

D1-8 MHSAA Regional Championship Meet Information

Host: Clarkston Cross Country

Friday, October 25th

Location:

Clintonwood Park - 6000 Clarkston Rd., Clarkston, MI 48346

Directions: I-75 North to Exit 89 (Sashabaw Rd. north), turn right to Clarkston Rd. light. Turn left onto Clarkston Rd., Clintonwood Park is 0.8 miles down on the right.

Participating schools:

Avondale, Bloomfield Hills, Clarkston, Lake Orion, Oxford, Rochester, Rochester Adams, Sterling Heights, Sterling Heights Stevenson, Stoney Creek, Troy, Troy Athens, Utica Ford, Warren Cousino, Warren Mott, Waterford Kettering, Waterford Mott

Entries:

ENTRY/LATE FEES - Regional Meet Electronic Entry Materials and instructions for online entry are on the MHSAA Website. Entry information must be placed online **no later than 8 p.m. on Saturday, Oct. 19 at 8:00pm** at www.athletic.net. You are allowed to enter 10 athletes. (You will still be able to make changes on the day of the meet) Late entries – A \$50 late fee must be paid to the Meet Manager before the contestant or team will be allowed to participate. The host school shall retain the \$50 late fee. There can be no late entries after the team box assignments have been determined.

OPT OUT POLICIES, ELIGIBILITY LISTS, ROSTERS

Schools must see that tournament managers receive an accurate Eligibility List by the Opt-Out Due Date. These forms are available at mhsaa.com. Failure to fulfill the above obligations by the specified Opt-Out Due Date will result in MHSAA penalties as stipulated in the MHSAA Handbook. For cross country, the LP Opt-Out Due Date is Friday, October 11, 2024. Schools must notify the tournament managers by the Opt-Out Due Date if they DO NOT intend to participate in a previously assigned MHSAA tournament.

Race Schedule

Boys race first in 2024

3:00pm Varsity Boys
3:40pm Varsity Girls
4:15pm Boys PROM race
4:50pm Girls PROM race
5:30pm Awards

*Please have your athletes at the starting line 10 minutes prior to their race

AWARDS:

First-place teams receive a trophy and 7 team medals. The top 15 individuals in each Division receive medals. Finals packets will be available after the awards ceremony. Results will be posted on athletic.net as soon as each race's results are finalized.

Team Qualifiers, Regional to Finals:

Five runners must finish a Regional run for a school to receive a team score. The top three teams (1st, 2nd, and 3rd) will automatically qualify from the Regional to the Final Run. THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A REGIONAL CANNOT EXCEED FOUR. If a school finishes fourth (4th) 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, Regional to 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.

PROM race:

We will be offering a PROM race to all attending schools. There will be a \$200 per school entry (or \$15 per athlete if less than 5 athletes) into this race. Enter your athletes under the PROM race meet. **Entries are due by October 24th at 12:00am.** These races are open only to registered athletes.

UNIFORMS:

Each team member shall wear the same color and design school uniform (jersey and trunks). Each uniform top may have a single manufacturer's logo/trademark no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, While the uniform bottoms may have multiple logos/trademarks/references larger than 2 ¼ square inches around the waistband. Although members of teams must comply with this rule, boys teams and girls teams from the same school are not required to be attired alike. This rule applies equally to team and individual runs. Any type of sock and glove may be worn during competition without restriction. Any type of hat may be worn during competition without restriction

JEWELRY:

Athletes may wear jewelry during competition without penalty. This includes sunglasses and watches. There is no need for prior authorization from the MHSAA for religious headwear. An athlete may wear religious headwear in an XC competition. Temporary body adornment is no longer restricted by MHSAA rule and is allowed in competition.

Scoring:

Traditional cross country scoring will be used. Each competitor will receive a number to wear on the front of their singlet. Please check this for accuracy and report any issues to the scoring table at the finish line.

Appeals:

The Head Referee will be the final authority on judgements and interpretations of the rules. If the Jury of Appeals is called by the Head Referee, they will meet to make a FINAL decision on any appeal. (Each coach will have an appeals form in their team packet)

Jury of Appeals: Andrew MacDonald (Lake Orion), Kevin Spencer(Troy Athens) , Amy Oppat(Rochester High)

Team Camps:

All team camps will be set up in the center of the park between the volleyball court and the tennis courts. Please be sure to clean up your area at the conclusion of the meet.

MHSAA XC Apparel:

Officially licensed MHSAA apparel from E.A. Graphics will be on sale at the regional meet.

ADMISSION:

Ticket prices for MHSAA Cross Country regionals are \$7 for an individual or \$10 a carload. We will be using a **CASH ONLY** system for entrance to the park. Please tell your fans that exact change will help speed up the parking process.

Bus drop off/parking:

All buses will drop the teams off near the pavilion circle drive. They will be directed to turn left once they enter the park and follow the park road to the drop-off area. **ALL** buses must park off-site to allow parking for spectators. We will be sending out more information on bus parking closer to the meet date.

Course preview:

The course maps will be on athletic.net under the meet info tab. You are welcome to come out to preview the course. We will line it for the first time no later than Sept. 8th. For the regional, we will be lining most of the course in an alley-style. The wooded trail will have a single line. **COURSE NOTE: If possible we would like the woods loop to be for runners and coaches only. It is tight in a couple of spots and extra spectators may find themselves in the way of the races.**

Other Rules:

DOGS (even on leashes) unless they are a leader dog or a therapy dog are STRICTLY prohibited. Meet management reserves the right to ask you for any paperwork that states your dog is indeed one of the above. Otherwise you will be asked to leave or find a way to keep your dog off the course near or in your car. **Coaches, please ensure your parents know about this rule.**

