

2023 MHSAA JH/MS Cross Country Regionals - Site and Dates will be updated as received.

Zone 1 – Portage Central HS - 10/14/23 @ Portage West MS

Zone 1 – Bangor HS - 10/21/23

Zone 2 – Hudson HS – 10/21/23

Zone 2 – Milan HS – 10/25/23

Zone 3 – Macomb Dakota HS – 10/28/23

Zone 3 – Waterford Mott HS – 10/26/23 @ Hess Hathaway

Zone 4 – Brown City HS – 10/19/23

Zone 4 – White Pine MS (Saginaw Township) – 10/21/23 @ Imerman Memorial Park

Zone 5 – Bath HS – 10/7/23

Zone 6 – Grand Rapids Public Schools – 10/13/23

Zone 6 – Holland Christian – 10/14/23

Zone 7 – Gaylord HS – 10/20/23 @ Otsego Club

Zone 7 – Chippewa Hills HS - 10/28/23

Zone 7 – Manton HS – 10/21/23 @ Veterans Serving Veterans Park

Zone 8 – Houghton HS – 10/5/23 @ Michigan Tech Ski Trails

Zone 8 – St Ignace HS – 10/18/23 @ Doc Holle’s Silver Mountain Ski Area

Zone 8 – Gladstone HS – 10/20/23 @ The Farmhouse Cross Country Course

Schools will use Athletic.net to enter their runners, and they must be an MHSAA member school at the JH/MS level to compete in this MHSAA event. This Regional meet DOES NOT count against their season maximum of 10 regular season meets as this is a post-season MHSAA event.

2023 MHSAA JH/MS Cross Country Regional race protocols and regulations.

- MHSAA JH/MS Regional races can be hosted anytime during October. The host school will set that date.
- There is **no cost and no entry fee** for participation in the MHSAA JH/MS Regional race.
- The preselected Cross Country Regional Regionals will be held per zone (see map). Any MHSAA member JH/MS schools in that defined geographic area (zone) would be eligible to compete at the host site for their zone. A school may only enter its’ teams and athletes in one Regional. A school can apply to the MHSAA for extenuating circumstances (travel, date conflicts, etc.) to move to another Zone if requested by the school administration.
- The Regional races will be conducted by gender in each zone. Regional races by gender of two miles will be conducted at each site. If race sizes get too large, a host school can separate into two sections of races per gender to better accommodate racers.
- 10 racers per school and gender will make up the Varsity team entry for each school.
- Teams are allowed unlimited entries. The top 10 entries will race in the varsity race, and the remaining runners will be in the JV/Reserve race.
- A school can determine the student-athletes that will compete for that school between 6th, 7th, and 8th graders eligible at the school.
- Athletic.net will be used as the registration platform for the MHSAA JH/MS Cross Country Regional for schools, teams, and individuals. Those Regional races will be created on Athletic.net and listed on that site for entry.
- The MHSAA JH/MS Regional race will NOT count against the schools’ MHSAA contest limit in JH/MS Cross Country.

- There will be “Large” and “Small” school divisions in each zone and Regional. Schools will compete, then the results will be separated into two divisions. Large schools are those JH/MS that feed D1 or D2 MHSAA High Schools. Small schools are those that feed D3 or D4 MHSAA High Schools.
- MHSAA trophies and medals will be awarded to each gender based on school size. This would be two girls trophies and two boys trophies per Regional. The top 20 in each gender and division will receive medals, while the top team in each division by gender will receive an MHSAA trophy.
- MHSAA host schools will hire at least one MHSAA registered XC official to start and officiate the Regional.
- The MHSAA will provide bib numbers for each MHSAA JH/MS XC Regional race and participant.
- The admission policy will be \$6.00 per person or \$10 per carload. While it is recommended that Digital Ticketing be used via GoFan it is not a requirement. The MHSAA would create the GoFan links for these races if it was used. Hosts must notify the MHSAA if they want to use GoFan as their ticketing method.

