



**MERRIMACK**  
HIGH SCHOOL  
*Home of the Tomahawks!*

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# Merrimack High School 2nd Annual Fall Cross Country Festival at Freestyle Farm

## Date, Location & Details

**On Saturday, October 14, 2023** Merrimack High School will host its Annual Fall Cross Country Festival at Freestyle Farm in Amherst, New Hampshire.

Freestyle Farm is a privately-owned, 180 acre equestrian center located in the northern part of Amherst and has hosted numerous cross-country events over the years including the Souhegan Relays, the New England USATF Junior Olympic Championships and the Joe English Twilight Challenge.

This event will be held at the peak of New Hampshire's fall foliage season and can serve as a perfect final test before the New Hampshire State Divisional Championships two weeks later at Derryfield Park. The field will be limited to 10 schools.

## Meet Details:

**Date:** Saturday October 14, 2023

### Race Times:

- JV Girls (5k) - 2:00 P.M.
- JV Boys (5k) - 2:45 P.M.
- Varsity Girls (5k) - 3:15 P.M. Limit 9 athletes
- Varsity Boys (5k) - 3:45 P.M. Limit 9 athletes
- Award Ceremony: 4:30 P.M.

**Self Guided Course Walks:** Will depart from the starting area between 12:00 P.M.-1:00 P.M. Color maps will be included in your packets

**Cost:** A fee of \$150 per school will include both boys and girls' teams from your school (\$75 if you are sending only one team). Please make checks payable to:

Merrimack High School  
c/o Peter Bergeron Director  
38 McElwain Street, Merrimack NH 03054.

### Additional Information:

**Awards:** Plaques will be awarded to the team winners and runner-ups in the boys and girls varsity races. Medals will be awarded to the top 10 athletes in the varsity races and top 5 in the junior varsity races.

**Commemorative Tee Shirts:** available for purchase \$20.00

**Snacks and Drinks:** Donations accepted

**Course:** The cross-country races will be run on groomed trails that surround a 50+ acre pond. The races start and finish in the South Pasture. The trail surface is grass and dirt, level, and with excellent footing. Most of the terrain is gently sloping with a series of short hills. There are no paved surfaces and no vehicles on the course. XC racing shoes or XC spikes recommended. The course will be well marked. The barns are closed to visitors during the meet.

**Address:** 188 Mack Hill Road, Amherst, N.H. 03031

**Parking-** Parking is limited Carpooling is recommended