

# **MHSAA LP BOYS & GIRLS CROSS COUNTRY**

## **Region 8 and Region 16**

**Saturday, October 29<sup>th</sup>, 2022**

### **Hess Hathaway Park**

**Hosted by Waterford Mott High School**

#### **Time Schedule**

10:00 am	Boys Region 8 Race
10:30 am	Girls Region 8 Race
11:00 am	Region 8 awards, Region 16 warm up
12:00 pm	Boys Region 16 Race
12:30 pm	Girls Region 16 Race
1:00 pm	Region 16 awards

#### **Region 8 Participating Schools (18)**

Auburn Hills Avondale	Sterling Heights Stevenson
Bloomfield Hills	Troy
Clarkston	Troy Athens
Lake Orion	Utica
Oxford	Utica Ford
Rochester	Warren Cousino
Rochester Adams	Warren Mott
Royal Oak	Waterford Kettering
Sterling Heights	Waterford Mott

## **Region 16 Participating Schools (17)**

Bloomfield Hills Brother Rice (Boys)	Orchard Lake St. Mary's
Bloomfield Hills Cranbrook Kingswood	Ortonville Brandon
Detroit Cody	Pinckney
Detroit Country Day	Pontiac
Detroit Henry Ford	Pontiac Notre Dame Prep
Detroit Southeastern	Redford Union
Goodrich	Redford Westfield Prep
Lake Fenton	Wixom St. Catherine (Girls)
Linden	

**ADMISSION**      \$7.00 per person, maximum of \$10.00 per car for spectators

**Note: There are no pets allowed at Hess Hathaway Farm due to the animals that live there.**

**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 pm on Saturday Oct. 22, 2022 for LP at [www.athletic.net](http://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.

**TIMING and RESULTS** Provided by Track n Time, Sarah Henely 248-343-9157.  
[scrongeyer@gmail.com](mailto:scrongeyer@gmail.com)

**BOX ASSIGNMENTS** We have 18 teams entered for Region 8, and 17 teams for Region 16, 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 15<sup>th</sup> place regardless if there are 3 or 4 qualifying teams.

**AWARDS PRESENTATION** We will honor Team and Individuals presenting awards at the County Stage as follows: Region 8- 11:00am, Region 16- 1:00pm

Regional champions in each Division receive a trophy and 7 team medals. The top 15 individuals receive medals in each Division.

**CHECK-IN** Packet pick up will be at the County Stage

**MEET MANAGERS** Allison Sartorius (Waterford Athletic Director) [sartoa01@wsdmi.org](mailto:sartoa01@wsdmi.org) and Toby Fraifogl (Mott Coach) [Tfraifogl@gmail.com](mailto:Tfraifogl@gmail.com)