



MHSAA Cross Country Regional 10 & 20

Friday, October 25th, 2024
Benzie Central High School
9300 Homestead Road
Benzonia, MI 49617

Course Location: The course is located on the campus of the High School.

Master Eligibility List: All Master Eligibility Lists need to be sent to the Benzie Central office by 6 PM Friday October 11th. Send them to harrise@benzieschools.net

Entries: All entries for the Regional are to be submitted electronically on athletic.net by 6 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. Late entries will be charged \$50 payable to Benzie County Central Schools 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.

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.

Timing: Each team will be issued a list of bib numbers and bibs that are assigned to their entries. Be sure that each athlete is given the correct matching bib.

Packet/Coaches Meeting: Packets containing final instructions, bibs, pins, course maps and box assignments will be available at the Finish Line to the East of the Starting line starting at 1:00 PM. A brief coaches meeting will be held at 2:00 PM near 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 inside the football stadium starting around 5:30PM with Boys awards first.

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 mhcaa.com.

Admission: Regional spectator admission is \$7/person or \$10 per car load.

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 egraphics.com.

Animals & Pets: Animals are not allowed at MHSAA events or Benzie Central school grounds unless for Medical reasons.

Bus/Team Parking: Busses will drop off athletes and then park at Homestead Hills Elementary. Located west of the High School. A volunteer will direct all buses to Homestead.

Spectator Parking: Spectator parking will be in the front and West lots on the Main Campus. We will be using volunteers to direct all vehicles.

Restrooms: Port-A-Potties will be located inside the football stadium, near the fence on the south side of the start line as well as stadium bathrooms will be open. There are athlete only porta johns directly behind the start line.

Please Contact Eli Harris harrise@benzieschools.net Chantelle Jones jonesc@benzieschools.net if you have any questions.

MHSAA Regional 10-2 & 20-3 @ Benzie Central Schedule

1:00 PM – Course Opens

2:00 PM – Coaches Meeting (Wrestling Barn)

3:00 PM – Division 3 Boys Race

3:35 PM – Division 2 Boys Race

4:10 PM – Division 3 Girls Race

4:45 PM – Division 2 Girls Race

5:30 PM – Division 2 & 3 Awards *Estimated Time

6:00 PM – Prom Race \$15 per runner fee payable to Benzie County Central Schools. There will be no cap on runners per school.

Course Map

Starters:

Bill Henning **#651083**

Dave Spaulding **#657090**

D2 Regional #10 Teams

Big Rapids
Cadillac
Cedar Springs
Fremont
Fruitport
Gaylord
Gladwin
Howard City Tri County
Ludington
Muskegon Oakridge
Muskegon Orchard View
Ogemaw Heights
Petoskey
Sparta
Spring Lake
Whitehall

D3 Regional #20 Teams

Benzie Central
Hart
Hesperia
Kingsley
Lake City
Lakeview
Leroy Pine River
Manistee
Manton
Mason County Central
McBain
Morley Stanwood
Reed City
Remus Chippewa Hills
Shelby

MOSS CROSS COURSE



LEGEND

5K COURSE

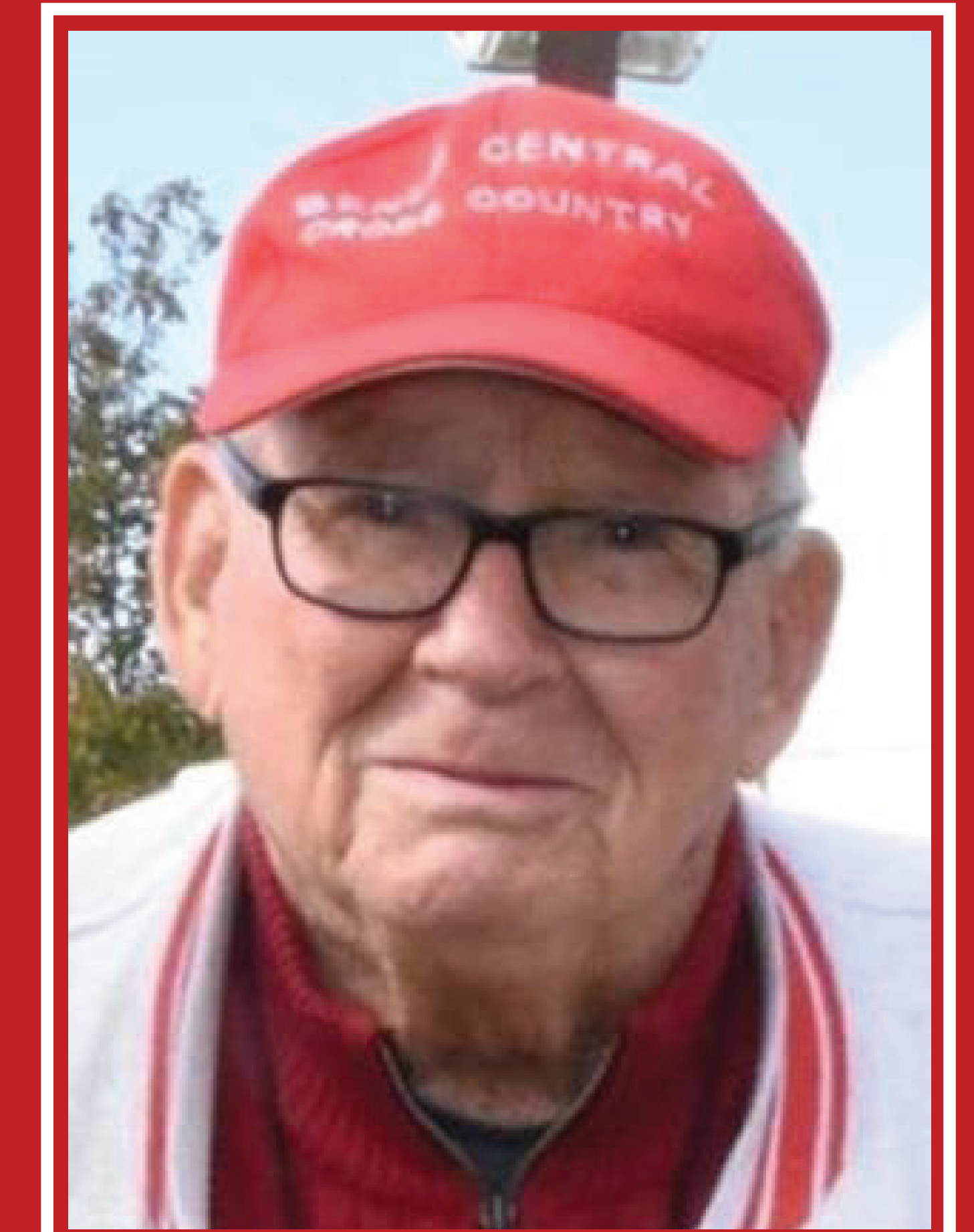
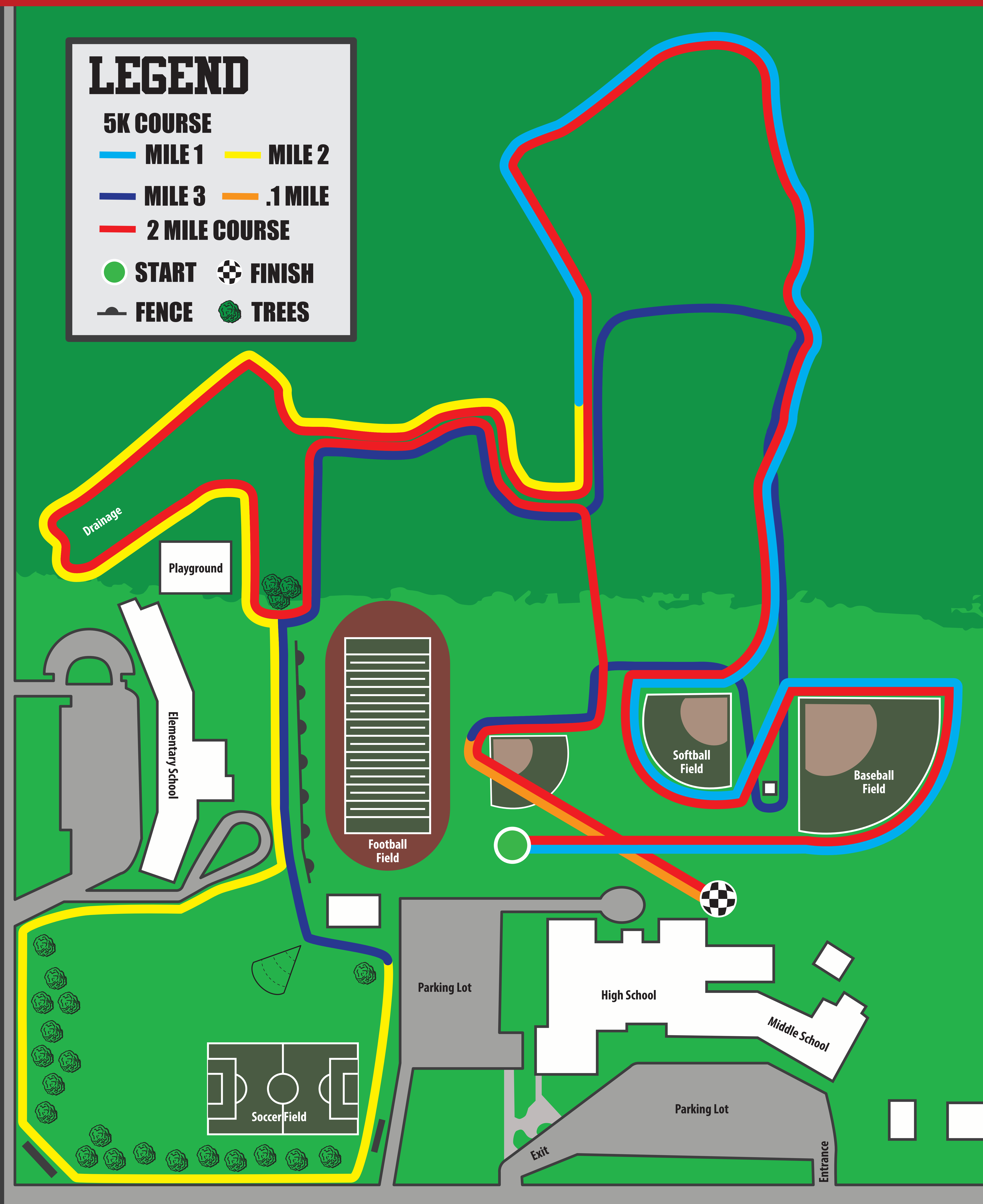
— MILE 1 — MILE 2

— MILE 3 — .1 MILE

— 2 MILE COURSE

● START ● FINISH

— FENCE ● TREES



Coach Eldon "Pete" Moss
September 8, 1928 - March 9, 2019

In 1972, Coach Moss created the Benzie Central Cross Country program. The Benzie teams and athletes Pete coached enjoyed considerable success. His Boys Cross Country team earned four state championships (1984, 1986, 1995, 1997) and three runner ups (1987, 1996, 2001), and the Girls Cross Country team also earned four championships (1982, 1983, 1998, 2008) along with two runner ups (1997, 2001). In 1999, as assistant coach, Pete helped the Girls Track Team earn a state championship. In all, Pete coached five individual Cross Country state champions. Coach Moss helped his athletes earn more than just titles, trophies, and medals; he instilled in generations of Benzie graduates a sense of pride, community, discipline, and perseverance, qualities that his student athletes carried with them as they left the courts, tracks, and trails for other endeavors.

Although Pete officially retired from coaching at the age of 80, he never truly retired. You could always find him sitting at his favorite picnic table on the cross country course and was still coaching basketball, as an assistant, a mere few weeks before his death.

Pete was honored with many awards and accolades: Four times he was named MITCA (Michigan Interscholastic Track Coaches Association) Coach-of-the-Year for Cross Country (Boys 1993, Girls 1984, 1998, and 2008). The Basketball Coaches Association of Michigan recognized him as Assistant Coach-of-the-Year. In 1999, he was honored as a National High School Coaches Association Finalist for Coach of the Year for both Girls' and Boys' Cross Country. In 2009, he was recognized by the National Federation of High Schools as National Coach-of-the-Year for Girl's Cross Country. In 2001, Pete was awarded MITCA's prestigious Kermit Ambrose Award. He was inducted into the Michigan High School Coaches Association Hall-of-Fame in 1999 and into the National High School Coaches Association Hall-of-Fame in 2007.