

2011 CT Middle School State XC Championships Final Race Instructions and Course Maps

We look forward to seeing you Friday, November 11th, 2011 at Hammonasset State Park in Madison CT for the 19th CT Middle School State XC Championships.

Time Schedule:

- The park opens at 8:00am
- Registration begins at 9:00am. Registration packets can be picked up to the left of the finish line.
- Course walks will begin at 8:30am and end at 9:45am.
- **Important Note:** all unattached runners must report to registration before 10:00.

Race Schedule:

11:00 Girls B West Race
11:30 Boys West Race
12:00 Girls A Race
12:30 Boys A Race
1:00 Girls B Race
1:30 Boys B Race
Awards 2:00 pm

Directions to Hammonasset State Park:

- **From the North/Hartford area:** take I-91 south to Route 9 south. Off Route 9, take Exit 9. Turn right (south) onto Route 81; continue down Route 81 until you run into I-95. Turn right onto I-95 south entrance ramp and go approximately 1 mile to Exit 62, then turn left off the exit. Head south 1 mile down Hammonasset connector, go straight through the light crossing Route 1 (Boston Post Road) into the park.
- **From the South area:** take I-95 north, Exit 62. Take a right off the exit ramp onto Hammonasset I-95 connector. Park entrance will be 1 mile ahead.
- **From the East/Rhode Island area:** take I-395 south onto I-95 south, Exit 62. Take a left off the exit and go approximately 1 mile. Go straight through the traffic light crossing Route 1 (Boston Post Road).

Parking is free for this event

Team Notes:

- **Please keep your non-competing athletes and parents off the race course...give the competitors a chance to compete on an unobstructed course.**
- Please pick-up all litter in your area.
- Long sleeved t shirts will be on sale in the upper parking lot for \$20.00. Last year was a sellout. To guarantee colors and sizes for your team, please email the order form and we will pre package shirts for your team. School checks or cash only. Make checks payable to: Mike Bendzinski

Medical Notes:

Please, please, please instruct your athletes to drink plenty of water starting 48 hours before the race. We have had far too many runners suffering from dehydration in past meets. **Also if a runner needs medical assistance at the finish line area, they must be cleared by a medical staff person to leave the area. This is critical information and must be strictly enforced.**

Unless your athlete is suffering from a life threatening condition, please seek medical treatment from the med. tent at the finish line. Once a suffering athlete approaches the EMTs after the finish line, they (the EMT's) must transport the athlete away and a parent must be present for that child to be released from the hospital!

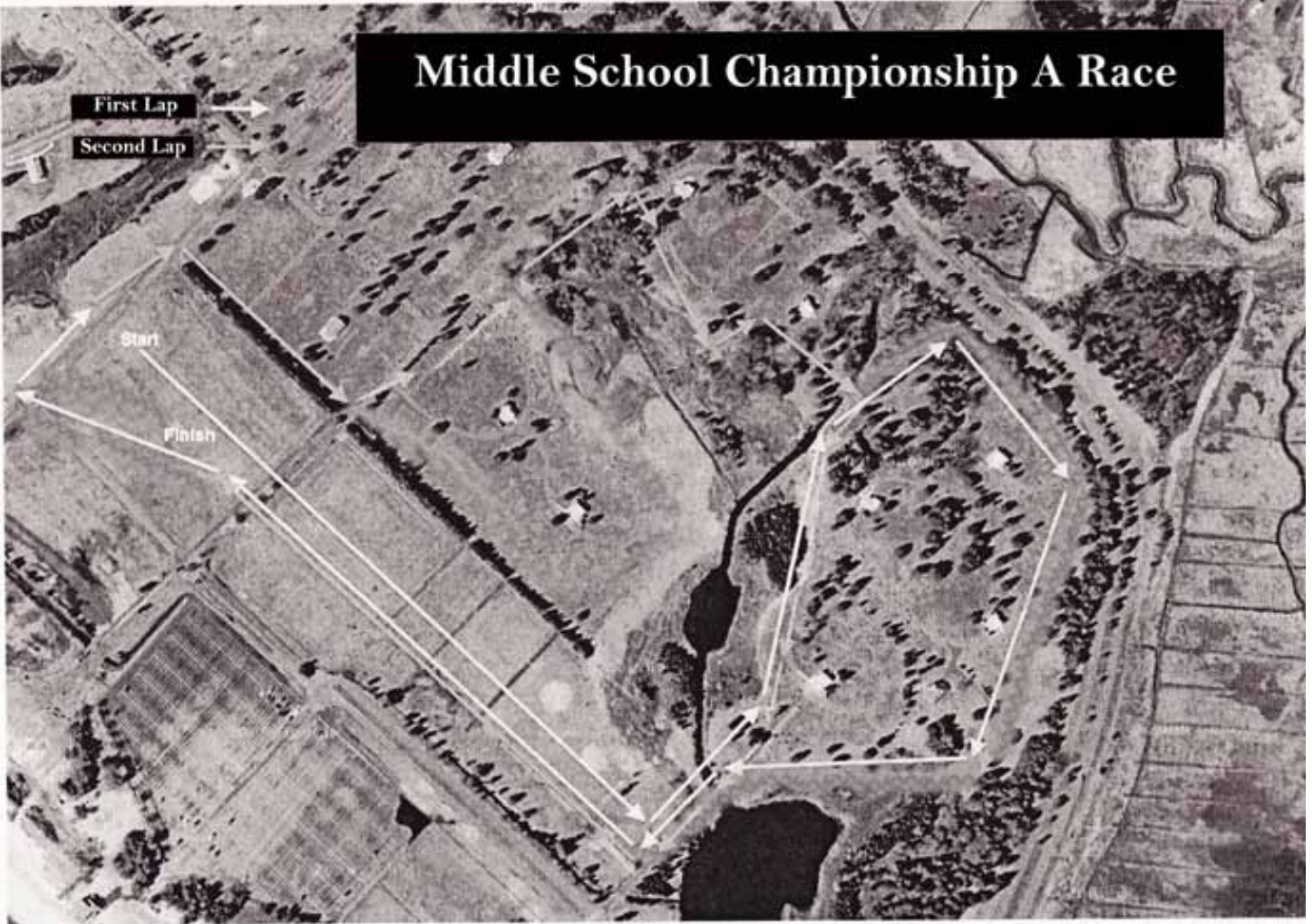
Results Posting:

Due to popular demand, we are bringing back the A team scoreboard. All but the top 5 teams will be posted. The top 5 teams will be announced and awards will be presented.

Results for all races will be available on the web at <http://www.thelastmileracing.com/> and <http://mysportsresults.com/>

Please see page 2 & 3 for the New Course Maps for the Hammonasset State Park.

Middle School Championship A Race



Middle School Championship B Race

