

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
REGIONAL CROSS COUNTRY INFORMATION
Regions #19-3 and #28-4
Saturday, October 26, 2024
Hosted by East Jordan High School

Location

The regional cross country championship will be held at the East Jordan Community Park. The park is located at 805 Maple Street in East Jordan, which is approximately 1 - 1 ½ miles south of East Jordan High School on M-32 Highway.

Admission

All spectator admission is \$7.00 person or \$10.00 per car load as designated by MHSAA. Please have correct change if possible! Per MHSAA and East Jordan Public Schools policies, tobacco, vaping and alcohol products are not allowed on the grounds of MHSAA tournaments or events sponsored by East Jordan Public Schools. Pets are not allowed, however, properly marked, or documented service animals that are leashed or harnessed at all times may accompany spectators paying admission or attending with other team or school personnel. Individuals that bring service animals are asked to bring their own waste disposal bags. Please inform your spectators!!

Parking

There is spectator parking on site. There will be a designated drop off and pick up area for school transportation.

Tent/Shelter Area

An area will be designated for the set up of team tents/shelters. Please be sure your tents/shelters are within this area or you will be asked to move them. On site grilling is not be permitted.

Schedule of Events

8:00 a.m.	Park will open - Coaches may pick up race day packets, athletes may preview the course
9:00 a.m.	Coaches Meeting
9:30 a.m.	Division 4 Boys Race
10:10 a.m.	Division 3 Boys Race
10:50 a.m.	Division 4 Girls Race
11:30 a.m.	Division 3 Girls Race
12:30 p.m.	Awards Ceremony (tentative time)

Course Map

A map of the course follows this correspondence and will also be available on race day.

Box Assignments

You will receive your running assignments on race day when your team arrives.

Opt Out Date/MHSAA Master Eligibility List Due

The MHSAA Master Eligibility List or the MHSAA Opt Out Form is due to the tournament manager not later than October 11, 2024.

Entries

Regional meet electronic entry materials and instruction for on-line entry are on the MHSAA website. Entry information must be placed on-line no later than 8:00 p.m. on Saturday, October 19, 2024, on www.athletic.net.

Merchandise/Concessions

Concessions will be available and official MHSAA merchandise will be available for purchase on site.

Team Qualifiers to Final Meet

Five runners must finish a Regional race for a school to receive a team score.

The top three teams 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 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

Individual 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 the 15th place.

Awards

Awards will be presented at the conclusion of the last race in the same order the races were run. A first place trophy will be presented to each gender in each division. The first place team will receive seven (7) team medals. Fifteen (15) individual medals will be presented in each division for each gender.

Questions/Information

Please contact Phyllis Olszewski at (231) 536-2441 or email her at polszewski@ejps.org.

East Jordan - Cross Country 5K Course Map



Red - Start/Finish line

Yellow - Mile 1

Green - Mile 2

Blue - Mile 3