85th Annual New England Interscholastic Cross Country Championships
Saturday, November 9, 2019
Wickham Park
1329 Middle Turnpike West, Manchester, Connecticut 06040

Presented by the Council of New England Secondary School Principals’ Association
57 Northern Blvd., Colchester, CT 06415
Executive Director: Donn Friedman, 860-416-1884, donn@cnesspa.org
President: Bob Gay, MIAA

The meet will be held regardless of weather conditions.

Meet Director:  Bill Baron
(h) 860-644-1264
baronwm71@gmail.com

Time:   Girls: 11:30 am  Boys: 12:30 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:  Each state representative will follow the entry procedures on page 4. Entry forms must be entered no later than noon on Sunday, November 3, 2019.

Registration/ Packet Pick-up:  All competitors (teams and individuals) must check in between 9:00 and 11:00 am in the front lobby of East Catholic High School, 115 New State Rd., Manchester, CT. Wickham Park is about one mile from the school on the other side of I84. 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.

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 auditorium at East Catholic High School (same location as the registration above). Medals for the first twenty-five (25) runners and team champion, runner-up, and third place trophies and medals will be awarded.

***Do not leave your vehicles at the park during the awards ceremony. The gates to the park will be locked as soon as possible after the second race.***

**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 1:00 pm until 5:00 pm sharp and Saturday morning from 9:00 am until 11:00 am.

**Parking:**
Parking facilities are available at the Wickham Park for all vehicles, including team buses/vans. **Be advised that a spectator parking fee of $10 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:**
Concessions will be available at the cabin inside the park.

**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/](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 [HtmlResAnchor 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
~Residence Inn by Marriott – 201 Hale Rd., Manchester - 860-432-4242
~Manchester Inn and Suites - 20 Taylor St., Manchester - 860-643-1864

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.
ENTRY PROCEDURE

One person should submit the entries for the New England Cross Country Championships from each state association. New England Sports Timing Services with be providing the timing for the meet.
NESTS uses RunScore for XC data handling and results. Entries must be submitted as a CSV file. The field delimiter should be a comma, but semi-colons are acceptable. The following fields are used:

FIRST NAME
LAST NAME
TEAM
GRD (number only 9, 10, 11, or 12)

Your team names must end with a dash and your state's two letter postal abbreviation (example: Nashua North-NH)
The first line of the file is the header. It defines the field names and the ordering of the actual data. The order of the fields can be any way you like, but all your entries must follow the order you define.

Example entry file

FIRST NAME, LAST NAME, TEAM, GRD
Jeremy, Renninghoff, Coginchaug-CT, 12
Nicholas, Nardello, Naugatuck-CT, 10

Each record must end with a carriage return (as seen above). Records cannot be in a continuous string!
Boys and girls entries must be submitted as separate files.

Contact Jeremy at NESTS with questions. jrenninghoff@comcast.net or 203-630-6989
Confirmation of your entries will be returned upon receipt and successful importation of same.

All entries must be submitted by noon on Sunday, November 3, 2019!!!