



**88<sup>th</sup> Annual New England Interscholastic  
Cross Country Championships  
Saturday, November 11, 2023  
Troy Howard Middle School  
173 Lincolnville Ave, Belfast, ME 04915**

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 Directors:** Dave Jeffrey                      Glendon Rand  
Cell: 207-631-9140                      Cell: 207-852-8891  
[brewertiming@gmail.com](mailto:brewertiming@gmail.com)

**Site Director:** Susan Robbins  
School: 207-338-1790,                      Cell: 207-831-1497  
[srobbins@rsu71.org](mailto:srobbins@rsu71.org)

**Time:** Girls: 11:30 am                      Boys: 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.

**Filing of Entries:** **State representative**, all entry files are to be sent electronically using the HyTek Meet Manager's "Export Cross Country Advancers" tool (or equivalent format). Full school names must be used. Email this file to Dave Jeffrey at [brewertiming@gmail.com](mailto:brewertiming@gmail.com) no later than 5:00pm on Sunday, November 5, 2023.

Once your entries have been received and successfully imported, you will be sent a copy. Please review this and promptly respond with any changes that need to be made.

- Registration:** All competitors (teams and individuals) must check-in between 8:30 and 11:00 am at the registration table in the gymnasium at Troy Howard Middle School. Packets will contain race numbers, chips, and pins along with a course map. Chips must be returned after the race. **CNESSPA pins and certificates for all competitors** can be picked up during registration.
- Entry Fee:** Entry fee is \$20 per individual or \$140 per team. There will be no refunds and **no purchase orders** will be accepted, check or cash only. Checks should be payable to **CNESSPA** and **paid on the day of the meet.**
- 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 in the gymnasium at Troy Howard Middle School.** Medals for the first twenty-five (25) runners and team champion, runner-up, and third place trophies and team medals will be awarded.
- Chute:** A finish corral will be used instead of a chute system. **Coaches are asked to instruct competitors to keep running through the corral.**
- Course:** A challenging 3.1 mile course through the 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 10 any time until 4:30 pm sharp (school will not be in session) and Saturday morning from 9:00 am until 11:00 am.
- Parking:** Parking for team buses and vans will be available on campus. Spectators will be directed to parking sites. There will be handicap parking available.
- Concessions:** Concessions will be available on site.
- Clean-up:** All trash and litter must be picked up before leaving. Trash receptacles are provided.
- Pets:** There is a policy of not allowing any dogs or other pets on the facility. Please advise spectators - **NO PETS ALLOWED.**
- 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:** Spikes and waffle-soled shoes are allowed and 3/8" spikes are recommended. 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.sub5.com](http://www.sub5.com)

#### **Hotels:**

**There are no chain hotels in the immediate vicinity. There are a number of independent small motels in the area. Some will be closed for the season. There are chain hotels in Augusta, Waterville, and Bangor which are all about an hour away from Troy Howard MS. A few are listed below.**

**Best Western Plus, 110 Community Dr, Augusta, ME 04330**

**Comfort Inn, 281 Civic Center Dr, Augusta, ME 04330**

**Point Lookout, 67 Atlantic Hwy, Northport, ME 04849-3001**

**Holiday Inn , 404 Odlin Rd, Bangor, ME 04401-6706**

**Fireside Inn & Suites, 159 Searsport Ave, Belfast, ME 04915**

#### **Directions to Troy Howard Middle School**

From the south heading north from NH into ME on I-95:

- Follow I-95 North
- Take exit 44 from I-95 North to I-295 North
- Follow I-295 North until it returns to I-95 North
- Take exit 113 from I-95 N to ME-3 East/State Highway 3 East in Augusta.
- Follow for about 44 miles as you enter Belfast
- Turn right onto Edgecomb Road and follow until it ends (for 1 mi)
- Turn left onto Lincolnville Ave (for 0.5 mi)
- School will be on your left

From the west heading east from NH into ME on US-2 East:

- From US-2 East turn right onto Parkway Road
- Turn left onto ME-26 East (for 15 mi)
- Turn left onto ME-219 East near Trap Corner (for 13 mi)
- Turn right to stay on ME-219 East (for 6.5 mi)

- Continue straight to stay on ME-219 East (for 9.5 mi)
- Turn right onto ME-133 South (for 6 mi)
- Continue straight onto ME-133 South/ME-41 South (for 1.5 mi)
- Slight left onto ME-133 South (for 0.3 mi)
- Continue straight onto US-202 East (for 9 mi)
- Use the right lane to merge onto I-95 North vis the ramp to Bangor (for 3.5 mi)
- Take exit 113 for ME-3 toward Augusta/Belfast (for 0.2 mi)
- Keep right at the fork, follow signs for State Hwy 3 and merge onto ME-3 East/State Hwy 3 East (for 13 mi)
- Keep right to continue on ME-3 East (for 30 mi)
- Turn right onto Edgecomb Rd (for 1 mi)
- Turn left onto Lincolnville Ave (0.5 mi)
- School will be on your left

# **FOR STATE REPRESENTATIVE FILING ENTRIES ONLY!!!**

## **88<sup>th</sup> New England Boys' and Girls' Cross-Country Championships**

Troy Howard Middle School, Belfast, Maine

**Date:** Saturday, November 11, 2023

**Race Times:** Girls: 11:30 a.m. Boys: 12:15p.m.

**Check-in:** Packet pick-up from 8:30 a.m. until 11:00 a.m. at gymnasium on site!

**Filing of Entry Forms:** All entries should be sent electronically using Hy-tek's Meet Manager.  
Export cross-country advancers and email to [brewertiming@gmail.com](mailto:brewertiming@gmail.com).  
Entry files must give the full name of schools and use upper and lower case (no all caps!).

If your entry file is not received, or there is a problem with the information, you will be called between 6:00 p.m. and 9:00 p.m. on Sunday, November 5, 2023. Please have your hard copies of the entries available if there are questions! Entries must be received no later than 5:00 p.m. on November 5<sup>th</sup>! Make sure that the complete spelling of the school's name is correct and the athlete's names are also correct.

Once your entries have been received via Meet Manager, you will be sent a copy of that file to indicate that the meet director has received your entries. Please, review this file and make any corrections in spellings of names that you find. Parents of athletes, as well as coaches and athletes, appreciate the effort made to ensure that names are properly spelled.

There is no faxing of materials as back-up! Your Meet Manager file is the one and only entry method. Please make sure it is correct.

Troy Howard Middle School Cross Country High School level course map — Belfast, Maine.  
3.1 miles: 5k

