



Presented by



MARATHON SPORTS

SCHEDULE

- 9:00 AM – D4 Boys Championship
- 9:30 AM – D4 Girls Championship
- 10:10 AM – *D4 Awards Ceremony at Barn*
- 10:20 AM – D3 & D4 Non-Champs Coed Race
- 11:00 AM – D3 Boys Championship
- 11:30 AM – D3 Girls Championship
- 12:10 PM – *D3 Awards Ceremony at Barn*
- 1:00 PM – D2 Boys Championship
- 1:30 PM – D2 Girls Championship
- 2:10 PM – *D2 Awards Ceremony at Barn*
- 2:20 PM – D1 & D2 Non-Champs Coed Race
- 3:00 PM – D1 Boys Championship
- 3:30 PM – D1 Girls Championship
- 4:10 PM – *D1 Awards Ceremony at Barn*

Support Provided By:



Upc

THE 52nd NEW HAMPSHIRE MIDDLE SCHOOL STATE CHAMPIONSHIP

THERE'S ONLY ONE NH MIDDLE SCHOOL STATE CHAMPIONSHIP! The Hopkinton Runners Society, powered by DELTA DENTAL, is excited to partner with Lancer Timing & other local supporters to again bring the New Hampshire Middle School State Meet to one of the best cross country venues in the country. Timing provided by Lancer timing and conducted by NFHS & USATF rules. Featuring a spectator friendly ***THREE KILOMETER (1.87miles)*** course that runs through a century-old barn, making an unforgettable New Hampshire cross country experience!

MEET CONTACTS

Zach Emerson - Championship Coordinator/HRS President - HopkintonRunners@gmail.com

Rick Berryman - Lancer Timing Owner - rick@lancertiming.com

COURSE DETAILS

The Hopkinton Fairgrounds Championship Cross Country Course is one of the premier cross country venues in New England; site of dozens of NCAA Championships, as well as the 2026 NH High School Cross Country Meet of Champions. The rolling loop course, perfect for spectator viewing, consists of grass, wide trails & dirt roads. Spikes recommended.

For a video of the venue - [CLICK HERE](#)

ENTRIES & FEE PAYMENT

Entries are due by 11:59 PM Wednesday, October 21ST on Direct Athletics. A max of 7 runners will be allowed to start in a championship section. There is no limit to the number of runners that can be entered into the non-champs sections. The fee is \$10 per entered athlete. No additions or substitutions allowed after the October 21st deadline. All fees must be paid online directly through direct athletics.

Payment is collected online via direct athletics with credit card. If your department policy is to only issue checks for meet entries, a request must be made in writing before October 9th by emailing HopkintonRunners@gmail.com & we can send HRS's W9 for you to process timely payment. All fees MUST be received before entry deadline for teams to be officially entered.

AWARDS

The top-2 teams will receive plaques, while top-20 individuals receive ALL-STATE medallions in each championship race – presented immediately following each division. Top-20 individuals, top-4 (D1/D2) & top-3 (D3&D4) teams qualify for the 2026 Middle School Meet of Champions on Friday October 30th.

MEDIA COVERAGE

New Hampshire Track & Field will once again be broadcasting the middle school state championships live on their youtube channel. Live results & scores on Lancertiming.com

ELIGIBILITY

Any middle school student who is in 5th-8th grade, who has not reached his or her 16th birthday by the day of the meet is eligible. An athlete may only compete in one race at the championship. There are no substitutions or changes to what race an athlete is entered into after the online entries close.

All athletes must represent the school they attend. No schools can combine to form one team. **It is mandatory that all team members in the scoring races have the same color racing tops.**

SCORING

Only the Championship races will be scored. The top 5 individuals from each team will determine a team's score, with 7 given a team place. Runners from incomplete teams (less than 5) will not be counted for team scoring.

MEET OF CHAMPIONS QUALIFICATION *NEW FOR 2026*

For the 1st time in New Hampshire history, the best middle school athletes & teams across all 4 divisions will battle head-to-head in a new FREE championship on the Friday following the divisional meet at the Hopkinton Fairgrounds. The MoC will be free for all who qualify and take place on Friday October 30th.

To qualify for MOC's: Top-20 individual finishers in each divisional championship race, as well as runners from all top-4 D1 & D2 teams, & top-3 D3 & D4 teams will automatically be entered to compete.

CHANGING FACILITIES

Limited, with port-a-johns only onsite. Please come changed and ready to run!

TEAM CAMPS

Team tents and athlete camps are only to be set up in the team camp area adjacent to the finish line. They must be staked into the ground. Remove all trash and food after the meet. Carry-in, carry-out. It is not permitted to set up a team camp anywhere else on the grounds. An athletic trainer and ambulance will be on site, between the finish line and the team camp area.

IMPORTANT FAIRGROUND POLICIES

NO DOGS, NO SMOKING, NO OPEN FLAMES and NO ALCOHOLIC BEVERAGES allowed anywhere inside the grounds course or parking lot areas. Non-compliance will result in immediate ejection from the facility without a refund.

WEATHER POLICY

If the weather on meet day is dangerous, a decision on whether it will be postponed will be made by 7:00 AM. **If the meet is canceled or being postponed to another day, this information will be found on the home page of www.LancerTiming.com and <https://nh.staterunning.net/xc/ms/>** In case of bad weather, it is your responsibility to check the Lancer Timing website. **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 50 years, this meet has **never** been canceled. It has been held in the rain!!!

SPECIAL NEEDS ATHLETES

They are certainly welcome, but please email meet management so we may plan appropriately

MEDICAL

There will be certified athletic trainers and EMTs onsite during the races.

MERCH

T-shirts, food trucks, vendors and concessions available for sale on-site.

PARKING

Team Parking adjacent to course located at **589 Park Ave, Hopkinton, NH**
Spectator Parking (\$10 Parking Fee) – **419 Park Ave, Hopkinton, NH - cash/card accepted**

If your team is not listed below or is in the wrong division....

Please email corrections to Zach at HopkintonRunners@gmail.com

<u>School</u>	<u>Division I</u>
Cooperative (Exeter)	Division I
Dover	Division I
Elm Street (Nashua)	Division I
Fairgrounds (Nashua)	Division I
Hillside (Manchester)	Division I
Hudson Memorial	Division I
Keene	Division I
Londonderry	Division I
McLaughlin (Manchester)	Division I
Merrimack	Division I
Mountain View (Goffstown)	Division I
Rochester	Division I
Ross A. Lurgio (Bedford)	Division I
Rundlett (Concord)	Division I
Southside (Manchester)	Division I
Timberlane	Division I
Windham	Division I
Woodbury (Salem)	Division I

<u>School</u>	<u>Division II</u>
Amherst	Division II
Bow	Division II
Cawley (Hooksett)	Division II
Hampton Academy	Division II
Hanover/Richmond Middle	Division II
Hollis/Brookline	Division II
Hood (Derry)	Division II
Kearsarge	Division II
Kennett	Division II
Kingswood	Division II
Laconia	Division II
Lebanon	Division II
Merrimack Valley	Division II
Milford	Division II
Oyster River	Division II
Parkside (Manchester)	Division II
Pelham	Division II
Pennichuck (Nashua)	Division II
Windham	Division II

If your team is not listed below or is in the wrong division....

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<u>School</u>	<u>Division III</u>
Inter-Lakes	Division III
Academy of Science	Division III
Auburn	Division III
Barrington	Division III
Belmont	Division III
Berlin	Division III
Boynton (New Ipswich)	Division III
Chester	Division III
Gilford	Division III
Great Brook	Division III
Hampstead	Division III
Hillsboro	Division III
Hopkinton	Division III
Iber Holmes Gove	Division III
Indian River (Canaan)	Division III
Jaffrey-Rindge	Division III
Litchfield	Division III
Monadnock	Division III
Nashua Catholic	Division III
Newfound	Division III
Newmarket	Division III
Newport	Division III
Plymouth	Division III
Sanborn	Division III
Seabrook	Division III
South Meadow (Peterborough)	Division III
Three Rivers (Pembroke)	Division III
Weare	Division III
Winnisquam	Division III

<u>School</u>	<u>Division IV</u>
Alton	Division IV
Andover	Division IV
Barnard School (South Hampton)	Division IV
Candia	Division IV
Chesterfield	Division IV
Chichester	Division IV
Deerfield	Division IV
Derryfield School	Division IV
Epsom	Division IV
Fall Mountain	Division IV
Gilmanton	Division IV
Greenland	Division IV
Hampstead Academy	Division IV
Henniker	Division IV
Heronfield Academy	Division IV
Lincoln-Akerman (Hampton Falls)	Division IV
Marlborough	Division IV
Milan	Division IV
Moultonborough	Division IV
North Hampton	Division IV
Northwood	Division IV
Nottingham	Division IV
Portsmouth Christian	Division IV
Presentation of Mary (Hudson)	Division IV
Profile	Division IV
Rye	Division IV
Sant Bani	Division IV
Seton Academy	Division IV
Shaker Road (Concord)	Division IV
St. Joseph's (Manchester)	Division IV
St. Joseph's (Salem)	Division IV
St. Mary's Academy	Division IV
St. Patrick's (Portsmouth)	Division IV
St. Thomas Aquinas (Derry)	Division IV
Strafford	Division IV
Surry Village Charter School	Division IV
The Well School	Division IV
Winchester	Division IV

HOPKINTON FAIRGROUNDS CHAMPIONSHIP COURSE RECORDS

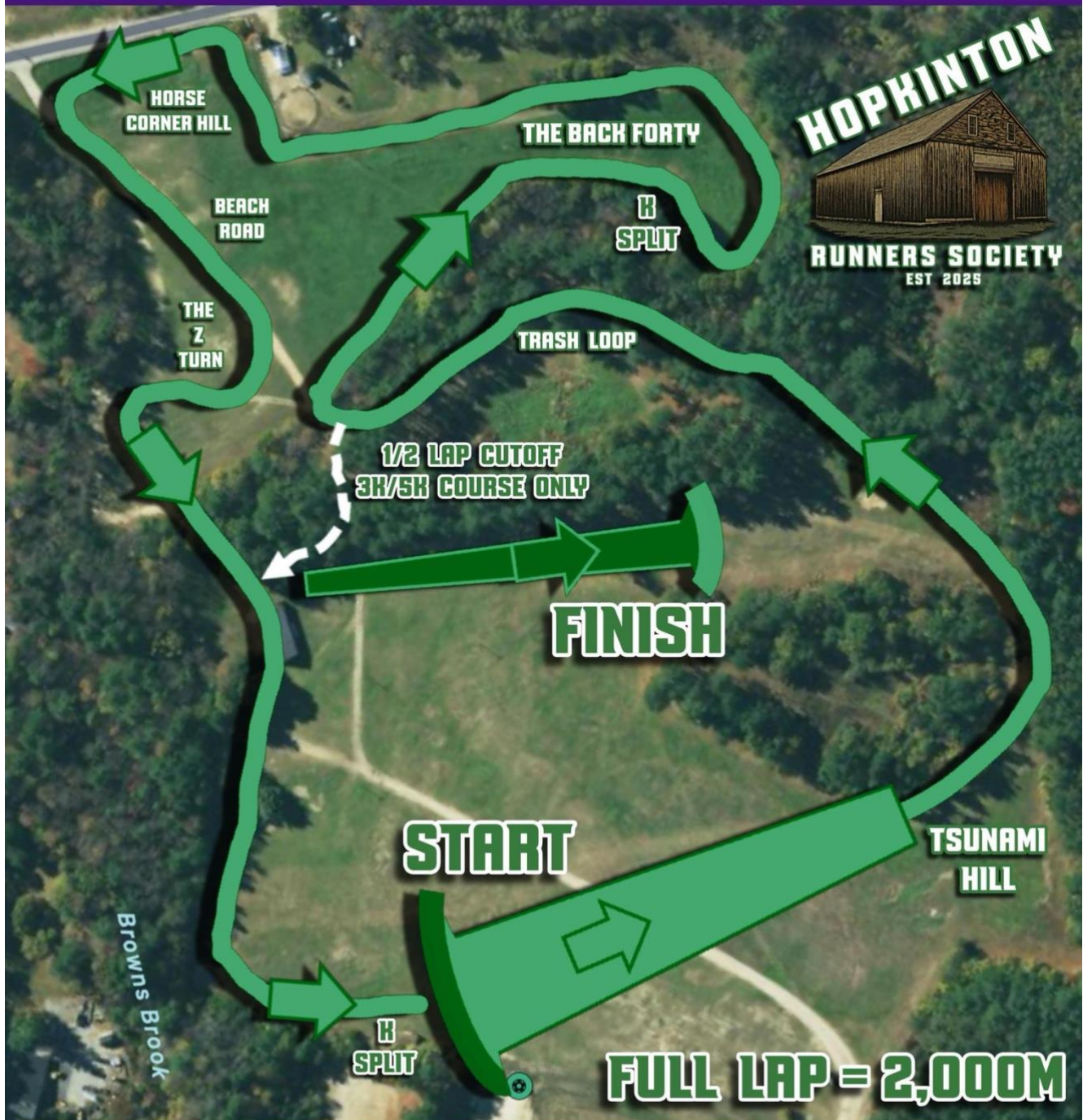
GIRLS 3K	10:52.7	Jillian Campbell , Lebanon	2025
GIRLS 5K	17:23.1	Maddy Lane , Hopkinton	2025
WOMEN 5K	16:53.2	Brooke Morabito , Central Conn State	2024
WOMEN 6K	19:23.1	Chloe Thomas , UConn	2024
BOYS 3K	9:51.8	Edward White , Hanover	2025
BOYS 5K	15:17.5	Bo Howland-Vlahakis , Phillips Exeter	2025
MEN 8K	23:47.5	Jan Wouter Van Der Akker , UMass-L	2025
MEN 10K	29:12.7	Fredrick Kipkosgei , Hofstra	2025

CHAMPIONSHIP COURSE HISTORY

2014 *Northeast10 Conference Championships*
2014 *NCAA D2 East Regional Championship*
2015 *NCAA D2 East Regional Championship*
2016 *NCAA D2 East Regional Championship*
2018 *Northeast10 Conference Championships*
2021 *Northeast10 Conference Championships*
2023 *NCAA D2 East Regional Championships*
2023 *NCAA D3 East Regional Championships*
2024 *NEICAAA All-New England Championships*
2024 *Northeast10 Conference Championships*
2024 *NCAA D1 Northeast Regional Championships*
2025 *NEICAAA All-New England Championships*
2025 *New Hampshire Middle School State Championships*
2025 *America East Conference Championships*
2025 *NCAA D2 East Regional Championships*
2025 *NCAA D1 Northeast Regional Championships*
2025 *NCAA D3 East Regional Championships*
2026 *NEICAAA All-New England Championships*
2026 *New Hampshire Middle School State Championships*
2026 *New Hampshire JV State Meet*
2026 *New Hampshire Middle School Meet of Champions*
2026 *New Hampshire High School Meet of Champions*
2026 *USATF-NE Junior Olympic Championships*
2026 *NIRCA Northeast College Club Running Championships*



HOPKINTON FAIRGROUNDS CHAMPIONSHIP CROSS COUNTRY COURSE MAP

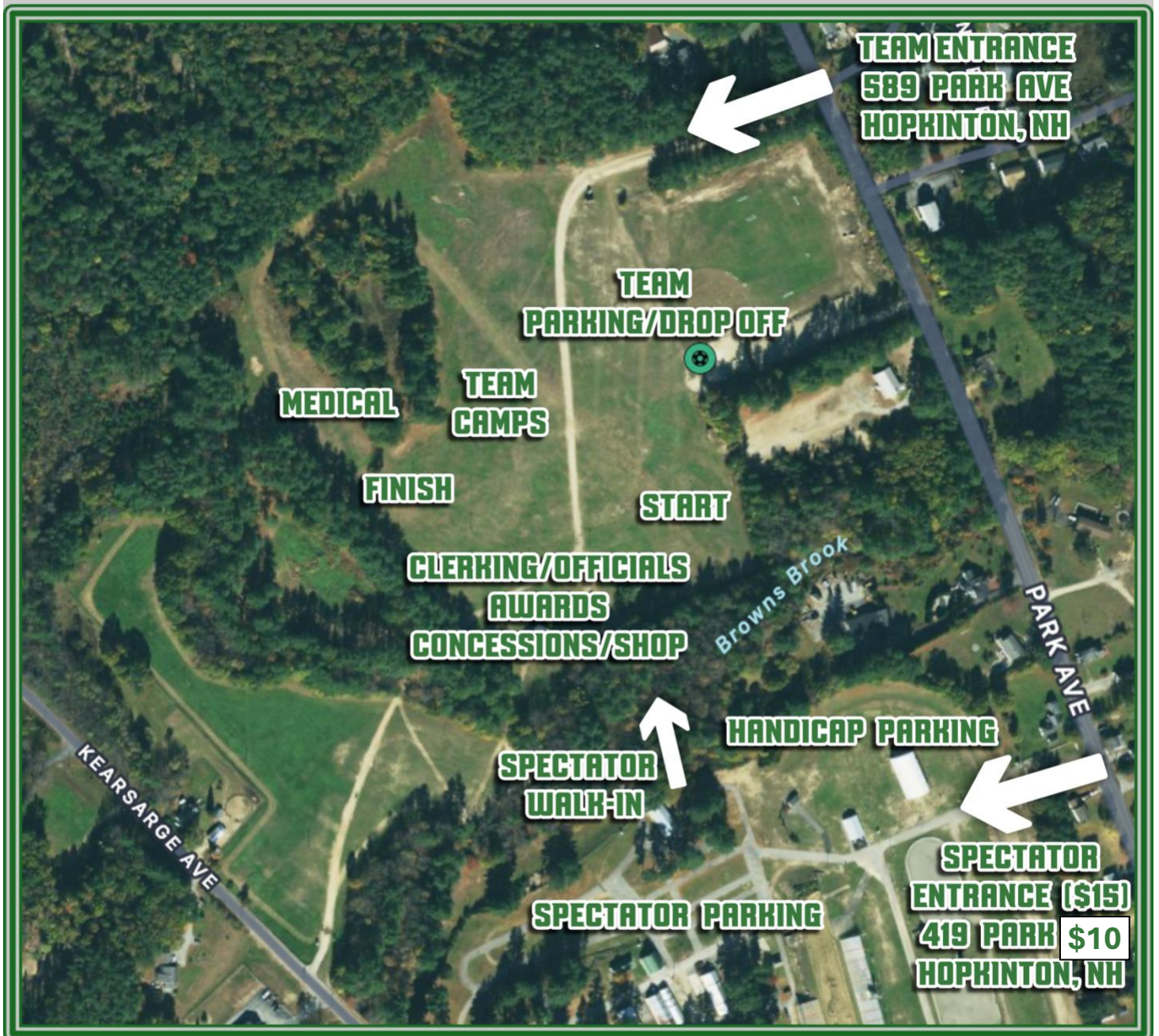


3,000M = 1/2 LAP + 1 FULL LAP

1/2 LAP BEGINS/ENDS AT START

FULL LAP ENDS WITH A TURN INTO FINISH CHUTE

HOPKINTON FAIRGROUNDS COURSE FACILITY MAP



**TEAM & OFFICIAL ENTRANCE AT BLUE GATE
589 PARK AVE, HOPKINTON, NH**

**SPECTATOR & HANDICAP ENTRANCE (\$10 FEE)
419 PARK AVE, HOPKINTON, NH**