

Carlson Cross Country

D1-5, D2-18 MHSAA Regional Championship Meet

Location: Lake Erie Metro Park (Near the Wave Pool) 32481 W. Jefferson, Brownstown, Mich. 48173
Directions: I-75 South to Gibraltar Rd (Exit 29A) head east on Gibraltar Rd. to W. Jefferson turn right (south) for 1.7 miles to the park entrance on the left. Once entering the park, follow the signs to the Wave Pool.
Date: Saturday October 26, 2019

Teams: The following teams will be attending:

D1-5: Allen Park, Ann Arbor Pioneer, Belleville, Brownstown Woodhaven, Dearborn, Dearborn Edsel Ford, Dearborn Fordson, Dearborn Heights Crestwood, Gibraltar Carlson, Lincoln Park, Monroe, Saline, Southgate Anderson, Temperance Bedford, Wayne Memorial, Wyandotte Roosevelt, Ypsilanti, Ypsilanti Lincoln

D2-18: Adrian, Ann Arbor Gabriel Richard, Carleton Airport, Chelsea, Dearborn Divine Child, Dearborn Heights Annapolis, Dearborn Heights Robichaud, Detroit Cesar Chavez, Detroit West Side Academy, Flat Rock, Grosse Ile, Melvindale, Milan, Monroe Jefferson, New Boston Huron, River Rouge, Riverview, Romulus, Summit Academy, Tecumseh, Trenton

COACHES: Please read this document thoroughly including the attachment at the back of the packet.

Note that additional course markings not provided by the host are NOT allowed. This includes, but is not limited to paint, flagging, etc...

Entries: Each school is permitted one team in the Varsity Race. In accordance with MHSAA policy, entries are comprised of a roster submitted via Athletic.net online entry system for the meet. If you have not done so, create a free account on Athletic.net. Enter your Regional into your schedule. Click on that meet and then go to "Register Athletes". Please enter **ONLY** your **top nine athletes.** This is important because we do not have enough numbers for you to enter your entire squad. (Late changes can be made on meet day). **Entries are DUE by 10/19 at 6pm.**

OPT OUT Date: Schools not intending to participate in the Regional Meet must inform the Meet Manager and the MHSAA by October 11, 2019. Schools planning on attending must submit eligibility list by October 11, 2019.

COMPETING SCHOOLS: Regional Meet Electronic Entry Materials and instructions for on-line entry are on the MHSAA Website. Entry information must be placed on-line no later than 6 p.m. on Oct. 11, 2019 for LP at www.athletic.net. Late entries – A \$50 late fee must be paid to the Meet Manager before the 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 starting line positions have been determined.

All schools will receive a Tournament Notification Form in the fall listing the Opt-Out dates for sports they sponsor as well as an Opt-Out FAX form. Schools must contact their tournament managers by the Opt-Out Due Date if they **DO NOT** intend to participate in a previously assigned MHSAA tournament. Late fee checks should be made out to **Carlson High School.**

Disclaimer: Source of this information can be found in the September 2019 MHSAA Bulletin. We will use that document in administrating this Regional Meet. In case of discrepancies between this document

and the Bulletin, the policies stated in the MHSAA Bulletin *shall hold true*.

Schedule:	Boys run first in even years; Girls run first in odd years.
	8:00 am Course open for preview
	9:30 am D2 Varsity Girls
	10:15 am D2 Varsity Boys
	11:00 am D2 Awards
	11:00 am D1 Varsity Girls
	11:45 am D1 Varsity Boys
	12:30 pm D1 Awards
	12:45 pm PROM Girls (Post Regional Open Meet)
	1:30 pm PROM Boys (Post Regional Open Meet)

*** Please have your athletes to the starting line 10 minutes before the scheduled start of their race.**

PROM: We will be offering a PROM race (Post Regional Open Meet) to all attending schools. There is a \$100 per school entry (or \$10 per athlete up to 5; 6 or more must pay the school entry fee) into this race. Enter your athletes on Athletic.net under Lake Erie PROM race. This race will only be open to registered athletes.

Team Tents: The Team Tent area is on the North side of the Parking Lots. **Absolutely no teams will be allowed to set up camp in the Pavilion near the starting line! We will use this area as a staging area for the next race. No tents on the South side of the parking lots!!**

Uniforms: Please remind your athletes that MHSAA rules governing uniforms & temporary adornment shall be upheld. Watches may be worn!

Coaching: Per MHSAA mandate, coaches are NOT allowed to use any transportation aids such as bikes, scooters, etc. to move around the course.

Pets: Please advise your cross country enthusiasts and families of team members that there are NO PETS ALLOWED at Regional or State Championship meets.

Awards: **The Award Ceremonies will take place in the Plaza between the Wave Pool and the Concession Stand.** Medals are awarded to the top 15 places in each Varsity race; 7 medals and a team trophy to the champion team from each division. If an athlete is not present for the awards ceremony, their coach should pick-up all medals earned *before departing!* Medals will not be mailed!

Scoring: All events will be scored using Athletic.net. Traditional cross country scoring will be used. Runners will be given a number to wear on the front of their singlet. The number includes a tear off section at the bottom. Please check this for accuracy and report any mistakes to the scoring table located at the finish line.

Results: Final results will be available for coaches approximately 15 minutes after the completion of each race. The results will also be submitted to the MHSAA and Athletic.net for publication on their websites. Results will be posted. There will be no hard copies.

State Meet: **(A) Team Qualification** – The top 3 teams automatically qualify for the state championship meet. If a school has 4 athletes placing in the top 20 places at the Regional meet AND is the 4th place team in the meet then that school will be listed as the FOURTH team qualifying to the State Meet from our region (there must be 8 COMPLETE teams competing in that race).
(B) Individual Qualification – All medalists, who are not members of a qualifying team, shall qualify as individuals to the State Meet. If your team (or individuals) qualify to the State Meet be

sure to pick up your State Meet packet prior to departing. State Meet packets will not be mailed!

Appeals: The Head Referee will be the final authority on judgments and interpretations of the rules. A Board of Appeals will be called if deemed necessary by the Head Referee and the Meet Manager. The Board of Appeals will consist of a men's head coach and women's head coach. If called, please respond immediately. All decisions by the Appeals Board will be final. **JUDGMENT CALLS MADE BY OFFICIALS MAY NOT BE APPEALED.**

Team Camps: There is plenty of room for team tents. Please keep your tents and tarps on the North side of the parking lots. If you use the lakefront for your tents/tarps, please keep them away from the course and from the finish. **Please don't put meet management in a position of asking you to move.** Please remind your athletes that they are *guests* in the park and therefore should remove all trash from their area at the end of the meet.

Security: Coaches please inform your athletes NOT TO LEAVE BAGS OR PERSONAL ITEMS UNATTENDED FOR LONG PERIODS OF TIME!!! It is preferred that athletes leave "gear bags" at their team camp or on their bus. Meet personnel are instructed to pick up stray bags throughout the duration of the meet.

T-shirts: A limited number of T-shirts and Sweatshirts are available.

Concessions: There is an indoor concession stand available. **However, do not set up team camps in the concession area!!** We will be using this area for computer scoring, packet pick up and t shirt sales. We cannot allow teams to use the area for their team camp.

Athletic Trainer: An Athletic trainer will be on site and available.

Good Luck to all runners and coaches!!

COACHES PLEASE READ CAREFULLY!!

*There is a \$10 per vehicle admission to the Metro Park for each vehicle (except buses).

*PLEASE set up your team tents in the designated area. Don't make our volunteers or meet officials ask you to move. It's a hassle for you and an annoyance for us. No teams should set up camp in the concession stand.

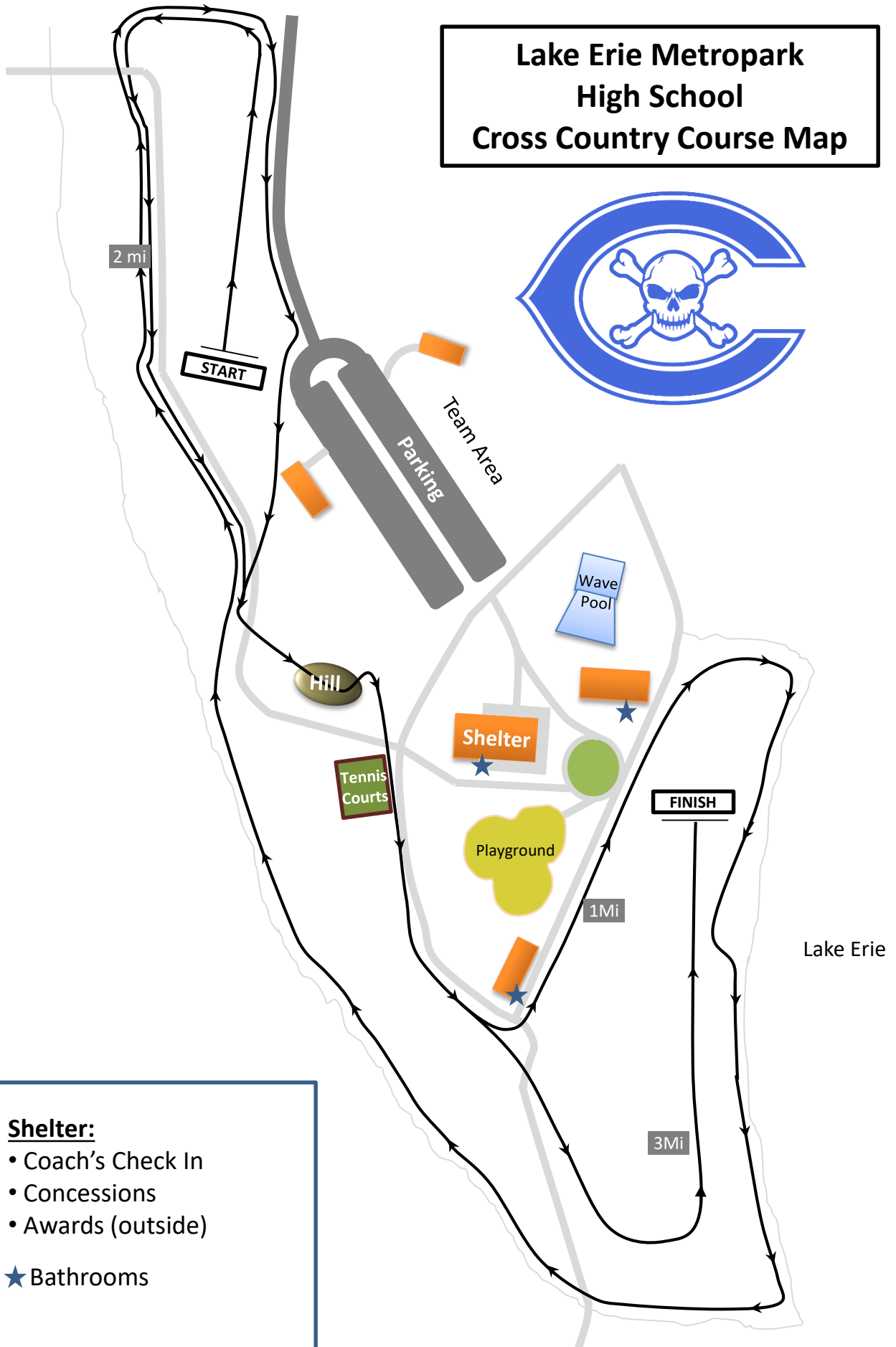
***Please warn your parents not to crowd the finish area!** We will have it roped off BUT this does not stop a determined parent. Please try to monitor your people so that they do not interfere with our finish line people. We are desperately trying to get it right. Last year we had a parent standing in the finish chute taking pictures.

*Ask your athletes to collapse after they exit the chute ... it makes life a lot easier for our finish line workers. They just ran 5000 meters, walking 50 more should not be an issue.

*Coaches please enter runners that are capable of being **competitive** in a Regional race. We are on a tight time schedule. Waiting for a non-competitive runner who is jogging the race places a very real strain on our schedule. Enter the non-competitive runners in the PROM race at the end of the day. Please help us out with this. We cannot begin to compute the results until the last runner has crossed the line. (a good reference point would be **Boys that cannot finish in 25 minutes/ Girls that cannot finish in under 30 minutes**).

*Please make your parents aware that meet officials will not deal with any protest lodged by a parent. We will only deal with coaches.

Lake Erie Metropark High School Cross Country Course Map



Shelter:

- Coach's Check In
- Concessions
- Awards (outside)

★ Bathrooms