



Coaches:

Welcome to the Cross-Country Regional (Div. 9-1 and Div. 17-2) at Goodells County Park. The park address for directions is **8345 County Park Dr, Goodells, MI 48027**. Two regionals will be hosted by Cros-Lex and Yale High Schools at the park on **Saturday, October 29**.

INSPECTION OF COURSE:

The course will be open for review at **8 a.m.**

MEETING FOR COACHES: 9:00 a.m. at the visitor's center

RACE SCHEDULE:

10:00 a.m. - Division 2 - Boys
10:30 a.m. - Division 1 - Boys
11:00 a.m. - Division 2 -Girls
11:30 a.m. - Division 1 - Girls
Noon - Open Race for **High School** Boys
12:30 p.m. - Open Race for **High School** Girls
1:15 p.m. - Awards Ceremony

\$5 charge per individual with a maximum \$50 a team (boys & girls are separate teams) will be charged for the open race. The increase in price is due to chips being used for timing. Fees may be paid by check or cash in the Registration Room any time prior to the open races. If not, we will bill you. Twenty-five medals for boys and 25 medals for girls will be awarded in the chute for the open race.

AWARDS:

1:15 p.m. – Will take place on the Portable Stand near the splash pad

1 Trophy to Winning Team

7 Team Medals to Winning Team Members

15 Medals to Top 15 individuals in each race

PACKETS:

The coach's packet will include bib numbers for your runners, chips, safety pins, appeal form, course map, and program. Packets will be available from Eastside Timing near the finish. Remember after the races, to get a **MHSAA state packet** for those teams/runners moving on to state finals at **MIS**. Packets will be available in the Visitors Center **after** results are published.

RESULTS:

Posted on the Visitor Center for spectators and athletes. Results will also be available shortly after the meet's conclusion on *athletic.net* and *mhsaa.com*. **Coaches - we will also be timing the open race open race and those results will be available on athletic.net shortly after the races have concluded.**

Qualification: The top three teams automatically qualify for the Finals meet with a possible 4th place team qualifying if that team has 4 runners in the top 20 places. All individual medalist(15) qualify for the Finals meet. Cross Country Finals qualification will include a minimum of seven individual qualifiers from each Regional race. All individuals receiving a medal (top 15) will advance. If the number of individual medalists is less than seven, then the additional qualifiers (up to seven) will be taken from the individual runners following 15th place.

UNIFORMS:

All runners must compete in a legal uniform. It is the coach's responsibility to ensure that runners conform to the MHSAA and National Federation rules for uniforms and jewelry.

PARKING:

All **buses and team vans** are to enter and park from the **north gate** located off Lapeer Road ("old M-21"). All **spectators** are to enter the **south gates** of the park by taking either Goodells Rd. or Castor Rd. to County Park Drive. There is also handicapped parking available at the parking lot near the splash park area west of the main lot. Overflow parking will be directed across the street to the southern side of the park.

DIRECTIONS:

Take I-69 to the Wales Center Rd exit (189). Go north to Lapeer Rd. ("old M-21"). Make a right on Lapeer heading east. Spectators should turn right on Goodells Road and follow the signs to the parking lots. Participants will find the north entry gate to park ¼ mile further on the right.

ADMISSION:

ADMISSION – Ticket prices for MHSAA Cross Country tournament events are \$7/person or \$10 a carload for regional meets

<p>NOTE: To all Spectators, NO PETS ALLOWED inside park area, as per MHSAA rules.</p>

MHSAA SOUVENIRS:

MHSAA Souvenirs will be available. T-shirts, sweatshirts and other apparel will be sold. These items will be on sale near or in the barns

CONCESSIONS/RESTROOMS:

A concession stand will be available throughout the meet. Restrooms available inside Visitors center and porta-a-potties

Medical/Trainer: An athletic trainer will be on site at the finish line. Please bring any necessary materials for your athletes.

Opt-Out Date: Friday, October 14.

MASTER ELIGIBILITY LIST Schools must submit a **Master Eligibility List** by **6:00PM October 14th** for all schools entering a team in this tournament. Send Master Eligibility List to Jeff Kosal jkosal@crosex.org

ENTRY REGISTRATION:

All entries must be submitted no later than **8 p.m. on Saturday, October 22**. Entries are submitted online at ***athletic.net***. You may enter up to ten varsity athletes for the varsity race. The extra three runners not running the varsity race will automatically be timed in the open race. As directed by the MHSAA, a \$50 late fee will be assessed to schools not registering by the October 22 deadline.

OPEN RACE

THIS YEAR WE WILL BE TIMING YOUR OPEN RACE RUNNERS - YOU MUST REGISTER THEM ON ATHLETIC.NET SEPARATE FROM THE VARSITY ENTRIES under Regional Open Race. DIRECT QUESTIONS ON OPEN RACE REGISTRATION TO Bob Busquaert, Eastside Racing Company, - fastbob.hrm@gmail.com

COMPETING TEAMS:

No. 9-1

[Clinton Township Chippewa Valley](#)

[Fraser](#)

[Grosse Pointe North](#)

[Grosse Pointe South](#)

[Harper Woods](#)

[Harrison Township L'Anse Creuse](#)

[Macomb Dakota](#)

[Macomb L'Anse Creuse North](#)

[New Baltimore Anchor Bay](#)

[Port Huron](#)

[Port Huron Northern](#)

[Rochester Hills Stoney Creek](#)

[Romeo](#)

[Roseville](#)

[St Clair Shores Lake Shore](#)

[St Clair Shores Lakeview](#)

[Utica Eisenhower](#)

[Warren Woods Tower](#)

No. 17-2

[Armada](#)

[Center Line](#)

[Croswell-Lexington](#)

[Detroit East English](#)

[Harper Woods Chandler Park](#)

[Imlay City](#)

[Macomb Lutheran North](#)

[Madison Heights Lamphere](#)

[Marine City](#)

[Marysville](#)

[North Branch](#)

[Richmond](#)

[St Clair](#)

[St Clair Shores South Lake](#)

[Warren Fitzgerald](#)

[Warren Regina](#)

[Yale](#)

OFFICIALS:

Starter - Paul Matson -

Asst. Starter - Beth Rinehold-

Finish Line Judge - Mark Brochu

Meet Referee - Jim Cleverly

Meet Manager- Jeff Kosal

Meet Director- Lisa Shaw/ Jared Shutko

If you have any questions or suggestions, please contact Lisa Shaw (810-788-0149) .

lshaw@crosex.org Hope your season is going well

Lisa Shaw Cros-Lex CC Meet Director

