



Northfield Mount Hermon School
Mount Hermon, Mass.

Box 4933
1 Lamplighter Way
Mount Hermon, Mass. 01354
15 October 2009

Dear Coaches,

Northfield Mount Hermon is pleased to host the 2009 Division I Cross Country Championships on Saturday, 14 November. Except for one road-crossing, the surface will be grass or dirt trails in the woods. The course starts and ends on MacLamore field at the south end of the campus. I will send a course map when it is ready.

If you want to bring runners to tour the course before race day, please let me know by email, and I will forward your note to the coaches and athletic director.

Each team may enter seven varsity runners. If a school enters a full seven-runner varsity team, it may then run a maximum of twelve JV runners. You may send up to 24 runners' names to me to reserve bib numbers. You may not make additions or substitutions on race day.

Please use either of the Excel documents (attached to the email message) to make your entries, one document each for girls and for boys. Please make separate entries for last and first names. If you wish, designate captains with an upper case "C" after the last name. Send your entry attachments by one email to me at jblock@nmhschool.org no later than **Friday, 6 November**.

The entry fee for each varsity team (boys or girls) is \$150. Schools with a girls' and boys' team must pay \$300. There is no additional fee for JV team entries. Please make the check payable to **NEPSTA – Roxbury Latin** and sent it to the league treasurer's address below by **24 October**. The check **must** be written exactly as indicated, or it will be returned. Failure to prepay the entry fee may make your school ineligible to enter the race.

We plan to sell T-shirts on race day. An email will follow with details.

The schedule for the day:

Registration & Tours	11:30, James Gym
Girls' Varsity	1:30
Boys' Varsity	2:15
Girls' JV	3:00
Boys' JV	3:45

Awards and refreshment follow the last race as soon as possible in Forslund Gym. The first 15 varsity runners will receive medals and All-New England certificates. The top 15 junior varsity runners will be awarded ribbons. The first three varsity teams will be awarded plaques.

Lodging and food information may be found on our school web site at <http://www.nmhschool.org/visitors/index.php>. South of the NMH exit on Interstate 91 (exit 28) is the Greenfield rotary (intersection of Interstate 91 and Route 2), where you will find the usual-suspect fast food establishments.

Yours faithfully,

James C. Block
Race director

NEPSTA Treasurer:

Liv Carroll
Roxbury Latin School
101 St. Teresa Ave.
West Roxbury, MA 02132