

Middlesex League Cross Country Championship

Monday, October 30th, 2023

1:30 on the course, 2:30 start

Woburn Country Club

5 Country Club Road, Woburn, MA 01801

Meet Director: James Fletcher – 617-543-5261

Distance / Course:

Varsity/JV – 5000 meters, hilly grass (spikes allowed)

Freshmen (co-ed) – 3000 meters, hilly grass (spikes allowed)

[COURSE MAP](#)

Order of Events (starting times are approximate, and may be later than listed):

1. Co-Ed Freshmen Race: 2:30pm
2. JV Girls: 3:00 PM
3. JV Boys 3:30 PM
4. *The Bill O'Connor Varsity Girls Race*: 4:00pm
5. *The John DiComandrea Varsity Boys Race*: 4:30pm
6. Award Ceremony approximately 5:15pm

Number of VARSITY runners per race: top 7 (all others will run JV or Freshman)

*****PLEASE NOTE: FRESHMEN MAY ONLY RUN THE VARSITY RACE OR THE FRESHMEN RACE. THEY MAY NOT RUN THE JV RACE.**

Starting Line Box numbers:

Arlington: 3

Belmont: 7

Burlington: 11

Lexington: 2

Melrose: 9

Reading: 5

Stoneham: 12

Watertown: 4

Wakefield: 8

Wilmington: 1

Winchester: 10

Woburn: 6

Awards:

- Top 10 freshmen receive ribbons
- Top 30 JV receive ribbons

- Top 20 varsity receive medals, next 20 receive ribbons
- 1st place team finish overall (Liberty/Freedom) receives a trophy.
- 1st place runners of all races receive a plaque.
- 1st place combined team scores of freshmen race receives a plaque.
- Top 7 athletes in each varsity race will be named to ML-12 All-Conference Team