy) Relay**
**Final Results**
**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
1	MARSHFIELD, 1	172	Marshfield	-	26:47.7	---	5:49.5	3:37.2
2	BARNSTABLE, 1	1	Barnstable	-	27:25.9	38.2	5:57.8	3:42.4
3	SUTTON, 3	328	Sutton	-	28:26.9	1:39.2	6:11.1	3:50.7
4	NORTH QUINCY, 1	244	North Quincy	-	28:34.7	1:47.0	6:12.8	3:51.7
5	WESTON, 3	375	Weston	-	28:49.8	2:02.1	6:16.0	3:53.8
6	DENNIS YARMOUTH, 4	73	Dennis Yarmouth	-	28:53.8	2:06.1	6:16.9	3:54.3
7	WEST BRIDGEWATER, 1	355	West Bridgewater	-	30:58.4	4:10.7	6:44.0	4:11.1
8	BARNSTABLE, 2	2	Barnstable	-	31:16.8	4:29.1	6:48.0	4:13.6
9	SUTTON, 6	331	Sutton	-	32:14.8	5:27.1	7:00.6	4:21.4
10	DIMAN REGIONAL, 1	87	Diman Regional	-	33:56.0	7:07.3	7:22.6	4:35.1
11	WESTON, 4	376	Weston	-	34:05.1	7:17.4	7:24.6	4:36.4
12	DIMAN REGIONAL, 10	88	Diman Regional	-	34:22.4	7:34.7	7:28.3	4:38.7
13	TRI COUNTHY, 10	332	Tri County Regional	-	36:11.8	9:24.1	7:52.1	4:53.5
14	TRI COUNTHY, 12	334	Tri County Regional	-	37:27.3	10:39.6	8:08.5	5:03.7
15	SANDWICH, 2	283	Sandwich	-	38:04.2	11:16.5	8:16.6	5:08.7
16	TRI COUNTHY, 11	333	Tri County Regional	-	38:04.6	11:16.9	8:16.6	5:08.7
17	SOMERSET BERKELY, 1	314	Somerset Berkley R	-	38:05.6	11:17.9	8:16.9	5:08.9
18	DIGHTON REHOBETH, 3	80	Dighton Rehobeth	-	38:30.4	11:42.7	8:22.2	5:12.2
19	NORTON, 1	258	Norton	-	38:42.0	11:53.3	8:24.8	5:13.8
20	MELROSE, 3	200	Melrose	-	38:45.2	11:57.5	8:25.5	5:14.2
21	SOMERVILLE, 1	321	Somerville	-	38:57.8	12:10.1	8:28.2	5:15.9
22	MELROSE, 2	199	Melrose	-	39:04.5	12:16.8	8:29.7	5:16.8
23	GREATER LOWELL TECHN	100	Greater Lowell Tec	-	39:19.6	12:31.9	8:33.0	5:18.9
24	WEST BRIDGEWATER, 2	356	West Bridgewater	-	39:30.3	12:42.6	8:35.3	5:20.3
25	SHARON, 14	298	Sharon	-	39:49.5	13:01.8	8:39.4	5:22.9
26	PARKER CHARTER, 3	275	Parker Charter	-	40:26.3	13:38.6	8:47.5	5:27.9
27	DIGHTON REHOBETH, 4	81	Dighton Rehobeth	-	40:36.6	13:48.9	8:49.7	5:29.3
28	GREATER LOWELL TECHN	101	Greater Lowell Tec	-	41:15.3	14:27.6	8:58.1	5:34.5
29	SANDWICH, 1	282	Sandwich	-	41:47.3	14:59.6	9:05.1	5:38.8
30	DIGHTON REHOBETH, 10	77	Dighton Rehobeth	-	41:57.9	15:10.2	9:07.4	5:40.3
31	BARNSTABLE, 3	3	Barnstable	-	42:57.4	16:09.7	9:20.3	5:48.3
32	SHARON, 15	299	Sharon	-	45:11.3	18:23.6	9:49.4	6:06.4
33	SHARON, 16	300	Sharon	-	45:21.9	18:34.2	9:51.7	6:07.8
34	DIGHTON REHOBETH, 11	78	Dighton Rehobeth	-	50:01.6	23:13.9	10:52.5	6:45.6
35	SOMERSET BERKELY, 2	315	Somerset Berkley R	-	51:02.2	24:14.5	11:05.7	6:53.8

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Highland Park

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**Race #2**  
**Coed (2 boys 1 girl) Relay**
**Final Results**
**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1		21	Bedford	-	24:41.1	---	5:22.0	3:20.1
2		365	Weston	-	26:05.6	1:24.5	5:40.3	3:31.6
3		374	Weston	-	26:19.5	1:38.4	5:43.4	3:33.4
4		189	Melrose	-	26:43.1	2:02.0	5:48.5	3:36.6
5		4	Barnstable	-	26:55.0	2:12.9	5:51.1	3:38.2
6		293	Sharon	-	27:01.5	2:20.4	5:52.5	3:39.1
7		158	Mansfield	-	27:22.3	2:41.2	5:57.0	3:41.9
8		404	Wilmington	-	27:33.7	2:52.6	5:59.5	3:43.5
9		322	Somerville	-	27:56.1	3:15.0	6:04.4	3:46.5
10		400	Whtman Hanson R	-	28:03.9	3:22.8	6:06.1	3:47.5
11		405	Wilmington	-	28:46.4	4:05.3	6:15.3	3:53.3
12		74	Dennis Yarmouth	-	29:07.9	4:26.8	6:20.0	3:56.2
13		284	Sandwich	-	29:59.6	5:18.5	6:31.2	4:03.2
14		197	Melrose	-	31:08.4	6:27.3	6:46.2	4:12.5
15		406	Wilmington	-	31:08.8	6:27.7	6:46.2	4:12.5
16		245	North Quincy	-	31:22.1	6:41.0	6:49.2	4:14.3
17		89	Diman Regional	-	32:11.2	7:30.1	6:59.8	4:21.0
18		160	Mansfield	-	32:25.4	7:44.3	7:02.9	4:22.9
19		326	Sutton	-	32:46.9	8:05.8	7:07.6	4:25.8
20		330	Sutton	-	33:03.4	8:22.3	7:11.2	4:28.0
21		408	Wilmington	-	33:10.6	8:29.5	7:12.7	4:29.0
22		182	Medfield	-	33:14.7	8:33.6	7:13.6	4:29.5
23		407	Wilmington	-	33:20.4	8:39.3	7:14.9	4:30.3
24		285	Sandwich	-	33:41.9	9:00.8	7:19.5	4:33.2
25		294	Sharon	-	34:21.9	9:40.8	7:28.2	4:38.6
26		102	Greater Lowell Tec	-	34:24.4	9:43.3	7:28.8	4:39.0
27		377	Weston	-	34:47.0	10:04.9	7:33.7	4:42.0
28		409	Wilmington	-	34:54.4	10:13.3	7:35.3	4:43.0
29		329	Sutton	-	35:10.2	10:29.1	7:38.7	4:45.2
30		297	Sharon	-	35:12.1	10:31.0	7:39.1	4:45.4
31		335	Tri County Regional	-	35:13.3	10:32.2	7:39.4	4:45.6
32		198	Melrose	-	35:14.5	10:33.4	7:39.7	4:45.7
33		159	Mansfield	-	35:21.8	10:40.7	7:41.3	4:46.7
34		337	Tri County Regional	-	35:44.5	11:03.4	7:46.2	4:49.8
35		296	Sharon	-	36:31.0	11:48.9	7:56.3	4:56.1
36		262	Norton	-	37:09.5	12:28.4	8:04.7	5:01.3
37		295	Sharon	-	38:01.3	13:20.2	8:15.9	5:08.3
38		209	Millis	-	38:02.7	13:21.6	8:16.2	5:08.5
39		261	Norton	-	39:20.3	14:39.2	8:33.1	5:19.0
40		212	Millis	-	40:34.2	15:53.1	8:49.2	5:28.9
41		336	Tri County Regional	-	40:53.4	16:12.3	8:53.3	5:31.5
42		380	Weston	-	42:31.6	17:50.5	9:14.7	5:44.8

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**Race #3**  
**Boys Freshman Sophomore Relay**
**Final Results**
**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1		10	BC High	-	25:31.7	---	5:33.0	3:27.0
2		274	Parker Charter	-	25:46.6	14.9	5:36.2	3:29.0
3		150	Hopkinton	-	26:27.1	55.4	5:45.0	3:34.5
4		395	Weymouth	-	26:33.7	1:02.0	5:46.4	3:35.4
5		378	Weston	-	26:34.5	1:02.8	5:46.6	3:35.5
6		195	Melrose	-	26:35.0	1:02.3	5:46.7	3:35.5
7		104	Greater Lowell Tec	-	27:08.1	1:36.4	5:53.9	3:40.0
8		126	Holliston	-	27:17.2	1:45.5	5:55.9	3:41.2
9		140	Hopedale	-	27:17.4	1:45.7	5:56.0	3:41.3
10		161	Mansfield	-	27:25.0	1:52.3	5:57.6	3:42.3
11		272	Parker Charter	-	28:16.4	2:44.7	6:08.8	3:49.2
12		323	Somerville	-	28:18.0	2:45.3	6:09.1	3:49.4
13		302	Sharon	-	28:21.0	2:48.3	6:09.8	3:49.9
14		23	Bedford	-	28:28.0	2:55.3	6:11.3	3:50.8
15		174	Marshfield	-	28:40.2	3:08.5	6:13.9	3:52.5
16		214	Needham	-	28:40.4	3:08.7	6:14.0	3:52.5
17		64	Burlington	-	28:47.7	3:16.0	6:15.6	3:53.5
18		320	Somerset Berkley R	-	29:01.4	3:29.7	6:18.6	3:55.3
19		396	Weymouth	-	29:17.6	3:45.9	6:22.1	3:57.5
20		215	Needham	-	30:37.5	5:05.8	6:39.4	4:08.3
21		303	Sharon	-	30:39.3	5:07.6	6:39.8	4:08.5
22		379	Weston	-	30:45.2	5:13.5	6:41.1	4:09.3
23		363	Westborough	-	30:48.2	5:16.5	6:41.8	4:09.7
24		248	North Quincy	-	30:55.0	5:22.3	6:43.3	4:10.7
25		183	Medfield	-	30:56.8	5:25.1	6:43.6	4:10.9
26		38	Braintree	-	31:20.3	5:48.6	6:48.8	4:14.1
27		103	Greater Lowell Tec	-	31:25.1	5:53.4	6:49.8	4:14.7
28		357	West Bridgewater	-	31:29.1	5:57.4	6:50.7	4:15.3
29		286	Sandwich	-	31:30.2	5:58.5	6:50.9	4:15.4
30		57	Burlington	-	31:34.6	6:02.9	6:51.9	4:16.0
31		5	Barnstable	-	31:58.0	6:25.3	6:56.9	4:19.2
32		305	Sharon	-	32:09.6	6:37.9	6:59.5	4:20.8
33		218	Needham	-	32:17.9	6:46.2	7:01.3	4:21.9
34		276	Parker Charter	-	32:20.3	6:48.6	7:01.8	4:22.2
35		339	Tri County Regional	-	32:37.0	7:04.3	7:05.4	4:24.5
36		152	Hopkinton	-	32:54.6	7:22.9	7:09.3	4:26.8
37		144	Hopedale	-	33:03.0	7:30.3	7:11.1	4:28.0
38		304	Sharon	-	33:05.0	7:32.3	7:11.5	4:28.2
39		216	Needham	-	33:08.5	7:36.8	7:12.3	4:28.7
40		263	Norton	-	33:14.9	7:43.2	7:13.7	4:29.6
41		76	Dighton Rehobeth	-	33:21.2	7:49.5	7:15.0	4:30.4
42		264	Norton	-	33:41.9	8:10.2	7:19.5	4:33.2
43		358	West Bridgewater	-	34:10.6	8:38.9	7:25.8	4:37.1
44		249	North Quincy	-	34:11.9	8:40.2	7:26.1	4:37.3
45		11	BC High	-	34:41.6	9:09.9	7:32.5	4:41.3
46		251	North Quincy	-	35:08.3	9:36.6	7:38.3	4:44.9

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**Race #3  
Boys Freshman Sophomore Relay****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
47 HOPEDALE, 9		146	Hopedale	-	35:16.3	9:44.6	7:40.1	4:46.0
48 NEEDHAM, 14		219	Needham	-	35:22.0	9:49.3	7:41.3	4:46.8
49 PARKER CHARTER, 6		278	Parker Charter	-	35:26.7	9:55.0	7:42.3	4:47.4
50 TRI COUNTY, 2		338	Tri County Regional	-	35:29.7	9:58.0	7:43.0	4:47.8
51 PARKER CHARTER, 1		269	Parker Charter	-	35:32.5	10:00.8	7:43.6	4:48.2
52 DIMAN REGIONAL, 13		91	Diman Regional	-	36:13.5	10:41.8	7:52.5	4:53.7
53 DIMAN REGIONAL, 12		90	Diman Regional	-	36:16.9	10:45.2	7:53.2	4:54.2
54 DIGHTON REHOBETH, 5		82	Dighton Rehobeth	-	36:51.3	11:19.6	8:00.7	4:58.8
55 WILMINGTON, 7		410	Wilmington	-	37:58.3	12:26.6	8:15.3	5:07.9
56 NEEDHAM, 12		217	Needham	-	38:35.9	13:04.2	8:23.4	5:12.9
57 NORTH QUINCY, 2		250	North Quincy	-	38:45.3	13:13.6	8:25.5	5:14.2
58 SHARON, 21		306	Sharon	-	38:53.7	13:22.0	8:27.3	5:15.4
59 SOMERSET BERKELY, 6		319	Somerset Berkley R	-	38:58.1	13:26.4	8:28.3	5:15.9
60 SHARON, 3		307	Sharon	-	39:15.9	13:44.2	8:32.1	5:18.4
61 WEST BRIDGEWATER, 5		359	West Bridgewater	-	39:21.8	13:50.1	8:33.4	5:19.2
62 BURLINGTON, 3		59	Burlington	-	39:47.1	14:15.4	8:38.9	5:22.6
63 HOPEDALE, 10		135	Hopedale	-	39:53.5	14:21.8	8:40.3	5:23.4

**9.9.23 MSTCA XC RELAYS**

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**Race #4  
Girls Freshman Sophomore Relay****Final Results****INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1	NEEDHAM, 2	225	Needham	-	30:27.8	---	6:37.3	4:07.0
2	WESTWOOD, 1	382	Westwood	-	30:50.9	23.1	6:42.4	4:10.1
3	WEYMOUTH, 1	387	Weymouth	-	30:56.0	27.2	6:43.5	4:10.8
4	NORTON, 6	265	Norton	-	30:56.4	28.6	6:43.5	4:10.9
5	CENTRAL CATHOLIC, 1	65	Central Catholic	-	31:13.7	45.9	6:47.3	4:13.2
6	MARSHFIELD, 5	177	Marshfield	-	32:39.1	2:11.3	7:05.9	4:24.7
7	BROOKLINE, 3	50	Brookline	-	33:37.0	3:08.2	7:18.5	4:32.6
8	CENTRAL CATHOLIC, 2	66	Central Catholic	-	34:00.5	3:32.7	7:23.6	4:35.7
9	NEEDHAM, 20	226	Needham	-	34:00.6	3:32.8	7:23.6	4:35.7
10	NEEDHAM, 22	228	Needham	-	34:17.8	3:50.0	7:27.3	4:38.1
11	NEEDHAM, 21	227	Needham	-	34:53.3	4:25.5	7:35.1	4:42.9
12	BROOKLINE, 1	43	Brookline	-	35:07.0	4:38.2	7:38.0	4:44.7
13	HOLLISTON, 5	130	Holliston	-	35:55.8	5:28.0	7:48.6	4:51.3
14	WESTBOROUGH, 3	362	Westborough	-	36:45.9	6:18.1	7:59.5	4:58.1
15	WALTHAM, 9	354	Waltham	-	36:48.9	6:21.1	8:00.2	4:58.5
16	BARNSTABLE, 6	6	Barnstable	-	37:20.0	6:51.2	8:06.9	5:02.7
17	SHARON, 7	311	Sharon	-	37:22.5	6:54.7	8:07.5	5:03.0
18	CENTRAL CATHOLIC, 3	67	Central Catholic	-	37:22.6	6:54.8	8:07.5	5:03.0
19	BROOKLINE, 2	49	Brookline	-	37:34.3	7:06.5	8:10.1	5:04.6
20	NORTH QUINCY, 4	252	North Quincy	-	37:41.9	7:14.1	8:11.7	5:05.7
21	BRAINTREE, 14	33	Braintree	-	38:13.5	7:45.7	8:18.6	5:09.9
22	WESTWOOD, 2	383	Westwood	-	38:34.1	8:06.3	8:23.1	5:12.7
23	MELROSE, 14	194	Melrose	-	38:55.9	8:28.1	8:27.8	5:15.7
24	WEYMOUTH, 10	388	Weymouth	-	38:56.0	8:27.2	8:27.8	5:15.7
25	BROOKLINE, 8	55	Brookline	-	38:58.8	8:31.0	8:28.4	5:16.1
26	GREATER LOWELL TECHN	105	Greater Lowell Tec	-	39:33.3	9:05.5	8:35.9	5:20.7
27	GREATER LOWELL TECHN	106	Greater Lowell Tec	-	39:57.7	9:29.9	8:41.2	5:24.0
28	BROOKLINE, 11	45	Brookline	-	40:06.5	9:38.7	8:43.1	5:25.2
29	NEEDHAM, 24	230	Needham	-	40:32.4	10:04.6	8:48.8	5:28.7
30	NORTH QUINCY, 5	253	North Quincy	-	40:33.6	10:05.8	8:49.0	5:28.9
31	BARNSTABLE, 7	7	Barnstable	-	40:44.5	10:16.7	8:51.4	5:30.3
32	MILLIS, 4	210	Millis	-	40:54.5	10:26.7	8:53.6	5:31.7
33	NEEDHAM, 23	229	Needham	-	41:01.9	10:34.1	8:55.2	5:32.7
34	NORTON, 7	266	Norton	-	41:28.8	11:01.0	9:01.0	5:36.3
35	MANSFIELD, 13	162	Mansfield	-	42:51.0	12:22.2	9:18.9	5:47.4
36	NORTON, 8	267	Norton	-	42:57.1	12:29.3	9:20.2	5:48.3
37	SOMERSET BERKELY, 4	317	Somerset Berkley R	-	43:03.0	12:34.2	9:21.5	5:49.0
38	WILMINGTON, 8	411	Wilmington	-	43:16.3	12:48.5	9:24.4	5:50.8
39	BROOKLINE, 5	52	Brookline	-	43:49.0	13:20.2	9:31.5	5:55.3
40	MELROSE, 13	193	Melrose	-	44:27.5	13:59.7	9:39.9	6:00.5
41	PARKER CHARTER, 11	271	Parker Charter	-	45:13.6	14:45.8	9:49.9	6:06.7
42	NORTH QUINCY, 6	254	North Quincy	-	45:38.4	15:10.6	9:55.3	6:10.0
43	BROOKLINE, 10	44	Brookline	-	47:21.4	16:53.6	10:17.7	6:24.0
44	MILLIS, 5	211	Millis	-	47:22.1	16:54.3	10:17.8	6:24.1
45	BROOKLINE, 4	51	Brookline	-	47:59.1	17:31.3	10:25.9	6:29.1
46	TRI COUNTY, 4	340	Tri County Regional	-	48:19.4	17:51.6	10:30.3	6:31.8

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**Race #4**  
**Girls Freshman Sophomore Relay****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. kM
47 MELROSE, 10		190	Melrose	-	48:34.4	18:06.6	10:33.6	6:33.8
48 DIGHTON REHOBETH, 2		79	Dighton Rehobeth	-	49:40.1	19:12.3	10:47.8	6:42.7
49 HOPEDALE, 8		145	Hopedale	-	50:38.8	20:11.0	11:00.6	6:50.6
50 SOMERSET BERKELY, 5		318	Somerset Berkley R.	-	54:01.5	23:33.7	11:44.7	7:18.0

**9.9.23 MSTCA XC RELAYS**

Attleboro, MA

Highland Park

Saturday, September 9, 2023



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**Race #5**  
**Boys Junior Senior Relay**

# Final Results

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. KM
1 BC HIGH, 1		9	BC High	-	23:28.9	---	5:06.3	3:10.4
2 SHARON, 4		308	Sharon	-	23:59.6	30.7	5:13.0	3:14.5
3 HOPKINTON, 1		147	Hopkinton	-	24:00.2	31.3	5:13.1	3:14.6
4 PARKER CHARTER, 5		277	Parker Charter	-	24:47.2	1:18.3	5:23.3	3:21.0
5 GREATER LOWELL TECHN		107	Greater Lowell Tec	-	24:49.1	1:20.2	5:23.7	3:21.2
6 NORTON, 9		268	Norton	-	24:55.6	1:26.7	5:25.1	3:22.1
7 NEEDHAM, 15		220	Needham	-	25:31.1	2:02.2	5:32.8	3:26.9
8 MARSHFIELD, 10		173	Marshfield	-	25:31.7	2:02.8	5:33.0	3:27.0
9 BURLINGTON, 5		61	Burlington	-	25:37.4	2:08.5	5:34.2	3:27.7
10 BRAINTREE, 2		35	Braintree	-	25:52.5	2:23.6	5:37.5	3:29.8
11 SHARON, 5		309	Sharon	-	25:54.1	2:25.2	5:37.8	3:30.0
12 HOPEDALE, 1		134	Hopedale	-	25:58.6	2:29.7	5:38.8	3:30.6
13 SOMERVILLE, 4		324	Somerville	-	26:04.5	2:35.6	5:40.1	3:31.4
14 BC HIGH, 2		13	BC High	-	26:04.5	2:35.6	5:40.1	3:31.4
15 NAUSET, 1		213	Nauset	-	26:18.7	2:49.8	5:43.2	3:33.3
16 MEDFIELD, 3		184	Medfield	-	26:37.8	3:08.9	5:47.3	3:35.9
17 HOLLISTON, 3		128	Holliston	-	26:53.8	3:24.9	5:50.8	3:38.1
18 WESTBOROUGH, 1		360	Westborough	-	27:12.5	3:43.6	5:54.9	3:40.6
19 NEEDHAM, 16		221	Needham	-	27:24.7	3:55.8	5:57.5	3:42.2
20 PARKER CHARTER, 7		279	Parker Charter	-	27:37.5	4:08.6	6:00.3	3:44.0
21 BURLINGTON, 2		58	Burlington	-	27:51.3	4:22.4	6:03.3	3:45.8
22 BC HIGH, 3		14	BC High	-	28:04.1	4:35.2	6:06.1	3:47.6
23 MELROSE, 16		196	Melrose	-	28:07.5	4:38.6	6:06.8	3:48.0
24 HOLLISTON, 4		129	Holliston	-	28:19.7	4:50.8	6:09.5	3:49.7
25 BRAINTREE, 3		36	Braintree	-	28:21.6	4:52.7	6:09.9	3:49.9
26 NEEDHAM, 18		223	Needham	-	28:30.9	5:02.0	6:11.9	3:51.2
27 NORTON, 10		259	Norton	-	28:32.6	5:03.7	6:12.3	3:51.4
28 NORTH QUINCY, 11		246	North Quincy	-	28:40.8	5:11.9	6:14.1	3:52.5
29 MEDFIELD, 4		185	Medfield	-	28:40.9	5:12.0	6:14.1	3:52.6
30 HOPKINTON, 3		151	Hopkinton	-	28:53.1	5:24.2	6:16.8	3:54.2
31 SOMERVILLE, 5		325	Somerville	-	29:03.2	5:34.3	6:19.0	3:55.6
32 WHITMAN HANSON, 3		399	Whitman Hanson R	-	29:09.6	5:40.7	6:20.3	3:56.4
33 DIGHTON REHOBETH, 10		77	Dighton Rehobeth	-	29:19.0	5:49.1	6:22.4	3:57.7
34 BEDFORD, 4		24	Bedford	-	29:31.2	6:02.3	6:25.0	3:59.3
35 MANSFIELD, 14		163	Mansfield	-	29:39.5	6:10.6	6:26.8	4:00.5
36 BURLINGTON, 6		62	Burlington	-	29:59.4	6:30.5	6:31.2	4:03.1
37 HOPEDALE, 2		139	Hopedale	-	30:06.5	6:37.6	6:32.7	4:04.1
38 BRAINTREE, 4		37	Braintree	-	30:08.7	6:39.8	6:33.2	4:04.4
39 PARKER CHARTER, 10		270	Parker Charter	-	30:09.9	6:41.0	6:33.4	4:04.6
40 SHARON, 6		310	Sharon	-	30:11.5	6:42.6	6:33.8	4:04.8
41 BEDFORD, 2		22	Bedford	-	30:15.3	6:46.4	6:34.6	4:05.3
42 WHITMAN HANSON, 5		401	Whitman Hanson R	-	30:37.7	7:08.8	6:39.5	4:08.3
43 DIMAN REGIONAL, 3		93	Diman Regional	-	30:40.6	7:11.7	6:40.1	4:08.7
44 SOMERSET BERKELY, 3		316	Somerset Berkely R	-	30:43.0	7:13.1	6:40.6	4:09.0
45 BC HIGH, 4		15	BC High	-	31:16.9	7:48.0	6:48.0	4:13.6
46 TRI COUNTY, 5		341	Tri County Regional	-	31:32.2	8:03.3	6:51.3	4:15.7

**9.9.23 MSTCA XC RELAYS**

Attleboro, MA

Highland Park

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**Race #5**  
**Boys Junior Senior Relay****Final Results****INDIVIDUAL RESULTS (cont'd)**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
47 MILLIS, 2		208	Millis	-	31:39.5	8:10.6	6:52.9	4:16.7
48 HOPEDALE, 6		143	Hopedale	-	31:54.6	8:25.7	6:56.2	4:18.7
49 NEEDHAM, 17		222	Needham	-	31:58.4	8:29.5	6:57.0	4:19.2
50 MANSFIELD, 2		164	Mansfield	-	33:06.7	9:37.8	7:11.9	4:28.5
51 BARNSTABLE, 8		8	Barnstable	-	33:36.9	10:08.0	7:18.5	4:32.6
52 DIMAN REGIONAL, 2		92	Diman Regional	-	33:37.3	10:08.4	7:18.5	4:32.6
53 WHITMAN HANSON, 1		397	Whtman Hanson R	-	33:47.4	10:18.5	7:20.7	4:34.0
54 HOPKINTON, 11		149	Hopkinton	-	34:09.3	10:40.4	7:25.5	4:36.9
55 WALTHAM, 7		352	Waltham	-	34:10.7	10:41.8	7:25.8	4:37.1
56 WALTHAM, 8		353	Waltham	-	34:32.3	11:03.4	7:30.5	4:40.0
57 DIMAN REGIONAL, 4		94	Diman Regional	-	34:33.0	11:03.1	7:30.7	4:40.1
58 WALTHAM, 3		348	Waltham	-	34:45.6	11:16.7	7:33.4	4:41.8
59 NEEDHAM, 19		224	Needham	-	34:47.1	11:18.2	7:33.7	4:42.0
60 TRI COUNTY, 6		342	Tri County Regional	-	34:57.0	11:27.1	7:35.9	4:43.4
61 BC HIGH, 6		17	BC High	-	35:00.4	11:31.5	7:36.6	4:43.8
62 WALTHAM, 2		347	Waltham	-	35:16.1	11:47.2	7:40.0	4:46.0
63 BC HIGH, 5		16	BC High	-	35:16.3	11:47.4	7:40.0	4:46.0
64 WALTHAM, 4		349	Waltham	-	35:35.4	12:06.5	7:44.2	4:48.6



**9.9.23 MSTCA XC RELAYS**

Attleboro, MA

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**Race #6**  
**Girls Junior Senior Relay**

# Final Results

**INDIVIDUAL RESULTS**

Athlete	YR	#	Team	Score	Time	Gap	Avg. Mile	Avg. km
1 HOLLISTON, 8		133	Holliston	-	27:17.0	---	5:55.9	3:41.2
2 WEYMOUTH, 2		389	Weymouth	-	28:07.0	50.0	6:06.7	3:48.0
3 HOPKINTON, 10		148	Hopkinton	-	29:11.8	1:55.8	6:20.8	3:56.7
4 NEEDHAM, 27		233	Needham	-	29:18.1	2:02.1	6:22.2	3:57.6
5 BEDFORD, 5		25	Bedford	-	30:05.3	2:49.3	6:32.4	4:04.0
6 MEDFIELD, 5		186	Medfield	-	30:15.0	2:58.0	6:34.6	4:05.3
7 BRAINTREE, 1		28	Braintree	-	30:45.2	3:29.2	6:41.1	4:09.3
8 CENTRAL CATHOLIC, 5		69	Central Catholic	-	31:01.7	3:45.7	6:44.7	4:11.6
9 WEYMOUTH, 3		390	Weymouth	-	32:34.5	5:18.5	7:04.9	4:24.1
10 MELROSE, 11		191	Melrose	-	33:07.3	5:51.3	7:12.0	4:28.5
11 BRAINTREE, 10		29	Braintree	-	33:09.8	5:53.8	7:12.5	4:28.9
12 GREATER LOWELL TECHN		108	Greater Lowell Tec	-	33:25.5	6:09.5	7:16.0	4:31.0
13 WESTWOOD, 3		384	Westwood	-	33:40.5	6:24.5	7:19.2	4:33.0
14 HOPKINTON, 6		154	Hopkinton	-	33:57.6	6:41.6	7:23.0	4:35.4
15 WESTBOROUGH, 5		364	Westborough	-	33:58.6	6:42.6	7:23.2	4:35.5
16 NEEDHAM, 28		234	Needham	-	34:04.0	6:47.0	7:24.3	4:36.2
17 WEYMOUTH, 4		391	Weymouth	-	34:08.4	6:52.4	7:25.3	4:36.8
18 BEDFORD, 6		26	Bedford	-	34:32.7	7:16.7	7:30.6	4:40.1
19 MELROSE, 12		192	Melrose	-	34:54.7	7:38.7	7:35.4	4:43.1
20 HOPKINTON, 7		155	Hopkinton	-	35:05.0	7:48.0	7:37.6	4:44.5
21 MEDFIELD, 6		187	Medfield	-	35:13.1	7:57.1	7:39.4	4:45.5
22 WHITMAN HANSON, 6		402	Whtman Hanson R	-	35:17.7	8:01.7	7:40.4	4:46.2
23 HOPEDALE, 4		141	Hopedale	-	35:23.9	8:07.9	7:41.7	4:47.0
24 SHARON, 8		312	Sharon	-	36:01.1	8:45.1	7:49.8	4:52.0
25 NORTON, 11		260	Norton	-	36:07.6	8:51.6	7:51.2	4:52.9
26 PARKER CHARTER, 9		281	Parker Charter	-	36:19.8	9:03.8	7:53.9	4:54.6
27 BROOKLINE, 12		46	Brookline	-	36:28.8	9:12.8	7:55.8	4:55.8
28 WHITMAN HANSON, 2		398	Whtman Hanson R	-	36:58.5	9:42.5	8:02.3	4:59.8
29 SUTTON, 2		327	Sutton	-	37:02.2	9:46.2	8:03.1	5:00.3
30 BEDFORD, 7		27	Bedford	-	37:06.7	9:50.7	8:04.1	5:00.9
31 WHITMAN HANSON, 7		403	Whtman Hanson R	-	37:08.5	9:52.5	8:04.4	5:01.1
32 CENTRAL CATHOLIC, 4		68	Central Catholic	-	37:26.3	10:10.3	8:08.3	5:03.5
33 BROOKLINE, 13		47	Brookline	-	37:33.1	10:17.1	8:09.8	5:04.5
34 WALTHAM, 5		350	Waltham	-	37:48.6	10:32.6	8:13.2	5:06.6
35 HOLLISTON, 7		132	Holliston	-	37:52.7	10:36.7	8:14.0	5:07.1
36 WESTBOROUGH, 2		361	Westborough	-	37:54.2	10:38.2	8:14.4	5:07.3
37 TRI COUNTY, 7		343	Tri County Regional	-	37:55.9	10:39.9	8:14.8	5:07.6
38 MILLIS, 1		207	Millis	-	38:31.3	11:15.3	8:22.4	5:12.3
39 BROOKLINE, 6		53	Brookline	-	38:45.0	11:28.0	8:25.4	5:14.2
40 NORTH QUINCY, 12		247	North Quincy	-	38:46.5	11:30.5	8:25.7	5:14.4
41 WALTHAM, 6		351	Waltham	-	38:57.0	11:40.0	8:28.0	5:15.8
42 BRAINTREE, 11		30	Braintree	-	39:07.9	11:51.9	8:30.4	5:17.3
43 WEYMOUTH, 5		392	Weymouth	-	39:45.0	12:28.0	8:38.5	5:22.3
44 BRAINTREE, 12		31	Braintree	-	41:10.6	13:54.6	8:57.1	5:33.9
45 HOPEDALE, 5		142	Hopedale	-	41:44.2	14:28.2	9:04.4	5:38.4
46 BRAINTREE, 13		32	Braintree	-	42:01.7	14:45.7	9:08.2	5:40.8

**9.9.23 MSTCA XC RELAYS**

Attleboro, MA

Highland Park

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**Race #6**  
**Girls Junior Senior Relay****Final Results****INDIVIDUAL RESULTS (cont'd)**

<b>Athlete</b>	<b>YR</b>	<b>#</b>	<b>Team</b>	<b>Score</b>	<b>Time</b>	<b>Gap</b>	<b>Avg. Mile</b>	<b>Avg. kM</b>
47 WESTWOOD, 4		385	Westwood	-	42:28.9	15:12.9	9:14.1	5:44.4
48 DIMAN REGIONAL, 5		95	Diman Regional	-	42:48.5	15:32.5	9:18.4	5:47.1
49 NEEDHAM, 29		235	Needham	-	43:28.0	16:11.0	9:27.0	5:52.4
50 MANSFIELD, 3		165	Mansfield	-	44:47.4	17:31.4	9:44.2	6:03.2
51 HOLLISTON, 6		131	Holliston	-	48:54.1	21:38.1	10:37.8	6:36.5
-- MARSHFIELD, 3		175	Marshfield	-	DQ		---	---