



## Regional 7 & 36 Cross Country Meet Information

Quickstad Park - Royal Oak High School

Saturday, October 26<sup>th</sup>, 2024

### MEET MANAGER

Daniel Russell, ROHS Athletic Director

(248) 435-8500 ext. 1045 / [daniel.russell@royalookschools.org](mailto:daniel.russell@royalookschools.org)

### LOCATION / PARKING

Royal Oak High School / Quickstad Park

Bus Parking: Busses are to drop teams off in the stadium circle drive off of Lexington Blvd and then relocate to an oval drive off of Crooks road until the team is ready to depart (see [map](#)).

Spectator Parking: All spectators should enter the parking lots off of Normandy Road and will be directed to parking nearest the start and finish area of the course (see [map](#)).

*\*\*\* "Royal Oak High School Track" entered as the destination in Google Maps will guide spectators to the correct parking entrance \*\*\**

### SCHEDULE

9:00 am - Coaches meeting at finish line

9:20 am - National Anthem

9:30 am - Boys D1 Region 7 race

10:00 am - Boys D4 Region 36 race

10:30 am - Girls D1 Region 7 race

11:10 am - Girls D4 Region 36 race

11:55 am - Awards

12:30 pm - Boys PROM race (region 7 & 36 non-varsity HS athletes only)

1:10 pm - Girls PROM race (region 7 & 36 non-varsity HS athletes only)

*\* Athletes should be at the starting line 10 minutes prior to the start of their race*

### PARTICIPATING SCHOOLS

**D1 Region 7** - Berkley, Beverly Hills Groves, Birmingham Seaholm, Bloomfield Hills Brother Rice, Detroit Catholic Central, Highland Milford, North Farmington, Novi, Royal Oak, South Lyon, South Lyon East, Walled Lake Central, Walled Lake Northern, Walled Lake Western, West Bloomfield, White Lake Lakeland

**D4 Region 36** - Allen Park Cabrini, A & T Academy of Pontiac, Auburn Hills Oakland Christian, Bloomfield Hills Roper, Bloomfield Hills Sacred Heart, Chesterfield Austin Catholic, Detroit Davis Aerospace, Detroit Douglass, Lutheran Westland, Marine City Cardinal Mooney, Mount Clemens, New Haven Merritt Academy, Plymouth Christian Academy, Riverview Gabriel Richard, Royal Oak Shrine Catholic, Southfield Christian, Southfield Manoogian, Sterling Heights Parkway Christian, Taylor Trillium Academy, Westland Hope Christian Academy

## **MEET ENTRIES & TIMING**

Race will be chip timed by Michiana Timing ([don@michianatiming.com](mailto:don@michianatiming.com)). Please have your entries submitted on Athletic.net by Saturday, 10/19, 8pm. You are allowed to enter up to 10 athletes with 7 toeing the line on race day. Packets with bibs can be picked up near the finish line when you arrive at the course.

Late entries - A \$50 late fee must be paid to the meet manager before a 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.

## **STATE MEET QUALIFICATIONS**

The top three teams automatically qualify for the State Finals with a possible 4<sup>th</sup> place team qualifying if that team has 4 runners in the top 20 places (at least 8 complete teams must finish the race for a 4<sup>th</sup> place team to qualify). All individual medalists (top 15) qualify for the Finals. Additionally, the top 7 individuals who are not on a qualifying team will qualify. Finals packets will be available after the awards ceremony.

## **POST REGION OPEN MEET (PROM)**

We will be hosting a PROM race to all attending schools - one race for all boys; one race for all girls. These races will take place after the awards ceremony for the varsity races and are open to registered Region 7 & 36 HS athletes only. There will be a \$100 entry fee per school (\$50 per boys and girls teams; \$10 per athlete if less than 5 athletes are participating). These entries are due by Wednesday, 10/23 at 9pm on athletic.net. *Checks should be made out to "Royal Oak High School" attention Athletic Department.*

## **AWARDS**

Varsity awards will be presented on the stadium concourse at 11:55 am, in the order that the races were run.

The top 20 finishers in each PROM (post regional open meet) race will earn a medal but this will not be part of the awards ceremony. PROM medals can be picked up by coaches from the finish line at the conclusion of each race. While team scores will be posted for the PROM races, there will be no team awards.

## **TEAM CAMP / BOX ASSIGNMENTS**

Due to our facility's confined space, we have pre-set, randomly chosen, team camp areas. Your team camp number seconds as your box assignment. These assignments will be released the week of the regional meet.

## **COURSE PREVIEW**

Our course is mostly flat with a few *small* hills, and is a mix of grass, gravel, and dirt trail ([course map](#)). Teams can preview the course on the following dates and times: **(1) Saturday 10/19, 8-11am; (2) Friday 10/25, 4-6pm**. Since our course involves the school campus, a city park, a nature preserve, and several locked gates, previewing the course in full is difficult outside of the above dates and times.

## **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). The three person jury of appeals for each region (7 & 36) will be communicated at the coaches meeting.

## **OPT OUT POLICIES / ELIGIBILITY LISTS / ROSTERS**

Schools must see that tournament managers receive an accurate eligibility list and/or notice if they do not intend to participate by the lower peninsula opt-out date of Friday, October 11th. The necessary forms are available at [MHSAA.com](http://MHSAA.com). Failure to fulfill these obligations by the specified opt-out date will result in MHSAA penalties as stipulated in the MHSAA handbook.

## **ATHLETIC TRAINER**

Our athletic trainer will be on site set up near the finish line.

## **SPECTATOR FEE**

\$7 / person or \$15 / car - **CASH ONLY!**

## **RESTROOMS**

There are restrooms available at the stadium entrance and underneath the home bleachers. We will also have portable restrooms available near the parking lot for spectators unable to make the walk to the stadium.

## **CONCESSIONS**

A variety of food and beverage options will be offered at our stadium concession stand during the meet. Cash or credit will be accepted.

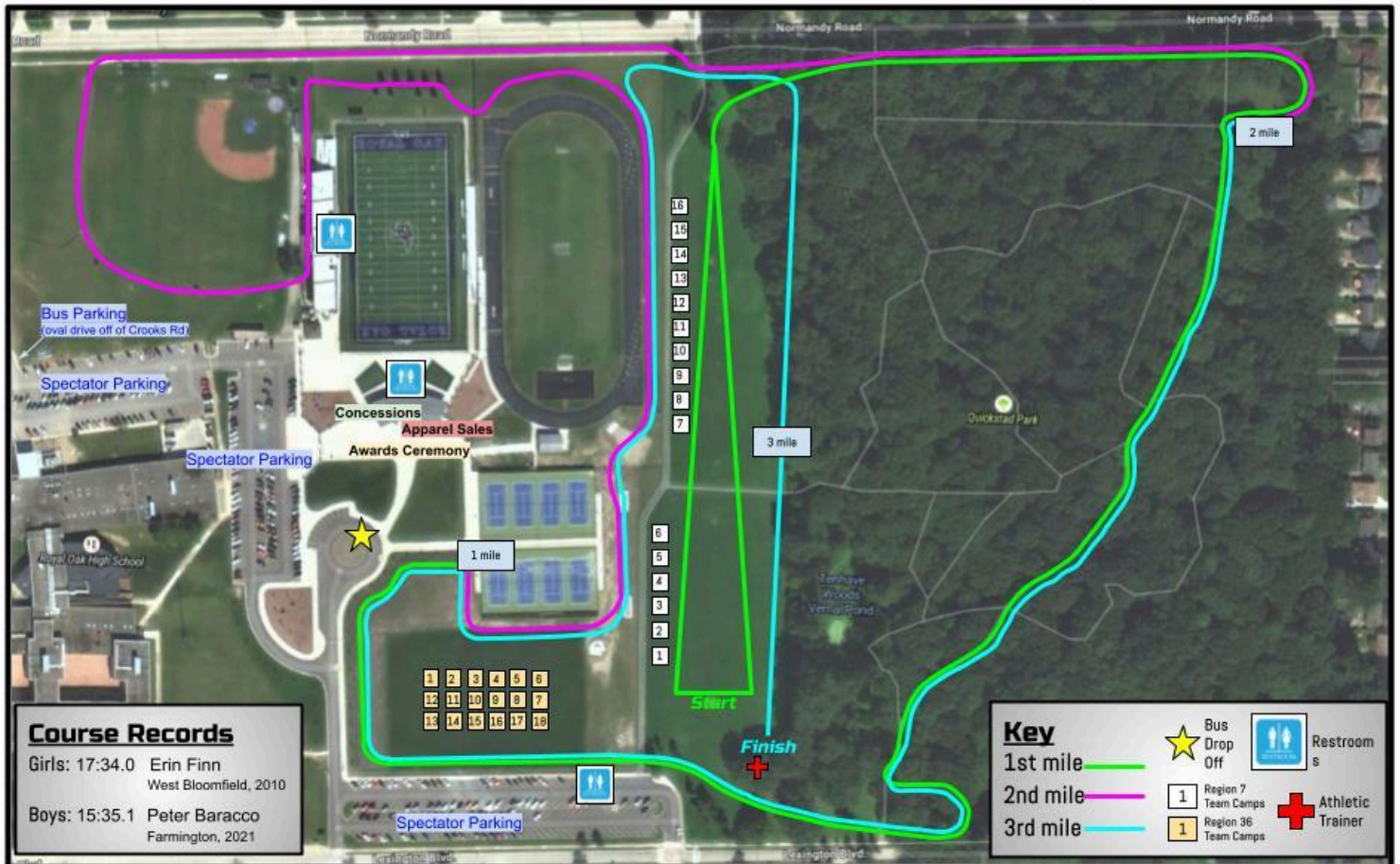
## **MHSAA CROSS COUNTRY APPAREL**

Officially licensed MHSAA apparel from E.A. Graphics will be on sale at the stadium entrance.

## **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 email for each outlet.


**Quickstad Park Course Map**



**Course Records**

Girls: 17:34.0	Erin Finn
	West Bloomfield, 2010
Boys: 15:35.1	Peter Baracco
	Farmington, 2021

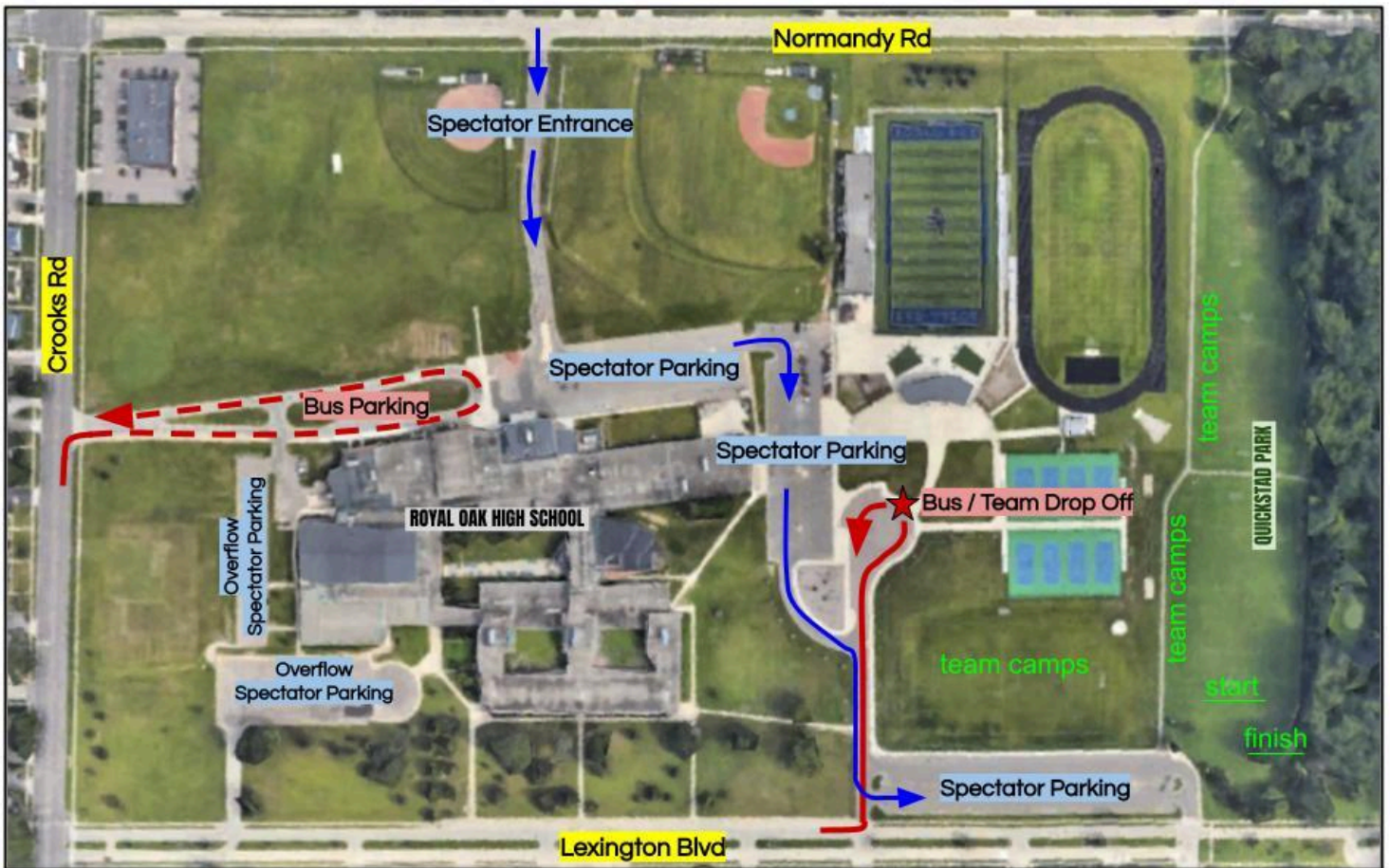
**Key**

1st mile		Bus Drop Off		Restrooms
2nd mile		Region 7 Team Camps		Athletic Trainer
3rd mile		Region 36 Team Camps		

**COURSE NOTES**

- After the initial straightway, the route is marked as an alley with solid white lines. Runners must stay within the alley. The ½ mile, 1 mile, 2 mile, and 3 mile will all be marked.
- Our course follows a trail through Tenhave Woods. Since this is a nature preserve, there will be no painted lines on the trail but it will be clearly marked with cones. Due to the limited trails, entrances, and exits to Tenhave Woods, we ask that no spectators enter the preserve while the races are being competed.
- The exit gate on the south end of Tenhave Woods does not offer much head room (just over 6ft). While it will be brightly marked and have some protection, please inform your athletes...especially the tall ones!
- During the race, athletes are *not* permitted to run on the track, long jump runway, or sidewalk along Normandy Road.





## Royal Oak High School - MHSAA Regional XC Parking

### PARKING NOTES

- \$7 / person or \$15 / car - **CASH ONLY!**
- Buses should drop teams off at the stadium entrance circle drive and then drive around to the designated bus parking area off of Crooks Rd.
- All spectators will enter and exit the lots via Normandy Rd.