



**89<sup>th</sup> Annual New England Interscholastic  
Cross Country Championships  
Saturday, November 9, 2024  
Wickham Park  
1329 Middle Turnpike West, Manchester, Connecticut 06040**

Presented by the Council of New England Secondary School Principals' Association  
19 Golden Meadow Rd, Hampstead, NH 03841  
Executive Director: Jim Davis, [jim.davis@cnesspa.org](mailto:jim.davis@cnesspa.org),  
President: Dr. Glenn Lungarini, CAS-CIAC

**The meet will be held regardless of weather conditions.**

**Meet Director:** Bill Baron  
(h) 860-644-1264 (C) 860-543-3378  
[baronwm71@gmail.com](mailto:baronwm71@gmail.com)

**Time:** Boys: 11:30 am                      Girls: 12:15 pm

**Number of Entries:** Each state may enter six (6) full cross-country teams (7 runners)  
and any other individual placing in the top twenty-five (25) positions  
in its state meet.

**\*\*NEW COACHES / Entry & Fee Payment Process:**



Coaches must have an athletic.net account for their respective high school team to register for the NE Meet. Each state meet results will be linked to www.athletic.net. You may only use the performance achieved at your state meet.

**All entry fees must be paid ONLINE prior to the meet. There are no refunds. Entry fee is \$20 per athlete or \$140 per team per gender.**

**Online entry fees will be accepted starting at 6pm on Monday, November 4<sup>th</sup> and close at 9pm on Tuesday, November 5<sup>th</sup>.** Coaches will receive an email notification that their entry has been accepted when entered. A team will not be charged unless the entry is accepted.

Issues please contact Rick Kates Email: [katesr@maldencatholic.org](mailto:katesr@maldencatholic.org)  
New to www.athletic.net  
<https://support.athletic.net/category/y2yqh7bw1i-getting-started>

- Packet Pick-up:** All competitors (teams and individuals) must check-in between 9:00 and 11:00 am. Packet Pick up will be at the white tent near the rear upper parking lot at Wickham Park. Packets will contain race numbers with chips and pins, along with hip numbers. The packet will also contain CNESSPA pins and certificates for all competitors.
- Awards:** Medals and trophies will be awarded at the conclusion of the meet, following verification of the score tabulation. **The award presentations will be held near the finish line tent.** Medals for the first twenty-five (25) runners and team champion, runner-up, and third place trophies and medals will be awarded.
- Course:** A challenging 5000-meter course through open fields and woods. This is a spectator friendly course. A map of the course is included in this packet.
- Course Walks:** The course may be walked/viewed on Friday, November 8 from 12:00 pm until 4:00 pm sharp and Saturday morning from 9:00 am until 11:00 am. Meet officials will be available at the finish line tent to answer any questions regarding the race.
- Parking:** Parking facilities are available at the Wickham Park for all vehicles, including team buses/vans. **Be advised that a spectator parking fee of \$15 per car will be collected.** There will be handicap parking available at Wickham Park. Cars illegally parked outside the Wickham Park facility, especially on Tolland Street near the back entrance to the park, will be ticketed.
- Concessions:** Food trucks will be available in the upper parking lot near the registration tent.
- Clean-up:** All trash and litter must be picked up before leaving. Trash receptacles are provided.
- Locker Rooms:** No locker rooms or dressing/shower facilities will be available.
- T-Shirts:** Official New England Cross Country Championship apparel will be sold at the meet. Apparel can be pre-ordered at <https://www.grrteesmsp.com/> until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.
- Shoes/Hats:** Metal spikes or hard plastic cleats can be worn as footwear but there are a few short, paved surfaces to cross on the course. NFHS rules allow headgear to be worn if they are not a safety hazard, do not demean the sport, are school issued, and are allowed by the State Association. Meet management will make the decision.

**Rules:** NFHS Rules will be in effect, uniforms to comply with Rule 4, Section 3. States must follow any individual state policies that may differ from the NFHS Rules.

**Results:** [www.cnesspa.com](http://www.cnesspa.com) and [www.nesportstiming.com](http://www.nesportstiming.com) (live)

**Accommodations:** Overnight accommodations and all meals are the responsibility of the entering schools and individuals to make reservations.

Here are some hotels that are minutes from the park:

~Fairfield Inn - Pavilions Drive, Manchester - 860-648-9796

~Hampton Inn and Suites - 1432 Pleasant Valley Rd. - South Windsor - 860-644-1732

~Holiday Inn Express - 346 Kelly Rd., Vernon - 860-648-2000

~Residence Inn by Marriott – 201 Hale Rd., Manchester - 860-432-4242

### **Directions to Wickham Park**

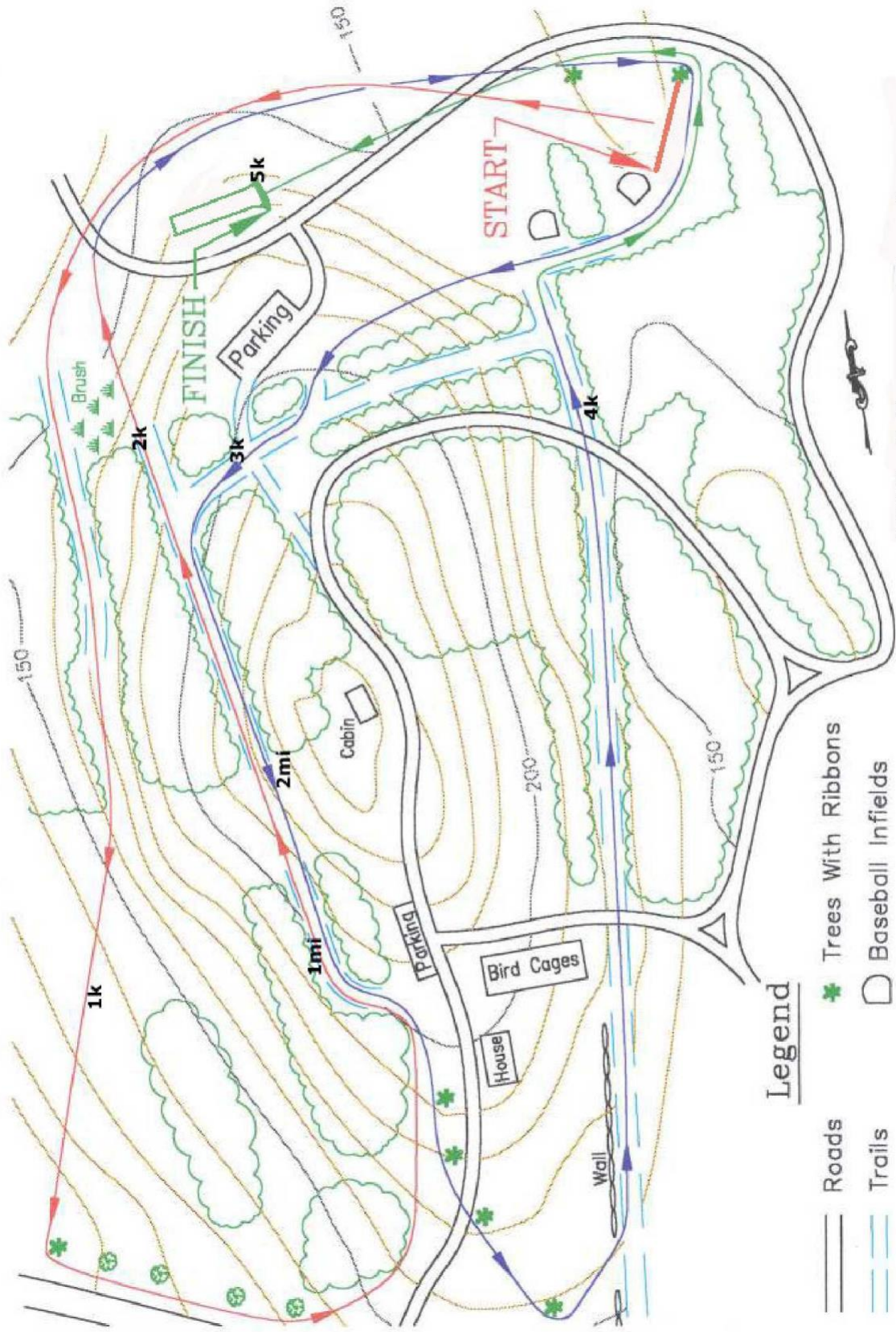
Wickham Park is located at 1329 Middle Turnpike West in Manchester, Connecticut and is easily accessible from Interstate 84.

**From the North:** Take I 91 South to I 291 East, take exit 5. Take a right at end of exit ramp and proceed to second stop sign. Take a left onto Longhill Drive. Go straight through a stop sign, at stop light take a left onto Burnside Avenue. Park entrance will be on the left in approximately 1 mile.

**From the South:** Take I 91 North to I 84 East to exit 60. Left at the light straight at the next light and the park entrance is 150 yards on your right.

**From the West:** Take I 84 East to exit 60. Left at the light straight at the next light and the park entrance is 150 yards on your right.

**From the East:** Take I 84 West to exit 60 (Exit 62 and exit 60 are combined, you will parallel the highway and it will appear you are heading back to I 84, stay in the left lane until you reach exit 60 on the right) take a right at the light and the park's entrance is 150 yards on your right.



# Wickham Park

5000m Course

Not to Scale

Measured-Certified 7/18/2014

## Legend

- Roads
- Trails
- 1st Loop
- 2nd Loop
- To Finish
- Trees With Ribbons
- Baseball Infields
- Treelines