

# 2023 New Hampshire Middle School State Cross Country Championships Div III and Div IV

The 49<sup>th</sup> annual NH Middle School State Cross Country Championships will be held on Saturday, October 21, 2023. Division III and IV will be held at Coe Brown Northwood Academy. Like last year, we will have chip timing so there will be no chute. Athletes will cross the finish line and then be ushered out of the finish area.

**MEET INFORMATION--PLEASE READ EVERYTHING!**

## DIVISION III

Academy of Science  
Auburn  
Barrington  
Belmont  
Berlin  
Boynton (New Ipswich)  
Chester  
Gilford  
Hampstead  
Hillsboro  
Hopkinton  
Indian River (Canaan)  
\*Inter-Lakes  
Jaffrey-Rindge  
Litchfield  
Monadnock  
Nashua Catholic  
Newfound  
Newmarket  
Newport  
Sanborn  
Seabrook  
South Meadow (Peterborough)  
Three Rivers (Pembroke)  
Weare  
Winnisquam

## DIVISION IV

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

**DIVISIONS:** If your school is not listed above, contact [rick@lancertiming.com](mailto:rick@lancertiming.com) for assignment.

## GENERAL INFO FOR ALL RACES

**ENTRY PROCEDURE:** You must read the instructions marked **Coaches Must Read** on the Middle School web page where this document is posted. All entries must be completed on Direct Athletics by midnight on **Monday - October 16, 2023**. Please delete anyone on your roster that is no longer on your team. If you have problems email Rick at [rick@lancertiming.com](mailto:rick@lancertiming.com).

**This year payment will be made by credit card on Direct Athletics.**

**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.

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

**RESULTS:** All results will be posted on [www.LancerTiming.com](http://www.LancerTiming.com) immediately following each race.

**INDIVIDUAL 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.

**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. Team medals will also be presented to the members of the top three 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:** \$10.00 per athlete or

\$ 110 Boys Team

\$ 110 Girls Team

**SCHOOLS THAT MISS THE ENTRY DEADLINE OF OCTOBER 16, WILL BE ASSESSED A LATE FEE OF \$25.**

Payment must be made on Direct Athletics prior to entry being accepted.  
All Direct Athletics questions, contact Rick Berryman at [rick@lancertiming.com](mailto:rick@lancertiming.com)

If you have any general questions about the meet, contact Brooke Laskowsky, [runningbrooke1@gmail.com](mailto:runningbrooke1@gmail.com)

**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 canceled or being postponed to another day, this information will be found on the home page of [www.LancerTiming.com](http://www.LancerTiming.com).** 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 40 years, this meet has never been canceled. It has been held in the rain!!!

**SPECIAL NEEDS ATHLETES:** They are certainly welcome, but please call and let the meet director know about them so that they can plan appropriately.

**DIVISION III AND IV MEETS WILL BE HELD AT COE-BROWN NORTHWOOD ACADEMY**

**TIME:** DIVISION IV starts at **10:00 am** PLEASE DO NOT ARRIVE BEFORE 8:30 am.  
DIVISION III starts at **2:30 pm** PLEASE DO NOT ARRIVE BEFORE 1:00 pm.

**COURSE:** A wheeled 2 miles. The course is run on groomed wide trails, rugged single-track trail and ends on the track.

**COURSE TOURS:** Guided course tours will be held 1 hour before meet start times.

**RACES:** We will be running **4** races in each DIVISION, with each race having between 150 and 200 athletes. The championship races will be restricted to the top 7 runners from each team. All other athletes should go into the non-scoring races. Individuals from incomplete teams (less than 5 athletes) can run in any race that they wish.

**DIVISION IV -- Please do not arrive before 8:30 AM**

**ORDER OF RACES:**                    **10:00 AM**                    THIS IS NOT A TIME SCHEDULE. RACES JUST GO IN ORDER  
**Girls Non-Scoring**  
**Boys Non-Scoring**  
**Girls Division IV Championship**  
**Boys Division IV Championship**  
**Awards Ceremony**

**DIVISION III -- Please do not arrive before 1:00 PM**

**ORDER OF RACES:**                    **2:30 PM**                    THIS IS NOT A TIME SCHEDULE. RACES JUST GO IN ORDER  
**Girls Non-Scoring**  
**Boys Non-Scoring**  
**Girls Division III Championship**  
**Boys Division III Championship**  
**Awards Ceremony**

**SPECIAL NOTE:**                    **Please tell your parents/spectators that dogs are not allowed on the Coe-Brown Northwood Academy campus.**

**QUESTIONS:**                    Specific questions about Division III and IV, contact Brooke Laskowsky, Meet Director, [runningbrooke1@gmail.com](mailto:runningbrooke1@gmail.com)