

# New Balance Ocean State Cross Country Invitational

## Middle School Division

- Date: Friday, September 25, 2009 (rain or shine) 3:45 p.m. – 6:30 p.m.
- Sanction: Requested for all middle schools in RI, MA, and CT through the RI Principals' Committee on Athletics Grades 6-8
- Host Institution: Exeter-West Greenwich High School, West Greenwich, Rhode Island
- Meet Directors: Charlie Breagy, Anne Rothenberg, Bob Rothenberg – Meet Management by Downtown 5K, Inc.
- Contact: Bob Rothenberg – 401-294-9946 or [help@oceanstatexc.com](mailto:help@oceanstatexc.com)
- Course: Goddard Park, 1095 Ives Road, Warwick, Rhode Island 02818. 2,000 meters (1.4 miles), grass and dirt paths, moderate hills, mostly flat.
- Directions: **From the North:** Rte. 95 S to exit 9 (left-hand exit) onto Rte. 4 S. Immediately exit at Rte. 401/East Greenwich. Right at light onto 401/Division St. One mile curve right onto First Ave. Turn right at light onto Main St. At next light, turn left onto Old Forge Rd. Old Forge becomes Ives Rd. One mile to park entrance on left. **From the South:** Rte. 95 N to exit 8A/Rte. 2 S. At first light, turn left onto Rte. 401 E/Division St. Follow directions above.
- Parking: Park rangers will direct cars to ample parking available within the park. Buses will be allowed to drop off passengers and then follow directions to park in designated areas.
- Facilities: Bathrooms and food concession available. T-shirts will be sold at the meet. No lockers or showers available at race site. Team tents/canopies permitted.
- Hotels: See home page link. We recommend that you call as soon as possible for hotel reservations. To receive the special rates, indicate that you are participating in the New Balance Ocean State Cross Country Invitational. All hotels have a limited number of rooms available.
- Entry Info: All entries will be submitted on-line. An unlimited number may be entered in each race. **Entries will close on Sunday, September 20, 2009 at 5:00 PM.** A list of schools competing in each race will be posted by Wednesday, September 23 at 9:00 PM.
- Entry Fee: \$50.00 Boys  
\$50.00 Girls  
OR  
\$4.00 per individual runner

Once your entries have been registered on line and the entries close, your school is responsible for the entire entry fee. Adjustments will not be made for no-shows.

Entry fees should be made payable to: "Downtown 5K, Inc."

Entry fees may be mailed to: Bob Rothenberg, 19 Dolly Pond Road, Exeter, RI 02822.

Meet Rules: Guidelines provided by the National Federation of State High School Associations r ok.  
Please note in particular the articles dealing with uniforms, jewelry, and unsportsmanlike conduct.  
Coaches and other non-competitors are urged to stay off the runners' path in the woods. No bikes or other vehicles are permitted.

Schedule:	3:45	Race 1	6 <sup>th</sup> Grade	Girls
	4:10	Race 2	6 <sup>th</sup> Grade	Boys
	4:35	Race 3	7 <sup>th</sup> Grade	Girls
	5:00	Race 4	7 <sup>th</sup> Grade	Boys
	5:25	Race 5	8 <sup>th</sup> Grade	Girls
	5:50	Race 6	8 <sup>th</sup> Grade	Boys
	6:10	Awards Ceremony		

Individual awards for the places 6-25 in each race will be distributed in the chute. The top 5 individual awards and all team awards will be presented on the awards platform.

Awards:	All Races	Awards to the top 25 individuals
		Awards to the top 3 teams