

2017 New Hampshire Middle School State Cross Country Championships

PLEASE READ EVERYTHING!

Like last year, there will be three divisions (based upon the 2016 attendance numbers from the NH Department of Education). A school can petition up to a higher division but not down.

The 44rd annual Middle School State Cross Country Championships will be held this year on Saturday, October 21, 2017 at both **Londonderry High School (Division I and II)** and **Coe-Brown Northwood Academy (Division III)**. Listed below are all the details of the meets.

DIVISION I

Cooperative (Exeter)
Dover
Elm Street (Nashua)
Fairgrounds (Nashua)
Hillside (Manchester)
Hood (Derry)
Hudson Memorial
Keene
Londonderry
McLaughlin (Manchester)
Merrimack
Mountain View (Goffstown)
Pennichuck (Nashua)
Rochester
Ross A. Lurgio (Bedford)
Rundlett (Concord)
Southside (Manchester)
Timberlane
Windham
Woodbury (Salem)

DIVISION II

Amherst
Bow
Cawley (Hooksett)
Hampton Academy
Hanover
Hollis/Brookline
Kearsarge
Kennett
Kingswood
Laconia
Lebanon
Litchfield
Merrimack Valley
Milford
Monadnock
Oyster River
Parkside (Manchester)
Pelham
Portsmouth
Sanborn
West Running Brook (Derry)

DIVISION III All other schools who have participated in the meet in the past, will be Division III. If you are a new school to the meet and do not know your division, contact Larry Martin (lemnhxc@aol.com) for assignment.

GENERAL INFO FOR ALL RACES FOR ALL SITES

ENTRY PROCEDURE: You must read the instructions marked **Coaches Must Read** on Middle School web page where this document is posted. All entries must be completed on Direct Athletics by noon on **Friday - October 13, 2017**. Please delete anyone on your roster that is no longer on your team. If you have problems email Rick at rick@lancertiming.com. **SCHOOLS THAT MISS THE ABOVE DEADLINE WILL BE ASSESSED A LATE FEE OF \$25.**

SCORING: In the scoring races, the top 5 individuals will determine a team's score. Runners from incomplete teams will not be counted when the scoring is done. We are able to do this (the official way to score cross country) because the computer is doing the scoring for us. Coaches will not have to turn in any score sheets.

IT IS MANDATORY THAT ALL TEAM MEMBERS IN THE SCORING RACES HAVE THE SAME COLOR RACING TOPS.

RESULTS: Results will be posted after each race. However, paper copies of the results will not be given to coaches following the conclusion of the meet. All results will be posted on www.LancerTiming.com immediately following the last event.

INDIVIDUAL ELIGIBILITY: Any middle school student who is in 6th, 7th or 8th grade (**NO 5th or 9th GRADERS PLEASE**) who has not reached his or her 16th birthday by the day of the meet is eligible. For a possible waiver to this rule, please contact Larry Martin **BEFORE** race day. However, 5th graders will be allowed to run in the scoring championship races if they are part of their team's top 7 runners.

AWARDS: Team trophies will be presented to the winning team in each scoring race. Individual plaques will be given to the top 10 finishers in each scoring race. Custom patches will be presented to each finisher. Team medals will also be presented to the members of the top four teams in all scoring races. Medals will be given to the top 10 finishers in all non-scoring races.

DRESSING FACILITIES: Very limited, so please come changed and ready to run.

TEAMS: All athletes must represent the school they attend. No schools can combine together to form one team.

ENTRY FEE:

\$8.00	per athlete OR
\$80.00	per school for up to 25 athletes
\$100.00	per school for 26 to 50 athletes
\$130.00	per school for over 50 athletes

SCHOOLS THAT MISS THE ENTRY DEADLINE OF OCTOBER 13, WILL BE ASSESSED A LATE FEE OF \$25.

Make checks payable to **Londonderry High School** and send to Larry Martin at
Londonderry High School
295 Mammoth Road,
Londonderry NH 03053

PLEASE DO THIS BEFORE THE DAY OF THE MEET.
PLEASE PUT MY NAME EITHER ON THE CHECK OR ENVELOPE.

INCLEMENT WEATHER PROCEDURE: If the weather is bad the day of the meet, a decision on whether it will be postponed or not will be made by 8:00 AM. **If the meet is cancelled or being postponed to another day, this information will be found on the home page of www.LancerTiming.com.** In case of bad weather it is your responsibility to check the Lancer Timing web site. **WE WILL NOT BE CALLING YOU.** These are emergency preparations only. The weather would have to be very bad for us to even consider postponing a meet of this size!!! In over 40 years, this meet has **never** been cancelled. It has been held in the rain!!!

SPECIAL NEEDS ATHLETES: They are certainly welcome, but please call and let Larry Martin know about them so that he can plan appropriately.

If you have any general questions about the meet, contact Larry Martin at lemnhec@aol.com.

All Direct Athletics questions, contact Rick Berryman at rick@lancertiming.com

DIVISION I AND II MEETS WILL BE HELD AT LONDONDERRY HIGH SCHOOL

TIME: Meet starts at 11:30 A.M. Guided course tours will start at 10:00 A.M. and continue until 11:30 A.M.
PLEASE DO NOT ARRIVE BEFORE 9:30 A.M.

COURSE: A wheeled 2 miles. The course is run on tar, grass, dirt roads, and woods, so spiked shoes are undesirable. This year's course will be basically the same as last year. People have asked to view the course beforehand. This CANNOT be done Monday through Friday as school teams populate all fields. If you wish to check out the "lay of the land" on the weekend, you may--but please be courteous to youth teams who may be on the fields.

RACES: This year we will be running 10 races, with each race having between 100 and 200 athletes. The scoring races will be divided into Division I and Division II. Equal awards will be given in both divisions. The scoring races will be restricted to the top 7 runners from each team. All other athletes should go in the non-scoring races. Any number of athletes from a school can enter these non-scoring races. Individuals from incomplete teams (less than 5 athletes) can run in any race that they wish.

ORDER OF RACES: 11:30 AM

THIS IS NOT A TIME SCHEDULE. RACES JUST GO IN ORDER.

Girls	Non-Scoring (8th graders)
Boys	Non-Scoring (8th graders)
Girls	Division II Championship
Girls	Division I Championship
Boys	Division II Championship
Boys	Division I Championship
Girls	Non-Scoring (7th graders)
Boys	Non-Scoring (7th graders)
Girls	Non-Scoring (6th graders)
Boys	Non-Scoring (6th graders)

SPECIAL NOTES:

1. Please do not arrive before 9:30 AM.
2. Please tell your parents/spectators that dogs are not allowed on the Londonderry athletic fields.

QUESTIONS: Specific questions about Division I and Division II, contact Larry Martin, Meet Director (lemnhxc@aol.com).