

MHSAA Regional 2-1, 15-2, 25-3, 30-4
Friday October 25th & Saturday October 26th 2024
Shepherd High School
321 S. Fourth Street
Shepherd, MI 48883

Course Location: The course is located to the south of the Shepherd Veteran's Memorial Field(Football Stadium) and access to the course is available by entering the Stadium and walking to the south. The start is located on the east practice field. (See Attached Maps)

Entries: All entries for the Regional are to be submitted electronically on athletic.net by 8 PM on Saturday Oct. 19th. Please enter the 9 athletes who will most likely be in the 7 that run at Regionals. Substitutions for any of these athletes may occur on meet day as long as they are listed on the School's Master Eligibility List. Master Eligibility lists should be sent to Ryan Harkrader at ryan.harkrader@shepherdschools.net by 4pm on October 8th.

Late entries will be charged \$50 payable to Shepherd Athletics before they are allowed to compete.

Qualification: The top three teams automatically qualify for the Finals meet with a possible 4th place team qualifying if that team has 4 runners in the top 20 places. All individual medalist(15) qualify for the Finals meet. Additionally the top 7 individuals who are not on a qualifying team will qualify.

Timing: Each competitor will be issued a numbered shoe timing chip and a matching bib number. The chip must be affixed to the athletes shoe using the laces of the shoe. Each coach will collect their chips and turn in all of them at the conclusion of the meet. All unused chips MUST be returned as well. Any chips that are not returned will be charged to the school at \$30 per chip.

Packet/Coaches Meeting: Packets containing final instructions, bibs, pins, chips, zip ties, course maps and box assignments will be available at the Finish Line. A brief coaches meeting will be held at 2:30 PM(Friday) and 9:30 PM(Saturday) by the Finish Line. (See Attached Maps)

Uniform and Jewelry: All runners must compete in a legal uniform. It is the coach's responsibility to ensure that runners conform to the MHSAA and National Federation rules for uniforms and jewelry.

Awards: Awards will be presented @ the Finish Line area starting after the last Regional race but before the PROM.

Results: Will be posted shortly after each race, starting a 30 minute clock for any corrections to be requested. Final results will be available at the awards presentation and online at athletic.net and mhsaa.com.

PROM: A Post Region Open Meet will be conducted following the awards presentation. More information will be sent out throughout the Fall regarding the Post Region Open Meet. We are charging \$5 per athlete for entry into the PROM with a max of \$30 per school.

Admission: \$7 on GoFan only.

Clothing: Official souvenir clothing will be available for purchase from the MHSAA's clothing vendor EA Graphics. If items are sold out they can be purchased online at eagraphics.com.

Animals & Pets: Animals are not allowed at MHSAA events unless for Medical reasons.

Parking: Bus & Spectator parking instructions are attached with detailed info and maps.

Restrooms: The Football Stadium restrooms will be open and Port-A-Potties will be located closer to the Start of the course. (See Attached Maps)

MHSAA Regional 2-1,15-2, 25-3, 30-4 @ Shepherd Schedule

Friday Division 1 & 2 Races

1:00 PM – Course Opens
2:00 PM – Coaches Meeting (Finish Line)
3:00 PM – D2 Boys Race
3:30 PM – D1 Boys Race
4:00 PM – D2 Boys Race
4:30 PM – D1 Girls Race
5 PM – Awards @ the Finish Line
5:30 PM – PROM Race

Saturday Division 3 & 4 Races

8:30 AM – Course Opens
9:30 AM – Coaches Meeting (Finish Line)
10:00 AM – D4 Boys Race
10:30 AM – D3 Boys Race
11:00 AM – D4 Girls
11:30 AM – D3 Girls
12:00 PM – Awards @ the Finish Line
12:30 PM - PROM

Region 2-1 Teams

Alpena
Bay City Central
Bay City Western
East Lansing
Grand Ledge
Holt
Lansing Evertt
Midland
Midland Dow
Mt. Pleasant
Okemos
Saginaw Heritage
Saginaw United
TC West (Traverse City)
Traverse City Central

Region 15-2 Teams

Bay City John Glenn
Birch Run
Clio
Essexville Garber
Flint Kearsley
Flint Power Catholic
Frankenmuth
Freeland
Goodrich
Imlay City
North Branch
Ortonville Brandon
Saginaw Swan Valley
Shepherd

Region 25-3 Teams

Bad Axe
Caro
Carrollton
Cass City
EPBP Laker
Hemlock
Ithaca
Midland Bullock Creek
Millington
Pinconning
Reese
Saginaw Valley Lutheran
Sandusky
Sanford Meridian
St. Louis
Vassar

Region 30-4 Teams

Ashley
Beal City
Big Rapids Crossroads
Breckenridge
Carson City-Crystal
Coleman
Fulton
Merrill
Montabella
Mt. Pleasant Sacred Heart
Saginaw Arts & Sciences
Saginaw MLS
Saginaw Nouvel
St. Charles
Vestaburg

Local Restaurants: Great dining options are available at the Shepherd Bar & Restaurant, VanEffen's Gourmet Deli and McDonalds.

Local Hotels:

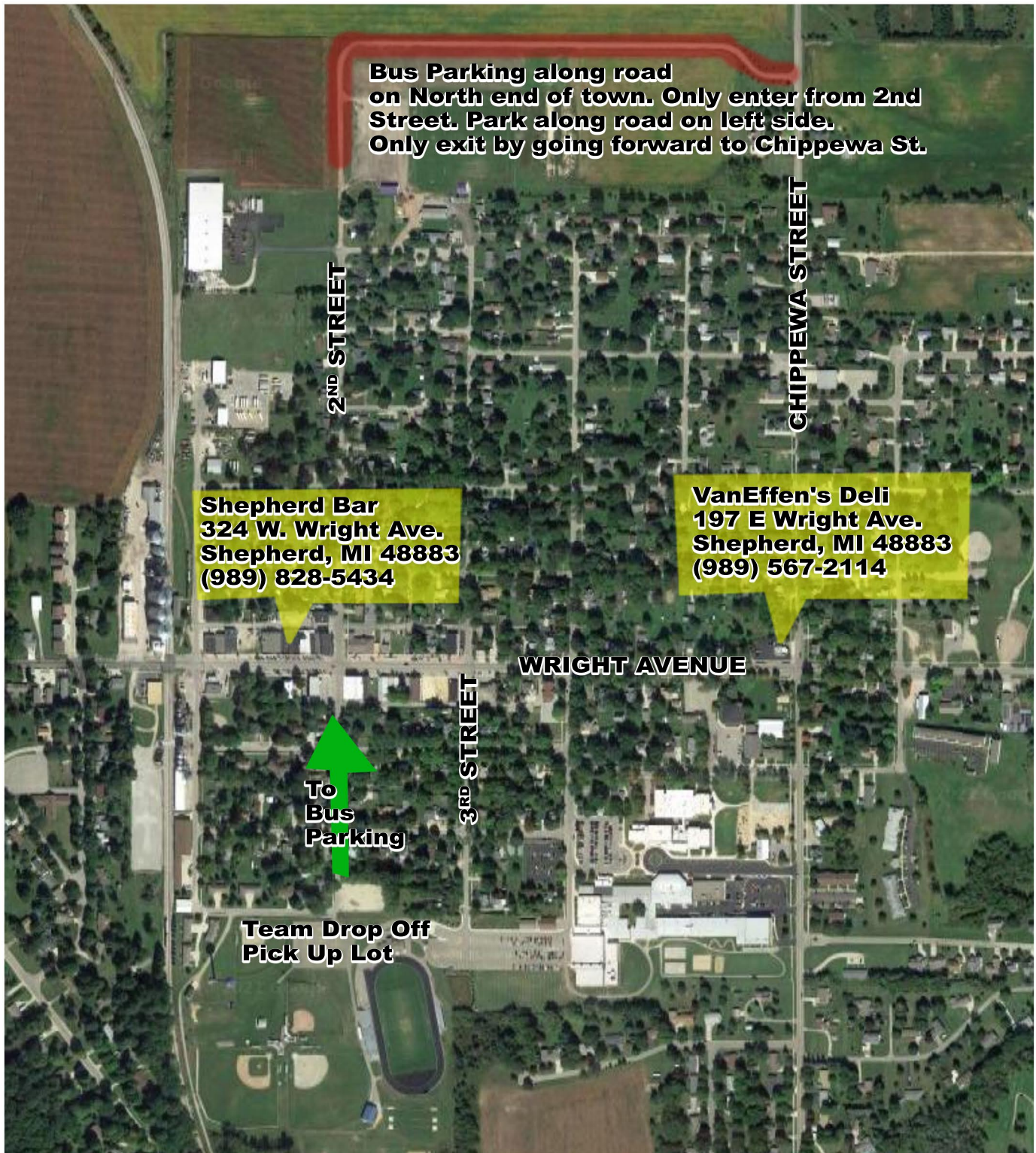
Comfort Inn
2424 South Mission Street
Mount Pleasant, MI 48858

Fairfield Inn
2525 University Park Drive
Mount Pleasant, MI 48858

Super 8
2323 South Mission Street
Mount Pleasant, MI 48858

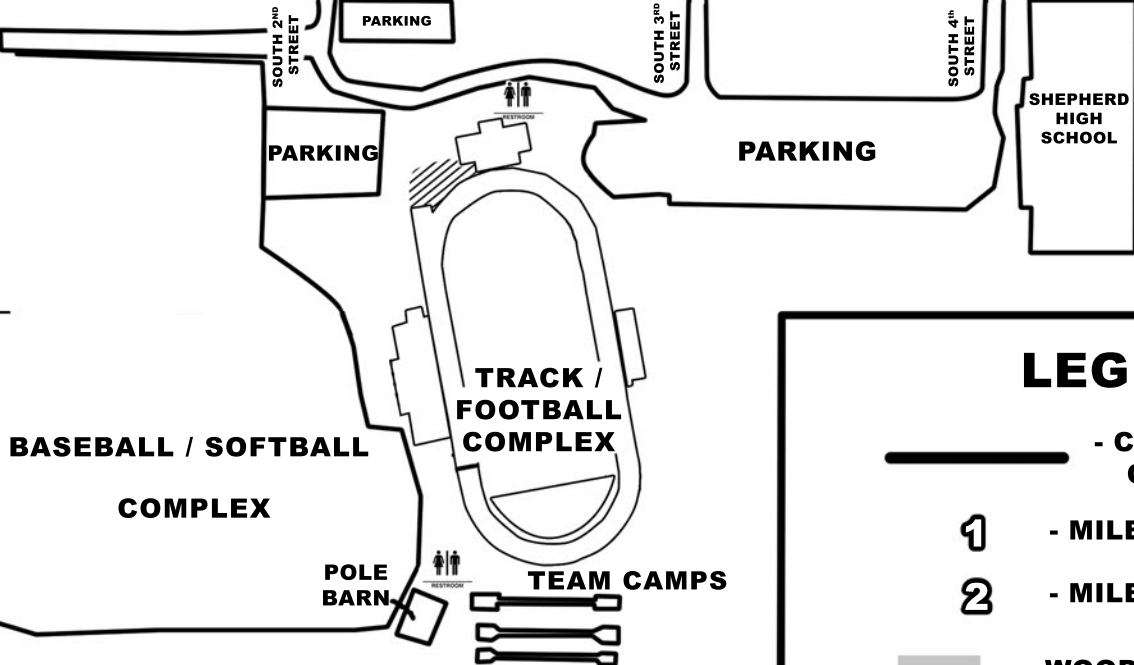
Please Contact Ryan Harkrader at ryan.harkrader@shepherdschools.net or Carey Hammel at careyhammel@gmail.com if you have any questions.

MHSAA REGIONALS @ SHEPHERD DROP OFF & BUS PARKING



Buses will get to the Drop Off/Pick Up Lot by turning South off of Wright Avenue on 3rd Street. Then turn West and drive on the North side of the Stadium to the Drop Off/Pick Up Lot.

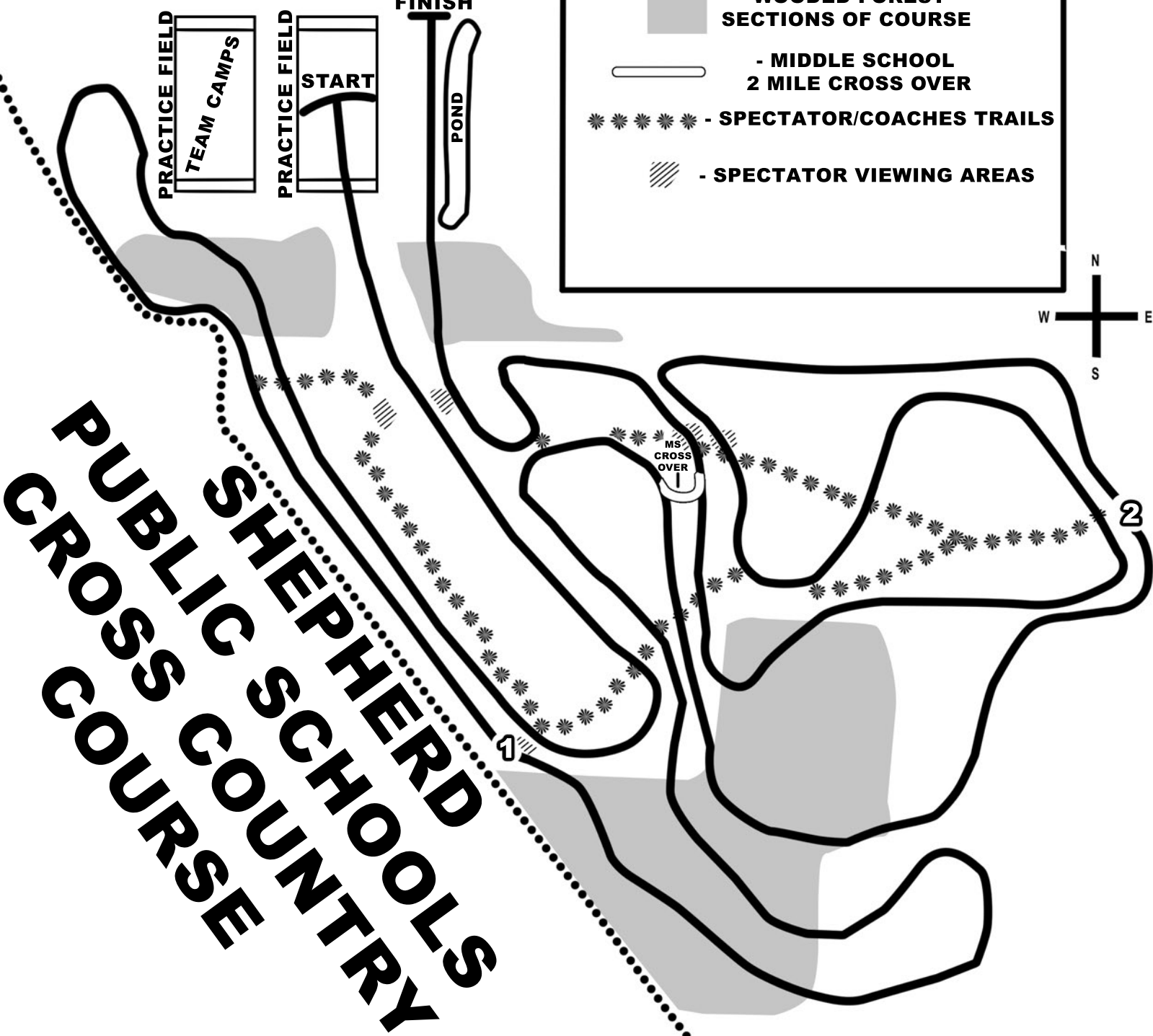
After teams are dropped off exit this parking lot on 2nd Street and travel North on 2nd Street to the North End of town where the road turns to dirt and then curves East. Park along the left side of this road such that other cars and buses can get through. Pull ahead as far to the East as possible. The first buses should be at the corner of this dirt road and Chippewa Street. Only exit this parking by going forward to Chippewa Street and turning South to return to 3rd Street to pick teams back up at the same place they were dropped off. Please make sure teams are ready for pick up before bus comes back to pick up. There will be a shuttle van that will pick up drivers to take to the Course and to take drivers back to parked buses.



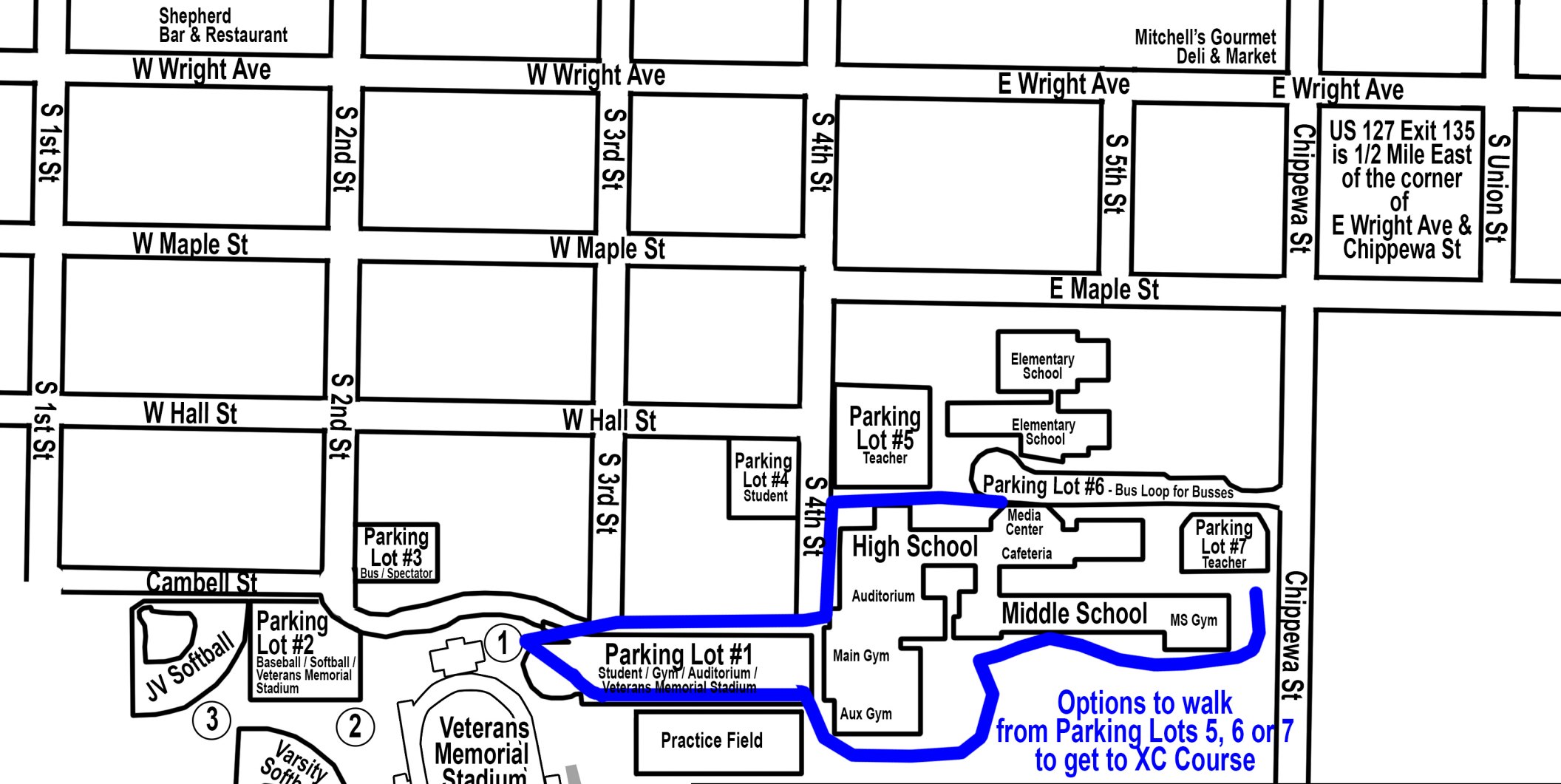
ATHLETES, COACHES & SPECTATORS CAN ENTER THE COMPLEX THROUGH THE GATE TO THE WEST SIDE OF STADIUM OR AT THE MAIN STADIUM GATE ON THE NORTHEAST SIDE OF THE STADIUM. SPECTATORS CAN PAY THEIR \$5 ENTRY AT EITHER LOCATION.

LEGEND

- CROSS COUNTRY COURSE TRAIL
- 1** - MILE ONE
- 2** - MILE TWO
- WOODED FOREST SECTIONS OF COURSE
- MIDDLE SCHOOL 2 MILE CROSS OVER
- SPECTATOR/COACHES TRAILS
- SPECTATOR VIEWING AREAS



PUBLIC COURSE COUNTRY SHERD SCHOOLS



Options to walk from Parking Lots 5, 6 or 7 to get to XC Course

Shepherd Public Schools Sports Complex Map

- - Complex Entrances
- - Team Camp Areas

