



2008 CROSS COUNTRY INFORMATION

- **INFORMATION BULLETIN**
 - **TIME SCHEDULE**
 - **INSTRUCTIONS FOR USE OF “CHIPS”**
 - **GIRLS AND BOYS TEAM QUALIFIER FORMS**
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- Spectator admission is \$7.00 per person.
 - Credit Cards are not accepted for ticket purchases
 - Charcoal/Gas Grills are not allowed on infield parking areas

1. **LOCATION:** Michigan International Speedway, 12626 US-12, Brooklyn, MI 49230
 - A. All access to Brooklyn Road can be reached from the north off of M-50 or from the south off US-12.
 - B. Gate 10 - Team Bus Parking
 - C. Gate 11 - Spectator Parking
 - D. Tunnel Gate - Officials, workers and teams in vans less than 9' in height may park in designated areas on infield.
 - E. Trams will be available for transport to infield.

2. **FINALS QUALIFIER PACKET INCLUDES:**
 - A. Parking pass which will permit your vehicle to park in the team parking area.
 - B. TEAM QUALIFIERS: 12 team member admission wristband passes, 3 wristband passes for coach, manager and/or trainer.
 - C. INDIVIDUAL QUALIFIERS will receive one wristband pass plus 2 others to include coach, manager or trainer.
 - D. Visibly worn passes will allow coaches and officials to restricted areas other than infield and course.
 - E. Please do not ask for additional free admission passes.
 - F. Do not photo copy passes. School's administration will be notified of any unethical practices.

3. **FINAL MEET PACKETS:**
 - A. Friday packet pickup can be picked up only at the Super 8 Hotel in Brooklyn between 3:30 p.m. until 5:00 p.m.
 - B. Saturday packet pickup will start at 7:30 a.m. in the Media Center located in the buildings behind the finish area.
 - C. It is the responsibility of the coach to pick up the meet packet and timing chips.
 - D. Your Finals Meet packet will include a garbage bag.

4. **CHANGE AND CORRECTIONS FORM**
 - A. Coaches of team qualifiers may change team personnel for the finals.
 - B. Individual qualifiers may not be substituted.
 - C. Division 4 and 3 teams must make their changes by 9 a.m.
 - D. Division 2 and 1 teams must make their changes by NOON.
 - E. Forms are provided in the meet packet.
 - F. Turn the Change and Corrections Form into the packet pick-up area at the Media Center.

5. **COURSE DESCRIPTION AND PREVIEW**
 - A. While the start and finish have restricted areas, coaches and spectators will be allowed along the course during races.
 - B. The course is not open for previewing on Friday.
 - C. Please do not cross the timing pads at the one-mile, two-mile, and three-mile marks, while previewing the course.
 - D. Competitors may not preview the course after the three mile mark.
 - E. Mile markers and timing clocks will designate the one-mile, two-mile, and three-mile marks (no clock at the three-mile mark, however).
 - F. The entire course will be laid out with a single yellow line.
 - G. Any white lines on the course are simply for crowd control. Athletes do not have to stay between these lines, but must go around all other natural or man-made barriers.
 - H. Additional flagging may be posted throughout the course: "Red to left", "Yellow to right" and "Blue straight"
 - I. Runners must cross both finish line timing pads and continue through the chute.

6. **COMPETING TEAM EXPECTATIONS**
 - A. Schools will defray their own expenses for participating in the Finals.
 - B. Coaches and other school officials are responsible for the supervision of team members at the Final site.
 - C. Spikes are not allowed on "Pit Row" or on the car race track.

7. TIMING, SCORING AND RESULTS

Timing Chips

- A. Please read the enclosed sheet with the instructions on how to attach the timing chips.
- B. Each runner is required to wear two timing chips, one chip laced to each shoe.
- C. Runners must wear the chips that are assigned to them. These are not interchangeable.
- D. Chips must be returned by the coach to the Media Center or a \$50 fee will be charged for each missing chip.

Race Bibs

- A. Runners must wear their assigned race bib on the front of their jersey with the pins provided.
- B. Race bibs may not be altered (i.e. cut, folded, wrinkled, etc.)

Scoring and Ties

- A. Rule 9, Section 2 of the National Federation Track & Field Rule Book will be followed.
- B. All competitors are expected to move beyond the finish line and run/jog to their position in the exit area.
- C. Timing chips are the primary system and a three camera video replay system is the back up.

Results

- A. Official results may be picked up at the Media Room.
- B. Results will be posted at www.mhsaa.com.

8. AWARDS

- A. Each division and gender: 1 Trophy First Place – Team 1 Trophy Second Place - Team
7 Medals First Place – Team 7 Medals Second Place - Team
30 Medals Top 30 Finishers each race
- B. By Representative Council action, only MHSAA approved awards may be presented.
- C. Division 4 & 3 awards will begin at 12:15.
- D. Division 2 & 1 awards will begin at 3:45.

9. COMPETITION RULES & INSTRUCTIONS

STARTING LINE:

- A. Final race instructions will be given ten minutes prior to each race. At the conclusion of those instructions, athletes should remove their sweats and immediately report to the assigned positions on the starting line.

TEAMS:

- A. Qualifying teams may compete with a maximum of seven entries and a minimum of one entry.
- B. At least five individuals must finish in order to be considered a complete team.
- C. Only complete teams will be scored.
- D. Individuals on the Master Eligibility List may be used as substitutes for team entries.

JEWELRY RULE - Except for traditional wedding bands, Medical Alert necklaces or bracelets and religious medals, jewelry is prohibited in all competition. This will include, but is not limited to pierced earrings, barrettes made of hard plastic, leather, cloth and plastic bracelets. Elasticized ponytail holders having metal parts are legal. Multiple ponytail holders may be different colors. Watches may not be worn during any competition.

HAIR WEAR RULE: No baseball-style caps, no multi-colored hats of any kind, no hats with writing of any description. If a watch cap or headband is worn, it must be of a single solid color (team members do not need to match in color.) Manufacturer's logo allowed. If a hair-holder is used, it must be of the soft, rubber band-type material without large metal or hard plastic parts or be of the cloth-covered rubber bands with small metal connectors.

UNIFORM RULE: National Federation rule 9-6 will be strictly enforced regarding competitor uniforms.

Referees/umpires throughout the course will be watching competitors closely for uniform compliance as well as rules of the course.

10. APPEALS

- A. Appeals in writing denoting a specific rule will first come to this group before making the final decision on any appeal. The length of the appeal time 30 minutes after the posting of results near the awards area.
- B. The Games committee shall have final authority over rules disputes.

Games Committee:

Rudy Godefroidt, Meet Referee
Wayne McDonald, ATOM
Mark Uyl, MHSAA
Dennis Whitehead, Meet Manager
2 Coaches Representatives

11. MEDICAL INFORMATION

- A. Two doctors, seven certified athletic trainers, and four-five student athletic trainers will be on duty during the day to assist with any injuries or emergencies.
- B. In addition, the Michigan Speedway Field Hospital will be open and there will be an ambulance on stand-by.
- C. There will be a nurse's FIRST AID STATION open in the grandstand area.

12. SPECTATOR INFORMATION

- A. \$7 admission charge for all spectators. Parking is included in the admission fee.
- B. Credit cards are not accepted for ticket purchases
- C. Animals will not be allowed to enter Michigan International Speedway.
- D. Trams will be available to transport spectators for the entry gate ticket area to an area near the start line and return.
- E. Radios, stereo boxes, pets (even on leashes) will not be allowed.
- F. Charcoal and gas grills are not allowed on infield parking areas
- G. T-Shirts/Sweatshirts –
- H. Friday T-shirt sales are located in the same area as Meet Packet Pickup at the Super 8 Hotel between 3:30 and 5 p.m.
- I. Shirts are on sale in the spectator entrance area and at the concession stand on the field.

MICHIGAN INTERNATIONAL SPEEDWAY SCHEDULE:

FRIDAY, OCT. 31, 2008

THE MIS WILL NOT BE OPEN
TO TEAMS OR INDIVIDUALS
ON FRIDAY

3:30-5:00 p.m. Packet Pick-Up and T-shirt sales at the
Super 8 Hotel in Brooklyn, Michigan

SATURDAY, NOV. 1, 2008

7:30 a.m.	Entrance Opens (Packet pick-up, T-shirt sales and course review)
10:00 a.m.	Division 4 Boys
10:30 a.m.	Division 3 Boys
11:00 a.m.	Division 4 Girls
11:30 a.m.	Division 3 Girls
12:15 p.m.	Division 4 & 3 Awards Presentation
1:30 p.m.	Division 2 Boys
2:00 p.m.	Division 1 Boys
2:30 p.m.	Division 2 Girls
3:00 p.m.	Division 1 Girls
3:45 p.m.	Division 2 & 1 Awards Presentation

Spectator admission is \$7.00 per person.

Credit Cards are not accepted for ticket purchases

Charcoal/Gas Grills are not allowed on infield parking areas

BOYS

CHANGES AND CORRECTIONS ONLY

**MHSAA CROSS COUNTRY CHAMPIONSHIPS
TEAM QUALIFIERS**

Change in Runners:

Please fill out this sheet if you will be making any changes in your team personnel.

SCHOOL _____

Division: 1 2 3 4 Circle proper division

SUBSTITUTIONS FOR TEAM QUALIFIERS

Race No	Last Name, First Name	Grade	New Runner (last, first name)	Grade	New Race No.

CORRECTIONS of TEAM or INDIVIDUAL QUALIFIERS (i.e. spelling, grade, etc.)

Race No	Name:	Grade

ONLY TEAM MEMBERS MAY BE SUBSTITUTED NOT INDIVIDUALS

Individual qualifiers not on General Listings:

Turn in to packet pick-up room (Media Room).
9 a.m. for Division 4 and 3
NOON for Division 2 and 1

GIRLS

CHANGES AND CORRECTIONS ONLY

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INSTRUCTIONS

CROSS COUNTRY MANAGERS REGIONAL/FINAL MEETS

The reverse side of this form is a master
APPEAL FORM which you will use to
duplicate for use at your meet.

Each coach is to receive one APPEAL FORM.

Duplicate on any color paper you desire.

You may wish to have others available in
the Press Box and from the Meet Monitor.