



NEW HAMPSHIRE
MIDDLE SCHOOL
**MEET OF
CHAMPIONS**
HOPKINTON FAIRGROUNDS
FRIDAY • OCTOBER 30TH

SCHEDULE

4:00 PM – Girls Championship 3K

4:30 PM - Boys Championship 3k

5:00 PM – *Awards*

Presented by



MARATHON SPORTS

Support Provided By:



THE 1st ANNUAL NEW HAMPSHIRE MIDDLE SCHOOL MEET OF CHAMPIONS

Powered by Marathon Sports

THERE'S ONLY ONE NH MIDDLE SCHOOL STATE CHAMPIONSHIP! The Hopkinton Runners Society, powered by DELTA DENTAL, is excited to partner with Lancer Timing & other local supporters to again bring the first ever New Hampshire Middle School Meet of Champions, bringing together the best runners and teams from all 4 NH Middle School Divisions – spots earned by their performance at the MS state meet the previous week! Meet will be conducted by NFHS & USATF rules. Featuring a spectator friendly ***THREE KILOMETER (1.87miles)*** course that runs through a century-old barn, making an unforgettable New Hampshire cross country experience! ***Gates open at 2:30pm!***

AUTOMATIC QUALIFIERS

Based on the results from the previous week's NH Divisional State Championship varsity races, the following athletes/teams will have automatic FREE entry into the Meet of Champions races;

D1: Individuals that finish in TOP-20 & Runners on a TOP-4 team

D2: Individuals that finish in TOP-20 & Runners on a TOP-4 team

D3: Individuals that finish in TOP-20 & Runners on a TOP-3 team

D4: Individuals that finish in TOP-20 & Runners on a TOP-3 team

Only athletes that ran in MS Divisional varsity races and qualified by the above criteria will be eligible to compete. No-substitutions for athletes that cannot or choose not to participate and no changes to a team's top-7 allowed. Only those that competed and qualified are eligible to participate in the MoC's.

MEET CONTACTS

Zach Emerson - Championship Coordinator/HRS President – HopkintonRunners@gmail.com

Rick Berryman – Lancer Timing Owner - rick@lancertiming.com

COURSE DETAILS

The Hopkinton Fairgrounds Championship Cross Country Course is one of the premier cross country venues in New England; site of dozens of NCAA Championships, as well as the 2026 NH High School Cross Country Meet of Champions. The rolling loop course, perfect for spectator viewing, consists of grass, wide trails & dirt roads. Spikes recommended.

For a video of the venue – [CLICK HERE](#)

ENTRIES/FEE

FREE for all qualifiers. Entry will be automatic based on previously stated qualifying criteria. No decelerations or entry process needed. A bib number will be waiting for each qualified runner on meet day.

AWARDS

The top-25 individuals receive medallions in each championship race , while champion teams will receive t-shirts – presented immediately following the races.

MEDIA COVERAGE

New Hampshire Track & Field will once again be broadcasting the middle school state championships live on their youtube channel. Live results & scores on Lancertiming.com

ELIGIBILITY

Any middle school student who is in 5th-8th grade, who has not reached his or her 16th birthday by the day of the meet is eligible. Only athletes that ran in MS Divisional varsity races and qualified by the previously stated criteria will be eligible to compete. No-substitutions for athletes that cannot or choose not to participate and no changes to a team's top-7 allowed. Only those that competed and qualified are eligible to participate in the MoC's.

All athletes must represent the school they attend. No schools can combine to form one team. **It is REQUIRED that all team members in the scoring races have the same color racing tops.**

SCORING

The top 5 individuals from each team will determine a team's score, with 7 given a team place. Runners from incomplete teams (less than 5) will not be counted for team scoring.

CHANGING FACILITIES

Limited, with port-a-johns only onsite. Please come changed and ready to run!

TEAM CAMPS

Please do not arrive before 2:30pm on meet day. That is when the gates to the facility will be open. Team tents and athlete camps are only to be set up in the team camp area adjacent to the finish line. They must be staked into the ground. Remove all trash and food after the meet. Carry-in, carry-out. It is not permitted to set up a team camp anywhere else on the grounds. An athletic trainer will be on site, between the finish line and the team camp area.

IMPORTANT FAIRGROUND POLICIES

NO DOGS, NO SMOKING, NO OPEN FLAMES and NO ALCOHOLIC BEVERAGES allowed anywhere inside the grounds course or parking lot areas. Non-compliance will result in immediate ejection from the facility without a refund.

WEATHER POLICY

If the weather on meet day is dangerous, a decision on whether it will be postponed will be made by 7:00 AM. **If the meet is canceled or being postponed to another day, this information will be found on the home page of www.LancerTiming.com and <https://nh.staterunning.net/xc/ms/>** In case of bad weather, it is your responsibility to check the Lancer Timing website. **WE WILL NOT BE CALLING YOU.** These are emergency preparations only.

SPECIAL NEEDS ATHLETES

They are certainly welcome, but please email meet management so we may plan appropriately

MERCH

T-shirts, food trucks, vendors and concessions available for sale on-site.

PARKING

All Parking adjacent to course located at **589 Park Ave, Hopkinton, NH** (*different than state meet*)

Spectator Parking (\$10 Parking Fee) – *cash/card accepted*

Please do not arrive before 2:30pm -- That is when the gates to the facility will be open.

If your team is not listed below or is in the wrong division....

Please email corrections to Zach at HopkintonRunners@gmail.com

<u>School</u>	<u>Division I</u>
Cooperative (Exeter)	Division I
Dover	Division I
Elm Street (Nashua)	Division I
Fairgrounds (Nashua)	Division I
Hillside (Manchester)	Division I
Hudson Memorial	Division I
Keene	Division I
Londonderry	Division I
McLaughlin (Manchester)	Division I
Merrimack	Division I
Mountain View (Goffstown)	Division I
Rochester	Division I
Ross A. Lurgio (Bedford)	Division I
Rundlett (Concord)	Division I
Southside (Manchester)	Division I
Timberlane	Division I
Windham	Division I
Woodbury (Salem)	Division I

<u>School</u>	<u>Division II</u>
Amherst	Division II
Bow	Division II
Cawley (Hooksett)	Division II
Hampton Academy	Division II
Hanover/Richmond Middle	Division II
Hollis/Brookline	Division II
Hood (Derry)	Division II
Kearsarge	Division II
Kennett	Division II
Kingswood	Division II
Laconia	Division II
Lebanon	Division II
Merrimack Valley	Division II
Milford	Division II
Oyster River	Division II
Parkside (Manchester)	Division II
Pelham	Division II
Pennichuck (Nashua)	Division II
Windham	Division II

If your team is not listed below or is in the wrong division....

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<u>School</u>	<u>Division III</u>
Inter-Lakes	Division III
Academy of Science	Division III
Auburn	Division III
Barrington	Division III
Belmont	Division III
Berlin	Division III
Boynton (New Ipswich)	Division III
Chester	Division III
Gilford	Division III
Great Brook	Division III
Hampstead	Division III
Hillsboro	Division III
Hopkinton	Division III
Iber Holmes Gove	Division III
Indian River (Canaan)	Division III
Jaffrey-Rindge	Division III
Lionheart Classical Academy	Division III
Litchfield	Division III
Monadnock	Division III
Nashua Catholic	Division III
Newfound	Division III
Newmarket	Division III
Newport	Division III
Plymouth	Division III
Sanborn	Division III
Seabrook	Division III
South Meadow (Peterborough)	Division III
Three Rivers (Pembroke)	Division III
Weare	Division III
Winnisquam	Division III

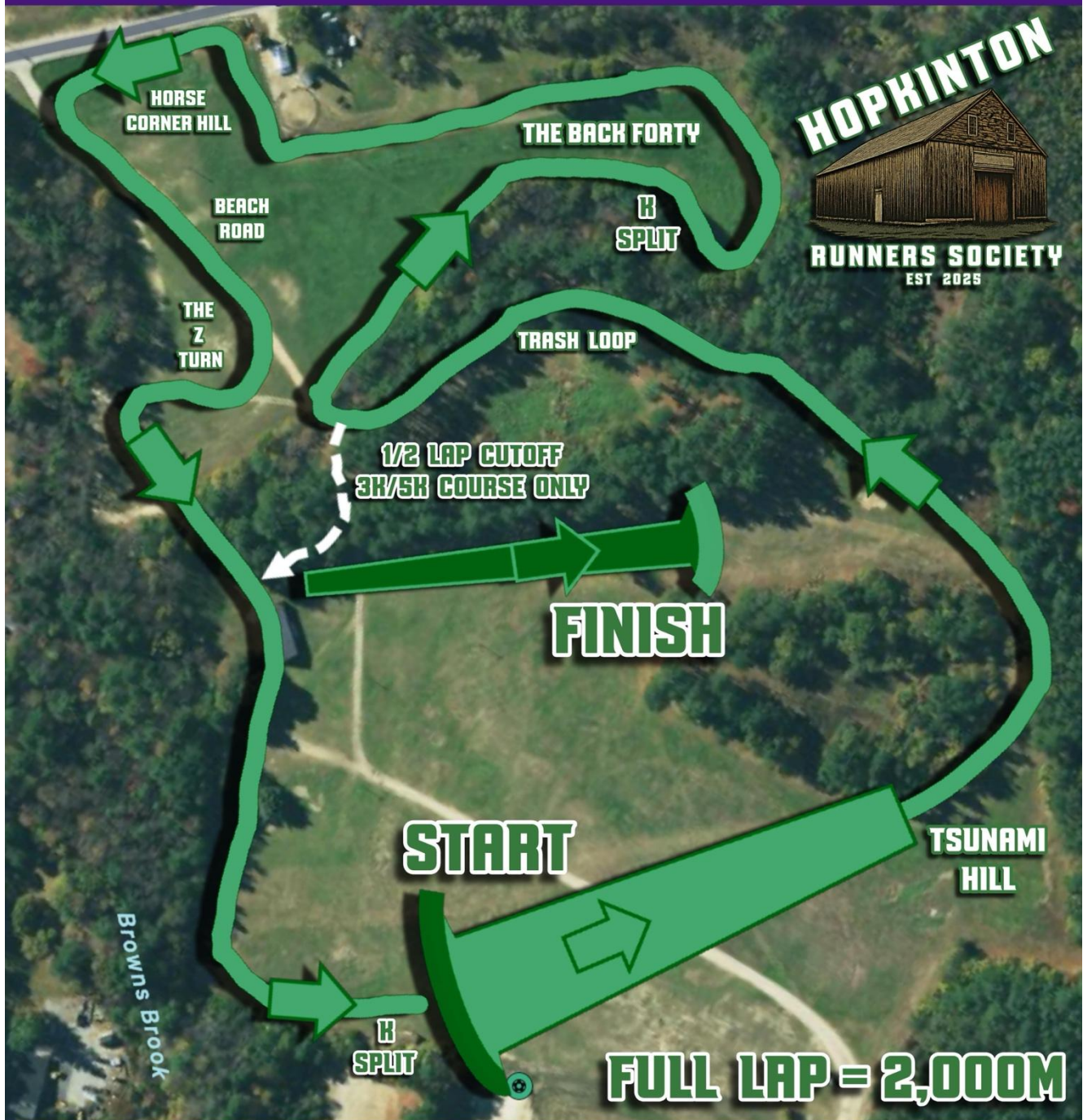
<u>School</u>	<u>Division IV</u>
Alton	Division IV
Andover	Division IV
Barnard School (South Hampton)	Division IV
Candia	Division IV
Chesterfield	Division IV
Chichester	Division IV
Deerfield	Division IV
Derryfield School	Division IV
Epsom	Division IV
Fall Mountain	Division IV
Gilmanton	Division IV
Greenland	Division IV
Hampstead Academy	Division IV
Henniker	Division IV
Heronfield Academy	Division IV
Lincoln-Akerman (Hampton Falls)	Division IV
Marlborough	Division IV
Milan	Division IV
Moultonborough	Division IV
North Hampton	Division IV
Northwood	Division IV
Nottingham	Division IV
Portsmouth Christian	Division IV
Presentation of Mary (Hudson)	Division IV
Profile	Division IV
Rye	Division IV
Sant Bani	Division IV
Seton Academy	Division IV
Shaker Road (Concord)	Division IV
St. Joseph's (Manchester)	Division IV
St. Joseph's (Salem)	Division IV
St. Mary's Academy	Division IV
St. Patrick's (Portsmouth)	Division IV
St. Thomas Aquinas (Derry)	Division IV
Strafford	Division IV
Surry Village Charter School	Division IV
The Well School	Division IV
Winchester	Division IV

HOPKINTON FAIRGROUNDS CHAMPIONSHIP COURSE RECORDS

GIRLS 3K	10:52.7	Jillian Campbell , Lebanon	2025
GIRLS 5K	17:23.1	Maddy Lane , Hopkinton	2025
WOMEN 5K	16:53.2	Brooke Morabito , Central Conn State	2024
WOMEN 6K	19:23.1	Chloe Thomas , UConn	2024
BOYS 3K	9:51.8	Edward White , Hanover	2025
BOYS 5K	15:17.5	Bo Howland-Vlahakis , Phillips Exeter	2025
MEN 8K	23:47.5	Jan Wouter Van Der Akker , UMass-L	2025
MEN 10K	29:12.7	Fredrick Kipkosgei , Hofstra	2025



HOPKINTON FAIRGROUNDS CHAMPIONSHIP CROSS COUNTRY COURSE MAP



3,000M = 1/2 LAP + 1 FULL LAP

1/2 LAP BEGINS/ENDS AT START

FULL LAP ENDS WITH A TURN INTO FINISH CHUTE

HOPKINTON FAIRGROUNDS COURSE FACILITY/PARKING MAP



**ALL PARKING FOR THIS MEET WILL BE
AT THE BLUE GATE ENTRANCE
589 PARK AVE, HOPKINTON, NH**

**\$10 PARKING FEE FOR SPECTATORS
CASH OR CARD ACCEPTED**