

2024 Northern Regional Cross Country Championship Meets

Memo: Cross Country Coaches
From: David Jeffrey, Meet Director (Phone #: 631-9140 - brewertiming@gmail.com)
Subject: Directions for 2024 Northern Regional Cross Country Championship Meets.
Date: October 26, 2024
Site: Troy Howard Middle School, Belfast

Race Schedule:

C - Boys 11:00 a.m.; Girls 11:40 a.m.
A - Boys 12:20 p.m.; Girls 1:00 p.m.
B - Boys 1:40 p.m.; Girls 2:20 p.m.

Entries: All entries must be entered on MileSplit by 8:00 p.m. on Monday, October 21, 2024. Rosters will be posted on Sub5.com Tuesday, October 22, 2024. Enter all potential runners up to 10 for each gender in case changes need to be made. This will be the eligibility list for Regional and State Meets.

Awards: The awards ceremonies will take place at the conclusion of the girls' race in each class. Trophies and medals will be presented to the 1st and 2nd place teams. Medals will be presented to the top 10 finishers in each class.

Qualifications for State Meet:

Team: One half of the teams that start the race will qualify for the State Meet. The exact number of teams qualifying will be derived at the starting line and announced.

Individual: The top 30 in all classes will qualify for State Meet.

General Information:

- 1) The Troy Howard Middle School will be closed throughout the day. Porta-Potties will be available on the field.
- 2) Buses should drop off athletes and park per instructions of parking guide.
- 3) Races will be run according to the time schedule. Teams are expected to be at the starting line 15-minutes before the scheduled start time. There will be no Coaches meeting. Questions can be answered at check-in.
- 4) Teams may inspect the course upon arrival as long as they don't interfere with races in progress. **Please** be careful not to impede a race in progress.
- 5) To get to the Troy Howard Middle school, go to only light on Route 1 (just past/before MBNA) and turn on to route 52 heading west. The school is about one-half mile down on right, a large brick building with a green roof.
- 6) There will be MPA State XC T-shirts on sale from Northwest Designs Ink. Their link can be found on the MPA website under Championship Apparel or by clicking on the link below:

[MPA - Maine Principals' Association - Northwest Designs Ink \(nwd.ink\)](http://nwd.ink)

- 7) If you would like to view the course before the week of Regionals, you may contact Susan Robbins, the Belfast athletic administrator (338-1790, ext. 305, slrobbins@rsu71.org) of your intentions. Please keep out the way of any Middle School activity that may be in progress.
- 8) No dogs are allowed on the Troy Howard Middle School Campus. Please be sure to share with your team members before families plan on bringing a dog to the races.

Directions to Troy Howard Middle School

From the south heading north from NH into ME on I-95:

- Follow I-95 North
- Take exit 44 from I-95 North to I-295 North
- Follow I-295 North until it returns to I-95 North
- Take exit 113 from I-95 N to ME-3 East/State Highway 3 East in Augusta.
- Follow for about 44 miles as you enter Belfast
- Turn right onto Edgecomb Road and follow until it ends (for 1 mi)
- Turn left onto Lincolnville Ave (for 0.5 mi)
- School will be on your left

From the west heading east from NH into ME on US-2 East:

- From US-2 East turn right onto Parkway Road
- Turn left onto ME-26 East (for 15 mi)
- Turn left onto ME-219 East near Trap Corner (for 13 mi)
- Turn right to stay on ME-219 East (for 6.5 mi)
- Continue straight to stay on ME-219 East (for 9.5 mi)
- Turn right onto ME-133 South (for 6 mi)
- Continue straight onto ME-133 South/ME-41 South (for 1.5 mi)
- Slight left onto ME-133 South (for 0.3 mi)
- Continue straight onto US-202 East (for 9 mi)
- Use the right lane to merge onto I-95 North vis the ramp to Bangor (for 3.5 mi)
- Take exit 113 for ME-3 toward Augusta/Belfast (for 0.2 mi)
- Keep right at the fork, follow signs for State Hwy 3 and merge onto ME-3 East/State Hwy 3 East (for 13 mi)
- Keep right to continue on ME-3 East (for 30 mi)
- Turn right onto Edgecomb Rd (for 1 mi)
- Turn left onto Lincolnville Ave (0.5 mi)
- School will be on your left

Troy Howard Middle School Cross Country High School level course map — Belfast, Maine.
3.1 miles: 5k

