



2023 MVADA CROSS COUNTRY CHAMPIONSHIPS

TUESDAY, OCTOBER 31, 2023 (12:30 PM)

RAIN DATE: WEDNESDAY, NOVEMBER 1

SITE: WRENTHAM DEVELOPMENTAL CENTER

131 EMERALD STREET
WRENTHAM, MA

Course – 5K (3.1 Miles)

- 12:30 PM – COACHES’ MEETING
- 12:45 PM – 5-K J.V. RACE (COMBINED B/G)
- 1:30 PM – GIRLS 5 K VARSITY RACE (COMBINED LARGE/SMALL SCHOOL)
- 2:30 PM – BOYS 5 K VARSITY RACE (COMBINED LARGE/SMALL SCHOOL)

Official roster/entry form must be completed online (Direct Athletics) by **11:59 pm on Friday, October 27.**

The top seven runners from each school will compete in the varsity races. Teams with less than five runners will compete as individuals and be awarded a medal based on their individual placement. These individuals will be excluded from team scoring.

Trophies will be awarded to the first place boys and girls varsity teams in each division (large school/small school). In addition, medals will be awarded to the top seven varsity individuals in each division.

There will be no awards or team scoring for the J.V. race.

Use the roster entry form on Direct Athletics, **NOT** your own made-up forms.

The varsity runners **DO NOT HAVE TO BE DECLARED** on your entry form but enter your entire team. You can select your 7 for the varsity races on race day. The rest of your entries will run in the JV race. This gives you, the coach, flexibility right up until race time. Runners must be entered on your submitted entry form to compete.

Please do not enter individuals that are incapable of running the entire distance of 3.1 miles (5-K). Individuals observed walking at any point will be removed from the course.

****IMPORTANT INFORMATION FOR COACHES****

- 1. PLEASE REMIND ALL ATHLETES THEY ARE NOT TO ENTER ANY OF THE BUILDINGS ON THE W.D.C. SITE.**
- 2. THE MIAA UNIFORM RULE WILL BE IN AFFECT AND WILL BE ENFORCED.**
- 3. PLEASE REMIND ALL ATHLETES TO DISCARD WATER BOTTLES AND OTHER LITTER IN THE PROPER RECEPTACLES.**