



91st Annual New England Interscholastic Cross Country Championships

Saturday, November 14, 2026

Troy Howard Middle School

173 Lincolnville Ave, Belfast, ME 04915

Presented by the Council of New England Secondary School Principals' Association

19 Golden Meadow Rd, Hampstead, NH 03841

Executive Director: Jim Davis, jim.davis@cnesspa.org,

President: Michael Bisson, MPA

The meet will be held regardless of weather conditions.

Meet Directors: Mike Griffin
Cell: 207-837-4346
mgriffin@sad15.org

Site Director: Susan Robbins
School: 207-338-1790 Cell: 207-831-1497
srobbins@rsu71.org

Time: Boys: 11:30 am Girls: 12:15 pm

Number of Entries: Each state may enter six (6) full cross-country teams (7 runners) and any other individual placing in the top twenty-five (25) positions in its state meet.

COACHES / Entry & Fee Payment Process:



Coaches must have an athletic.net account for their respective high school team to register for the NE Meet. Each state meet results will be linked to www.athletic.net. You may only use the performance achieved at your state meet.

All entry fees must be paid ONLINE prior to the meet. There are no refunds. Entry fee is \$30 per athlete or \$210 per team per gender.

Online entry fees will be accepted starting at 6pm on Saturday, November 7st and close at 6pm on Tuesday, November 10th. Coaches will receive an email notification that their entry has been accepted when entered. A team will not be charged unless the entry is accepted.

Issues please contact Rick Kates Email: katesr@maldencatholic.org

New to www.athletic.net <https://support.athletic.net/category/y2yqh7bw1i-getting-started>

Packet Pick-up:	All competitors (teams and individuals) must check-in between 9:30 and 11:00 am at the registration table in the gymnasium at Troy Howard Middle School. Packets will contain race numbers & pins, Timing chips, a course map and certificate & CNESSPA pin for all participants. Timing Chips must be returned after the race. There will be one coaches meeting for both races at 10:30 am.
Awards:	Medals and trophies will be awarded at the conclusion of the meet, following verification of the score tabulation. The award presentations will be held in the gymnasium at Troy Howard Middle School. Medals for the first twenty-five (25) runners and team champion, runner-up, and third place trophies and team medals will be awarded.
Chute:	A finish corral will be used instead of a chute system. Coaches are asked to instruct competitors to keep running through the corral.
Course:	A challenging 3.1 mile course through the woods. This is a spectator friendly course. A map of the course is included in this packet.
Course Walks:	The course may be walked/viewed on Friday, November 13 between 3pm until 4:30 pm <u>sharp</u> and Saturday morning from 9:00am until 11:00 am.
Parking:	Parking for team buses and vans will be available on campus. Spectators will be directed to parking sites. There will be handicap parking available.
Concessions:	Concessions will be available on site.
Clean-up:	All trash and litter must be picked up before leaving. Trash receptacles are provided.
Pets:	There is a policy of not allowing any dogs or other pets on the facility. Please advise spectators - <u>NO PETS ALLOWED.</u>
Locker Rooms:	No locker rooms or dressing/shower facilities will be available.
T-Shirts:	Official New England Cross Country Championship apparel will be sold at the meet. Apparel can be pre-ordered at https://www.grrteesmsp.com/ until the Thursday before the Meet and post-ordered beginning on Monday after the Meet.

Shoes/Hats: Spikes and waffle-soled shoes are allowed and 3/8" spikes are recommended. NFHS rules allow headgear to be worn if they are not a safety hazard, do not demean the sport, are school issued, and are allowed by the State Association. Meet management will make the final decision.

Rules: NFHS Rules will be in effect, uniforms to comply with Rule 4, Section 3. States must follow any individual state policies that may differ from the NFHS Rules.

Results: www.cnesspa.com and www.sub5.com

Hotels:

There are no chain hotels in the immediate vicinity. There are a number of independent small motels in the area. Some will be closed for the season. There are chain hotels in Augusta, Waterville, and Bangor which are all about an hour away from Troy Howard MS. A few are listed below.

Best Western Plus, 110 Community Dr, Augusta, ME 04330
Comfort Inn, 281 Civic Center Dr, Augusta, ME 04330
Belfast Harbor Inn, 91 Searsport Avenue , Belfast, ME 04915
Holiday Inn , 404 Odlin Rd, Bangor, ME 04401-6706
Fireside Inn & Suites, 159 Searsport Ave, Belfast, ME 04915

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 via 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

