

MHSAA L.P. D2 & D3 Regional Cross Country Meet
Hosted by Bangor High School
801 W. Arlington St., Bangor, MI 49013
Saturday, October 29, 2022

Fred Smith, CMAA
Meet Director

fsmith@bangorvikings.org

Justin Ansel, CMAA
Stampede Timing

Justin.ansel@comstockps.org

Location: Bangor High School, 801 W. Arlington St., Bangor MI 49013

Race Times:

7:30 AM	Course Opens – Packet Pick up starts
8:30 AM	Substitution Deadline (D3)
9:25 AM	National Anthem
9:30 AM	Division 3 Boys
10:00 AM	Substitution Deadline (D2)
10:15 AM	Division 3 Girls
11:00 AM	Division 2 Boys
11:15 AM	Division 3 Awards
11:45 AM	Division 2 Girls
12:15 PM	Division 2 Awards

Timing and Scoring: Stampede Timing

Roster Entry: You must register your team online at www.athletic.net by Saturday, October 22 at 8:00 PM. According to MHSAA regulations, a \$50.00 late fee will be assessed if necessary.

Schools may enter up to nine runners per team on athletic.net. Varsity 7 plus 2 predetermined alternates. Runners on Master eligibility sheet may be substituted on the day of competition.

Eligibility List: Please email eligibility lists to Fred Smith at:
fsmith@bangorvikings.org

Competing Schools:

D3 includes Bangor, Bloomingdale, Bridgman, Buchanan, Cassopolis, Centreville, Coloma, Comstock, Constantine, Fennville, Galesburg-Augusta, Hartford, Kalamazoo Christian, Lawton, Nile Brandywine, Parchment, Saugatuck, Schoolcraft and Watervliet.

D2 includes Allegan, Berrien Springs, Coldwater, Dowagiac, Edwardsburg, Niles, Otsego, Paw Paw, Plainwell, South Haven, St. Joseph, Stevensville Lakeshore, Sturgis, Three Rivers and Vicksburg

Athletic Trainer:

Doc Stevens from Bloomingdale will be serving as our onsite athletic trainer

Officials: MHSAA Registered officials are Bill Scaletta and Tim Baker

Team Buses: After dropping off athletes, team buses will be directed to park in the parking lot on the East side of the school.

Course Preview: The course will be available to preview on Wednesday, Thursday and Friday (Oct. 26-28) from 4:00 PM – 6:00 PM. Please notify the Bangor Athletic Office if you wish to preview the course

Awards: The awards ceremony will take place up by our middle school. Medals to the top 15 individuals and trophies to the winning team plus 7 team medals.

State Qualifiers:

- Top three teams advance to MIS
- Any individual finishing in the top 15 qualifies for the MHSAA Finals. If less than 7 individual qualifiers are in the top 15, then the next best individuals not on a qualifying team will fill the remaining 7 individual spots.
- A 4th place team can qualify, if there are 8 or more scoring teams and if the 4th place team has 4 or more individuals in the top 20 individuals.
- Please pick up your MIS Finals information packet before leaving the regional site.

Appeals & Games Committee:

Appeal forms will be available at the finish line upon request. Appeals may only be made regarding the misapplication of a rule. Judgements are not appealable. The games committee includes the meet referee Tim Baker, meet director Fred Smith and coaches from the following schools:

D3: Bridgman, Niles Brandywine & Watervliet

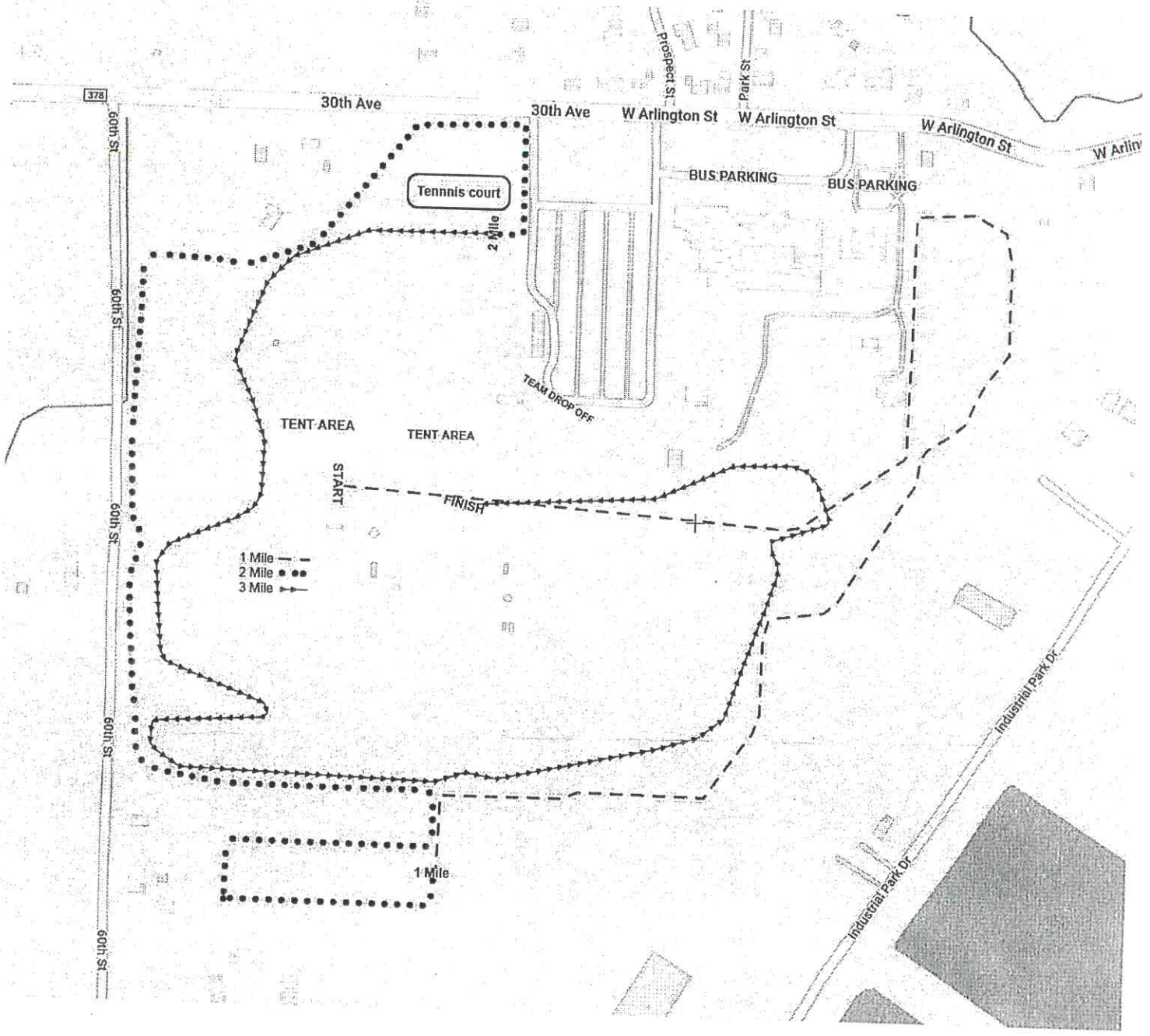
D2: Berrien Springs, St. Joseph and Vicksburg

If an appeal involves a school from the games committee, an alternate will be selected.

Box Assignments: Will be posted day of the meet.

T-Shirt Sales: MHSAA tournament gear will be sold at the event, Cash and credit cards will be accepted for payment. The sales tent will be located near the ticket entrance.

Admission: \$10.00 per car. CASH only.



Bangor Regional MHSAA Box Assignments

D3

1. Parchment
2. Bloomingdale
3. Kalamazoo Christian
4. Watervliet
5. Nile Brandywine
6. Buchanan
7. Comstock
8. Galesburg-Augusta
9. Lawton
10. Coloma
11. Centreville
12. Saugatuck
13. Fennville
14. Bridgman
15. Hartford
16. Bangor
17. Cassopolis
18. Constantine
19. Schoolcraft

D2

3. Otsego
4. St. Joseph
5. Niles
6. Plainwell
7. Vicksburg
8. Paw Paw
9. Coldwater
10. Dowagiac
11. Sturgis
12. Three Rivers
13. Allegan
14. Edwardsburg
15. Berrien Springs
16. Stevensville Lakeshore
17. South Haven

