



MHSAA LP BOYS & GIRLS CROSS COUNTRY

Region #7

Friday, October 28th, 2022

Kensington Metro Park

Hosted by Milford High School

Time Schedule:

4:00 pm Boys Region 7 Race
4:45 pm Girls Region 7 Race
5:30 pm Awards Ceremony

**At this point in time we are not planning to run any PROM or JV races with this Regional.*

PARTICIPATING SCHOOLS (18)

Berkley
Birmingham Groves
Birmingham Seaholm
Detroit Catholic Central (Boys Only)
Detroit Mumford
Detroit Renaissance
Detroit U-D Jesuit (Boys Only)
Farmington
Ferndale

Milford
North Farmington
Novi
Oak Park
Walled Lake Central
Walled Lake Northern
Walled Lake Western
West Bloomfield
White Lake Lakeland

The Course: The Kensington Metro Park Cross Country Course is doubled lined the entire route. The Runners need to run between the line, not on it. Spectators need to position themselves behind the line. The course will have running clocks at the Mile and 2-Mile. A map is included in this packet.

Park Entry: Team Buses & Team Vans will be admitted free - a car or van with 1 or 2 runners will not. All other vehicles will be charged the daily fee (\$10.00) if you do not have an annual metro park sticker (\$40.00).

Admission: Because this meet is taking place within a Metro Park, we do not have the capacity to charge the normal admission or parking for an MHSAA Cross Country tournament event. There will be no charge beyond your park entry fee.

Parking for the Event: The Kensington Metro Park Authorities have asked us to use Maple Beach (to the south of Possum Hollow) as the primary parking location. Overflow parking may take place in the Orchard Parking lot at the Sled Hills. Teams will still be allowed “up the hill” to the Possum Hollow playfield but parking will be limited. At 3:00 pm (1 hour before the first race) all traffic aside from Handi-capped parking will be diverted away from Possum Hollow.

Team Tents: New this year, teams may only set up tents or stage your team on the course side of the main road. I suggest Using the Area of the Southwest of the Start Line or the field South of the Finish Line. The Metro Park Authorities are asking for teams to not set up opposite the road, reducing people crossing the road. Teams may use any of the available shelter areas. A map will be sent out in advance of the date regarding tent areas.

Atom Meet Officials: Ross Arnold, Chris Brewer & Robert Fulcher

Timing and Results will be take care of by Jason Bigelow of Rotpac Racing
Results will be available shortly after each race.

Box Assignments: We are using only the North Starting line, which features 18 X 6’ 6” boxes on the starting line. We have 18 teams entered, so we will assign 1 box to all schools for all races.

TEAM QUALIFIERS TO LP FINAL MEET -Five runners must finish a Regional race for a school to receive a team score. The top three teams will automatically qualify from the Regional to the Final Race. THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A REGIONAL CANNOT EXCEED FOUR. If a school finishes fourth in the Regional meet with four or more runners in the top 20 places and eight (8) or more complete teams finish the race, that school will also qualify a team for the Final Meet. The maximum number of runners to represent a qualifying team at the Final Meet is seven.

INDIVIDUAL QUALIFIERS TO LP FINAL 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 regardless if there are 3 or 4 qualifying teams.

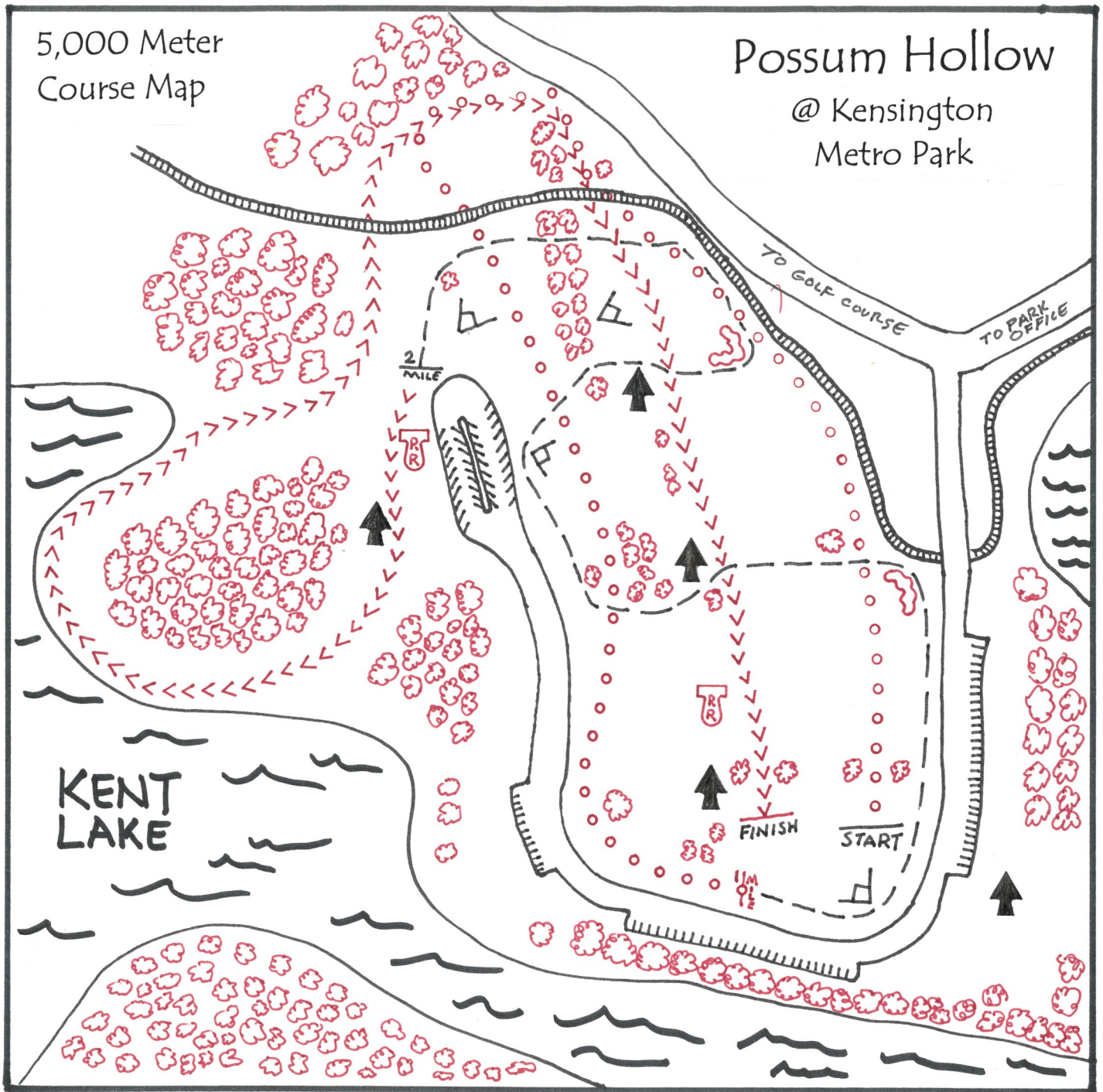
Awards Presentation: We will honor Team and Individuals presenting awards at the Finish Line Shelter at 5:30 PM. – Regional champions in each Division receive a trophy and 7 team medals, the top 15 individuals receive medals in each Division

ENTRY/LATE FEES - Regional Meet Electronic Entry Materials and instructions for on-line entry are on the MHSAA Website. Entry information must be placed on-line no later than 8 p.m. on Saturday, Oct. 22, 2022 for LP at www.athletic.net . Late entries – A \$50 late fee must be paid to the Meet Manager before the contestant or team will be allowed to participate. The \$50 late fee shall be retained by the host school. There can be no late entries after the team box assignments have been determined.

VIDEO STREAMING - The broadcast and streaming rights of MHSAA post-season tournament events belong exclusively to the NFHS Network, Bally Sports Detroit, the MHSAA, and those media outlets which have pre-arranged to secure those rights. Teams participating in MHSAA Tournaments are prohibited from streaming live video of any portion of an event over the Internet - including using social media platforms or any other method. Likewise, individual spectators are also prohibited from live streaming video through any means. Participating schools are responsible for informing their students, parents, and other fans of this policy and to assist the MHSAA upon request in enforcing it. Outlets broadcasting tournament games – audio or video – on over-the-air, cable or internet – live or delayed – must receive advance permission from the MHSAA to originate the event. Tournament managers will receive approval by e-mail for each outlet.

5,000 Meter Course Map

Possum Hollow @ Kensington Metro Park



- Shelter ↑
- Restroom
- Ball Diamond

- SYMBOLS**
- Tree
 - Shrub
 - Bike Path

- 1st Mile
- 2nd Mile
- 3rd Mile

Kensington Metropark

4570 Huron River Pkwy, Milford

