The Governor's Academy and Thayer Academy are pleased to co-host the NEPSTA Division II Cross Country Championship races on Saturday, November 10, 2018, at The Governor's Academy: 1 Elm Street, Byfield, MA 01922.

NEPSTA Division II 2018 Cross Country Championships

At The Governor's Academy

November 10, 2018

Schedule of Events

10:00 a.m.-12:00 p.m.	Registration at Pescosolido Field House
11:00 a.m.	First Walk of the course leaves the starting line
11:30 a.m.	Second Walk of the course leaves the starting line
12:00 p.m.	Third Walk/Jog of the course leaves the starting line
12:15 p.m.	Coaches' Meeting in the Pescosolido Field House conference room
1:15 p.m.	Boys' Varsity Race
1:55 p.m.	Girls' Varsity Race
2:40 p.m.	Boys' JV Race
3:20 p.m.	Girls' JV Race
4:00 p.m.	Refreshments in Pescosolido Field House
4:45 p.m.	Awards Ceremony in Pescosolido Field House

RACE DAY INFORMATION

Parking, Bathrooms, Awards Ceremony

Arriving at The Governor's Academy

Buses will be directed to parking via Middle Road. Mini buses will be able to park behind the field house. Spectators will be directed to other parking lots.

Registration will take place in the lobby of the Pescosolido Field House. This is on the first level of the field house. Registration will open at 10:00 a.m. Coaches will receive information packets with bib numbers and safety pins (t-shirt ordering/pick-up TBA; see separate emails for more info about t-shirts). Starting boxes will be pre-assigned.

Places for Team Tents
If you would like to bring team tents, you may set them up on the grass inside and around the track but a reasonable distance from the start and finish lines. There is not room for tents near the finish line.

Changing areas and indoor team spaces
Every team will be given a designated area to leave items. Locker rooms with shower facilities are located in the gym, field house, and rink. Please make sure that you do not leave valuables in these places, as they will not be monitored. Also, please do not leave items in the locker rooms. Everyone should bring his or her own towels. Coaches may change in the coaches' locker room.

Pescosolido Field House and Alumni Gym will be available for teams to stretch and warm up in if there is inclement weather.

Bathroom Facilities
There are bathrooms in the gym and field house, and there will be portable facilities outside near the track.

Medical Information
There will be a medical tent at the finish line. We will have athletic trainers working at the race. Limited routine taping can be accommodated on race day. If medical attention is needed during the race, speak with someone at the medical tent.

We will have a course sweeper who will follow the final runner in each race. He or she will have a walkie-talkie.

Drones
No more than one drone may be operated during NEPSTA Championship events, and it may be operated only by the host school.

Before the Race:

- Registration will take place from 10:00 a.m. to 12:00 p.m. at the Pescosolido Field House.
- There are bathrooms and showers available in the gym, field house, and rink.
- You will be given a packet including bib number assignments. PLEASE be sure to give the correct bib number to each runner. Bib numbers are to be pinned in all four corners to the front of the uniform so that the number is plainly visible. **DO NOT FOLD OR WRINKLE THE BIB!!**

Medical Information

- Governor's head athletic trainer Jeff Wotton will coordinate the medical personnel for the race. If your training staff has questions about any of your runners or their needs prior to race day, please email him directly at jwotton@govsacademy.org or call him ahead at 978.499.3103. Medical personnel will be available for emergencies only. Limited routine taping can be accommodated on race day. Please have your trainer call ahead. Please bring a team ice and medical kit with emergency release forms or your school's health center phone number.

Starting Instructions:

- Teams will receive starting box assignments in their registration materials. These are drawn randomly prior to the meet.
- Teams must be present at the starting line 5 minutes prior to the race start.
- The race starts promptly at the posted time. There must be seven runners in the varsity race in order to enter any junior varsity runners.
- Timing watches are permitted but must be in silent mode.
- There will be two commands to start the race: 1) "Runners set," and 2) a blast from the starting gun.
- If runners need to be called back for any reason, there will be another blast from the starting gun.

During the Race:

- The course is marked with a white line. The course is also marked with colored stakes: Blue stakes mean straight through, red mean turn left and keep the stake on your left, and yellow means turn right and keep the stake on your right. For double stakes/cones, runners must run between them. If a stake is missed, the runner must return to it and properly proceed through the stakes or risk disqualification.
- All runners must wear the school-issued uniform, and as much as possible, the uniforms should be identical. T-shirts and leggings/spandex may be worn under the uniforms.
- *Pacing, running alongside a runner, giving times or any form of aid to any runner, and touching any runner are all prohibited and will subject that runner to disqualification. PLEASE, inform your runners and spectators of these rules!*
- No school markings or signs of any kind are permitted along the race course.

At the Finish:

- Runners will cross the finish line and enter a chute.
- No ties are permitted. Finish judges will determine the order of finish.
- Chute judges may reorder runners if necessary
- At the end of the chute, runners will have their bib numbers recorded, in the order they finished. The race will also be recorded on videotape for further back-up.
- Do not remove any runner from the finish chute until s/he has proceeded through the chute and has had his/her bib number recorded. If it is truly necessary to remove a runner from the chute, please ask a judge to help you.
- If any runner needs aid at or near the finish line, please allow the runner to cross the finish line on his/her own before administering aid. Any runner given aid before crossing the finish line will be disqualified.

After the Finish:

- Coaches and runners are not allowed to linger near the scorer's tent or van to find out times or results. These will be distributed at the awards ceremony and will not be posted prior to that time.
- For the purposes of awarding team plaques, any tie among the top four teams will be broken by the best sixth place runner.
- Light refreshments will be served in Pescosolido Field House at 4:00 p.m. Teams are encouraged to bring their own food and/or place an order at a local restaurant. For a list of local restaurants, please click here.

The Awards Ceremony:

- The ceremony starts at 4:45 p.m. in Pescosolido Field House.
- The first **four** (4) teams in each varsity race are awarded a team plaque.
- The first **twenty** (20) runners in each varsity race are awarded a medal and "All New England" distinction.
- The first **twenty** (20) runners in each JV race are awarded ribbons.
- Formal school dress is not required for the ceremony, but please be sure potential medal, ribbon, and plaque winners are neatly attired.

Lodging & Food

Fairfield Inn (15 minutes from The Governor's Academy) 35 Clarks Road, Amesbury, MA 978.388.0400
Hampton Inn (15 minutes from The Governor's Academy) 284 Elm Street, Amesbury, MA 978.834.5080

Leo's Pizza, 192 Newburyport Turnpike, Newburyport (5 miles north of campus), 978.462.1221
Domino's Pizza, 173 State Street, Newburyport (5 miles north of campus), 978 465-0360
Rowley House of Pizza, 144 Newburyport Turnpike (Route 1), Rowley (5 miles south of campus), 978.948.2761
Pizza Factory, 141 Newburyport Turnpike (Route 1), Rowley (5 miles south of campus), 978.948.5060

THE GOVERNOR'S ACADEMY New England Championships CROSS-COUNTRY COURSE DESCRIPTION – 2018

This is a hand-wheeled 5K (3.1 mile) course. It is a rather challenging course because of the varying terrain, turns and hills. The course records are another indication of its difficulty:

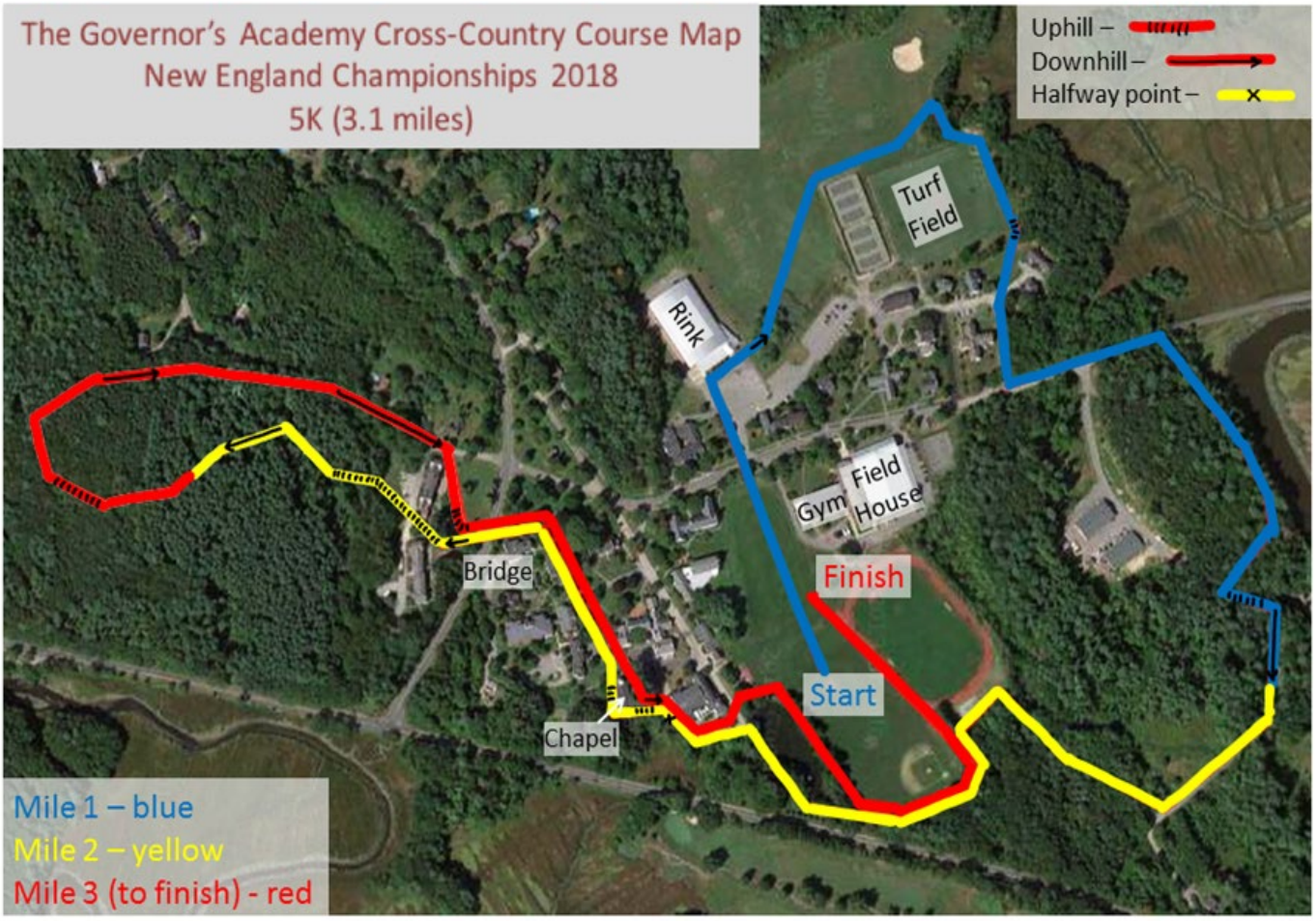
High School Records: 16:18 M. Hatch--Thayer Academy 1982 (male) 18:22 C. Bierbaum--Groton School 2000 (female)
The Governor's Academy School Records: 16:41 A. Huebner 2005 (male) 18:54 K. Thomas 2006 (female)
Spikes may be used. The first four kilometers are marked, as well as the mile, two-mile, and halfway.

The course begins on the upper soccer/baseball field behind the gym between the track and pond. The course proceeds west straight across the football field, up a short, steep incline. It then crosses Middle Road and runs directly into the rink parking lot driveway. Runners take a sharp right turn as they follow the driveway in front of the rink, cross some grass and take a steep, tree-covered downhill. At the bottom of this hill it then turns right, heading diagonally toward the left corner of the tennis courts. At the corner of the tennis courts it turns right and runs straight along (but not on) a soccer field, turns left past its corner, then takes a sharp right onto a short, tree-shaded dirt road. At the end of this road it then turns left and goes across the corner of the turf field, then turns right and runs outside the netting along the turf field. Next it goes up a short hill, passes through a gate of trees, and aims diagonally across the lawn to the dirt road along Doggett Dorm-**(1K mark)**. Then it takes a left onto Middle Road (can run on left shoulder w/ spikes) then a right through white posts and follows a wooded gravel path full of roots along the Parker River, **turns right** after crossing through a stone wall, goes straight and then left up and down a short, steep hill **(1 mile mark)**, then continues onto a dirt/gravel road (downhill) which turns right onto a shaded dirt road **(2K mark)** and leads to the track. At the end of this road it goes left before reaching the track and keeps the batting cages on the right. The course turns left behind the baseball dugout (runners may run on the gravel path or grass as long as they follow the markings correctly), runs behind the other baseball dugout, goes through two blue gates, and stays to the left keeping the pond on the right. This becomes a dirt road, at the end of which the course turns left through a white traffic gate, crosses behind the Wilkie Center (performing arts) **(2.5K/1.55 mile mark)**. It goes through the parking lot, stays left behind the chapel (uphill), circles around it to the right through a gate and aims for the quad. It shoots straight across the quad (grass or tar), up a short driveway and onto Mansion House lawn, bears left *around a lilac bush, tree & light pole*, crosses the covered bridge (stay to left), and goes down and then up big hills between two brick dormitories **(3K mark)**. The course then continues to rise on a wooded path, levels, then goes downhill **(2 mile mark)**, takes a left (ropes course), levels and then rises again, turns right at the top of a hill, goes right over a stone wall, and finally starts to descend on a gravel/dirt trail. Coming out of the woods, it picks up an asphalt road, (run either on road or dirt path on right side), curves hard right over a small grassy hill at the west end of Ingham Dorm, runs across the lawn **(4K mark)** and aims for the covered bridge (uphill), crosses it, (stay to left), bears right *around a tree, bush & light pole*, crosses the quad (grass or tar), and aims for the back left of the chapel. There it takes a diagonal left down a short steep hill to the parking lot (behind Wilkie Center again), and curves left behind and around the eastern end of this building, then goes right along the edge of the pond (playground on the left), runs parallel to the sideline of a soccer field, and takes a sharp left beyond the SE corner of the soccer field, goes through two blue gates, behind the dugouts and

backstop (as before) and aims straight for the finish line near the gym, on the southwest side of the track.

Course markings:

1. **Stakes**--**blue**: run on either side, except **through** 2 blues forming a gate
   red: run left, keeping the stake on your left side.
   yellow: run right, keeping the stake on your right side.
2. **Line**- a painted line guides runners through the tricky areas. Run on or near the line.
3. **Wooded paths**- raking will expose the path stones and roots.
4. Run to the outside of **all lined playing fields**.
5. A wrong turn or move must be retraced exactly to its point of origin, then the correct turn must be executed, or a DQ will result.
6. Stay to left both times crossing bridge.
7. It takes about 75 min. to walk the course. Please call if you'll be late for the tour.
8. Teams should be at finish line 10 min. before race time.


The Governor's Academy Cross-Country Course Map
New England Championships 2018
5K (3.1 miles)
Uphill –
Downhill –
Halfway point –
Turf Field
Rink
Field House
Gym
Bridge
Finish
Start
Chapel
Mile 1 – blue
Mile 2 – yellow
Mile 3 (to finish) - red