



Powered by Marathon Sports

Saturday, October 18th

10:00 AM – D3 Boys Championship
10:30 AM – D3 Girls Championship
11:00 AM – *D3 & D4 Non-Champs Coed Race*
12:00 PM – D4 Boys Championship
12:45 PM – D4 Girls Championship

Sunday, October 19th

10:00 AM – D1 Boys Championship
10:30 AM – D1 Girls Championship
11:00 AM – *D1 & D2 Non-Champs Coed Race*
12:00 PM – D2 Boys Championship
12:45 PM – D2 Girls Championship

THE 51st NEW HAMPSHIRE MIDDLE SCHOOL STATE CHAMPIONSHIP

THERE'S ONLY ONE NH MIDDLE SCHOOL STATE CHAMPIONSHIP! The Hopkinton Runners Society is excited to partner with the Town of Hopkinton, Northeast Delta Dental, Lancer Timing & other local vendors to bring the New Hampshire Middle School State Meet to one of the best cross country venues in the country. Timing provided by Lancer timing and 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!

MEET CONTACTS

Brooke Laskowsky – Championship Coordinator - runningbrooke1@gmail.com

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

Zach Emerson - Hopkinton Runners Society President - HopkintonRunners@gmail.com

COURSE DETAILS

The Hopkinton Fairgrounds Championship Cross Country Course is one of the premier cross country venues in the Northeast; site of 8 NCAA D1, D2 & D3 Regional Cross Country Championships, as well as numerous collegiate conference meets & large invitationals since 2014. The rolling loop course, perfect for spectator viewing, consists of grass, wide trails & dirt roads.

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

OPPORTUNITY FOR A COURSE PREVIEW

The Hopkinton Runners Society will be hosting the **HOPKINTON CROSS COUNTRY FESTIVAL** on Saturday, October 11th. The festival will feature The Sabol Family Boy's & Girls 3K Races. This will be the only opportunity for athletes to preview the course ahead of the State Championships. All NH middle school teams are invited to participate in the festival. Registration & festival details can be found on direct athletics and the Hopkinton Runners Society website –

<http://linktr.ee/HopkintonRunners>

ENTRIES & FEE

Entries are due by 11:59 PM Wednesday, October 15th on Direct Athletics. Coaches must declare each runner into either the Championship or Non-Champs section, with a max of 7 runners allowed to be entered into a championship sections. There is no limit to the number of runners that can be entered in the Non-Champs section. The fee is \$10 per entered athlete. No additions or substitutions allowed after the October 15th deadline. All fees must be paid online directly through direct athletics.

AWARDS

Awards for the top-20 individual finishers & the top-2 teams in each championship race – presented immediately following the conclusion of each division.

LIVE FEED & RESULTS

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

INDIVIDUAL 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. An athlete may only compete in one race at the championship. There are no substitutions or changes to what race an athlete is entered into after the online entries close.

TEAMS

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

SCORING

Only the Championship races will be scored. The top 5 individuals from each team will determine a team's score. 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.

INCLEMENT WEATHER PROCEDURE

If the weather is bad the day of the meet, a decision on whether it will be postponed or not will be made by 8:00 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. The weather would have to be very bad for us to even consider postponing a meet of this size!!! In over 40 years, this meet has **never** been canceled. It has been held in the rain!!!

SPECIAL NEEDS ATHLETES

They are certainly welcome, but please call and let the meet director know about them so that they can plan appropriately (runningbrooke1@gmail.com).

MEDICAL

There will be certified athletic trainers and EMTs onsite during the races.

MERCH

T-shirts & concessions available for sale, as well as local vendors & food trucks on-site.

PARKING

Team Parking/Bus drop-off at ***589 Park Ave, Hopkinton, NH***

Spectator Parking (\$10 Parking Fee) – ***419 Park Ave, Hopkinton, NH***

Accept both card or cash at gate

THANK YOU to our 2025 Sponsors!!!!

**Marathon[®]
Sports**



If your team is not listed below or is in the wrong division – Please email Zach at HopkintonRunners@gmail.com

DIVISION I

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

DIVISION II

Amherst
Bow
Cawley (Hooksett)
Hampton Academy
Hanover
Hollis/Brookline
Hood (Derry)
Kearsarge
Kennett
Kingswood
Laconia
Lebanon
Merrimack Valley
Milford
Oyster River
Parkside (Manchester)
Pelham
Pennichuck (Nashua)
Portsmouth
West Running Brook (Derry)
Windham

DIVISION III

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

DIVISION IV

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

HOPKINTON FAIRGROUNDS CHAMPIONSHIP COURSE RECORDS

GIRLS 3K	11:36	Stephanie Svendsen, Amherst	2019
GIRLS 5K	19:55	Sarah Nadeau, Hopkinton	2015
WOMEN 5K	16:53	Brooke Morabito, Central CT	2024
WOMEN 6K	19:23	Chloe Thomas, UConn	2024
BOYS 3K	10:37	Ben Daniels, Hopkinton	2019
BOYS 5K	16:02	Dom Repucci, Hopkinton	2015
MEN 5K	15:22	Nacho Hernando, Southern NH	2015
MEN 8K	24:10	Luke Marsankis, Maine	2024
MEN 10K	29:34	Graham Blanks, Harvard	2024

CHAMPIONSHIP COURSE HISTORY

2014 *Northeast10 Conference Championships*
2014 *NCAA D2 East Regional Championship*
2015 *NCAA D2 East Regional Championship*
2016 *NCAA D2 East Regional Championship*
2018 *Northeast10 Conference Championships*
2021 *Northeast10 Conference Championships*
2023 *NCAA D2 East Regional Championships*
2023 *NCAA D3 East Regional Championships*
2024 *NEICAAA All-New England Championships*
2024 *Northeast10 Conference Championships*
2024 *NCAA D1 Northeast Regional Championships*
2025 *NEICAAA All-New England Championships*
2025 *NH Middle School State Championships*
2025 *America East Conference Championships*
2025 *NCAA D2 East Regional Championships*
2025 *NCAA D1 Northeast Regional Championships*
2025 *NCAA D3 East Regional Championships*



MAPS

HOPKINTON FAIRGROUNDS CHAMPIONSHIP CROSS COUNTRY

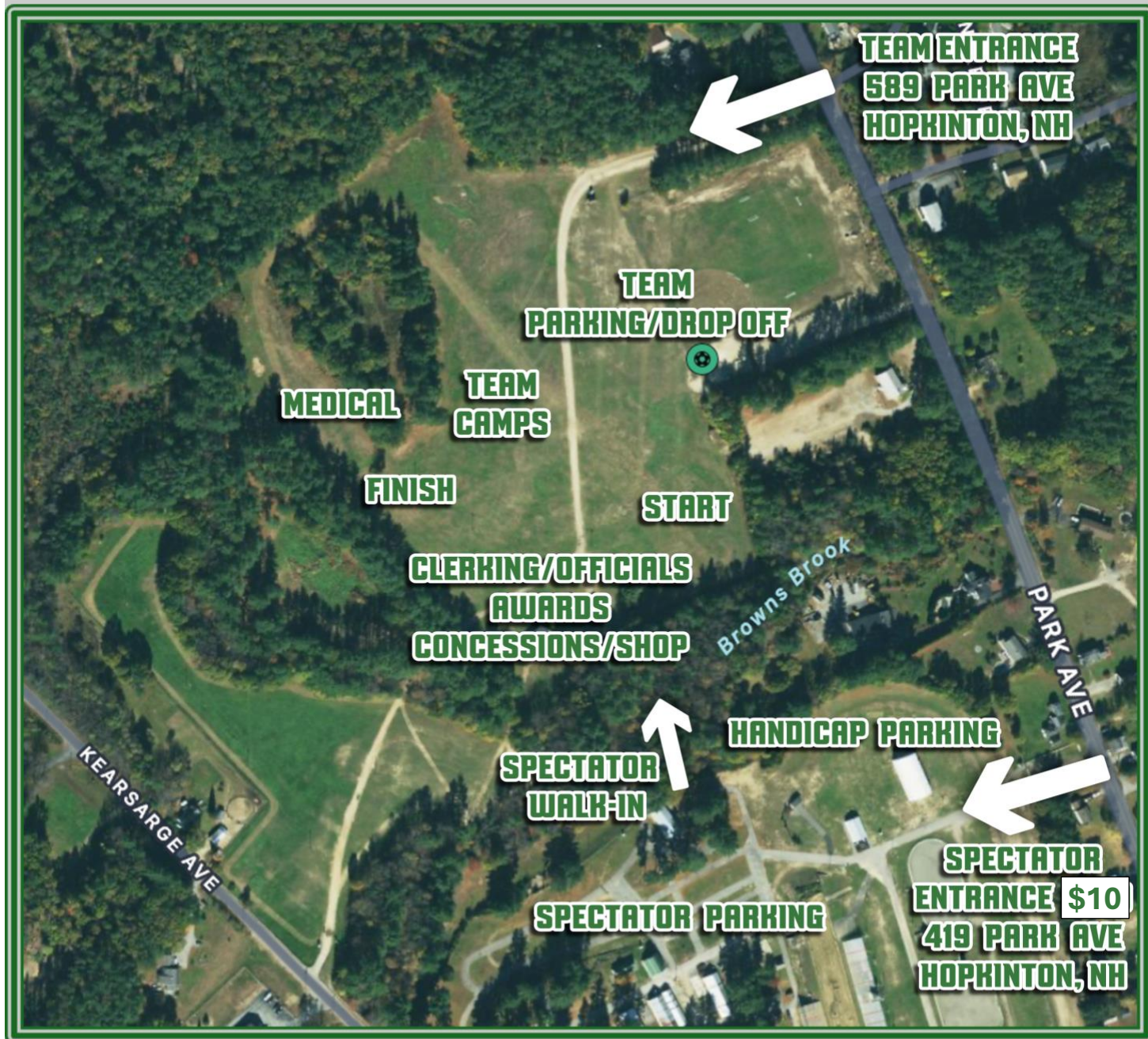


**1/2 LAP
+
1 FULL LAP**

**1/2 LAP BEGINS/ENDS
AT START - FULL LAP
ENDS WITH A TURN
INTO FINISH CHUTE**

FACILITY AND PARKING MAP

HOPKINTON FAIRGROUNDS COURSE FACILITY MAP



**TEAM & OFFICIAL ENTRANCE AT BLUE GATE
589 PARK AVE, HOPKINTON, NH**

**SPECTATOR & HANDICAP ENTRANCE (\$10 FEE)
419 PARK AVE, HOPKINTON, NH**