

M.H.S.A.A.
Division I Regional No. 7
Cross Country Championships

Pre-Meet Information
Meet Manager: Matt Weisdorfer

Date: Saturday, October 26, 2019

Place: Springfield Oaks County Park
12451 Andersonville Rd, Davisburg, MI 48350

Entry Deadline: Wednesday, October 19th at 6:00pm. You need to enter your top 10 runners into A-net. On meet day, you will run 7. The CPU program doesn't care which 7 bibs cross the finish line.

Preview: The day before the Regional (10/25) after 3:00pm will be your only time slot & day you will have to preview the course. Keep in mind it gets dark by 6:00pm. Springfield Oaks has many events all fall long. You can not expect to just show up unannounced and run the course.

Course: A map of the course will be available on the day of the meet. It will be a measured 5,000m. course and it will be marked every half mile every 1,000m. It will be the same course used at the Holly CC Invite.

Qualification: The top three teams will automatically move on to the State Meet held on Saturday, November 2nd at M.I.S. Speedway. A fourth team can qualify, but they must have four runners finish in the top 20. All runners who finish in the top 15 will automatically move on to compete in the State Meet.

Uniforms &

Jewelry: M.H.S.A.A. rules regarding these issues will be strictly enforced.

Awards: The 1st place team will earn a trophy and 7 team medals. In addition, the top 15 individual finishers will earn a medal.

Admission: The M.H.S.A.A. requires that everyone who enters the course, except coaches and athletes, will be charged a \$6.00 entry fee. We will charge an additional \$2.00 per car as well.

Time Schedule: 7:30am – Open Course
8:00am – Last chance to make any roster changes!
9:00am – Girls Varsity Division 1
9:30am – Boys Varsity Division 1
10:00am – PROM Girls Race
10:30am – PROM Boys Race
11:15am – Awards Ceremony

Tee-shirts: Regional Tee-shirts will be on sale for \$15.00.

Questions: Please feel free to contact Holly Athletics @ (248) 328-3243, during normal school hours. Ask for Casey Lombard, who is our new Athletic Director.

Other Rules: DOGS (even on leashes) *unless* they are a leader dog or a therapy dog are STRICTLY prohibited. Meet management reserves the right to ask you for any paperwork that states your dog is indeed one of the above. Otherwise you will be asked to leave or find a way to keep your dog off the course near or in your car. Coaches, please ensure your parents know about this rule. Everyone has a “nice” dog, until someone gets bit. People can not 100% ensure the behavior of their dog at all times.

Misc: Be sure to arrive at the course for packet pick up, review of the course, and roster changes in “plenty of time.” Any roster changes must be in accordance with all M.H.S.A.A. rules and regulations. **All legal roster changes “*must be*” completed with our computer operator by 8:00am.**

Games Committee: T.B.A.

Appeals: Appeals in writing denoting a specific rule as ill must first come to this committee before making the final decision on any appeal. The length of the appeal is up to 15 minutes after the affected race. We will have a video recorder at the finish line; for any finish line dispute, the games committee will review the video and determine if you appeal has validity.