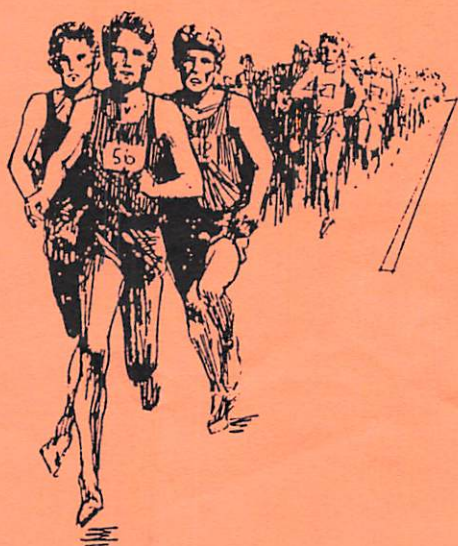


M H S A A

CROSS COUNTRY

GENERAL INFORMATION BULLETIN



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GENERAL INFORMATION BULLETIN

1. ENTRY BLANK - The CROSS COUNTRY RUN REGIONAL ENTRY BLANK and Eligibility List must be in the hands of the Regional Manager NOT LATER THAN 4:00 P.M., FRIDAY, OCTOBER 23, 1987. LATE ENTRIES REQUIRE A \$25.00 LATE FEE.
2. LIST ACCORDING TO BEST TIME - List individuals on the Entry Blank in order of best times during the current season.
3. Individuals or teams shall be accompanied to the event by the coach, administrator or appointee of the school in order to participate in a MHSAA event. NOTE: If your school is not planning to enter the Regional Run, please notify the Manager of the Run as soon as possible.
4. NUMBER OF COMPETITORS FROM EACH SCHOOL - A school may compete with a maximum of seven entries and a minimum of one entry. At least five individuals must finish in order to be considered a complete team. Only complete teams will be scored. Individuals on the Eligibility List may be used as substitutes for TEAM entries. There are no substitutes for those entered in the individual run in the Finals.
5. NOTE: NO SCHOOL IS TO PERMIT ANY OF ITS CROSS COUNTRY TEAM MEMBERS TO PRACTICE, WALK, RUN, OR TOUR IN ANY OTHER WAY THE FINAL RUN COURSE DURING THE WEEK PRECEDING THE FINAL RUN.
6. UNIFORMS FOR CROSS COUNTRY - Each team member shall wear the same color and design school uniform (jersey and trunks). When other apparel is worn under the jersey or leotards or body suits are worn under the trunks, by more than one team member, that apparel must be the same color(s) and design. Although members of teams must comply with this rule, boys teams and girls teams, from the same school, are not required to be attired alike. This rule applies equally to team and individual runs.
7. STARTING TIME AND ORDER OF COMPETITION FOR REGIONAL AND FINAL CROSS COUNTRY RUNS:
 - A. Boys Regional and Final Cross Country Runs are to be conducted first during odd numbered years. Girls Regional and Final Cross Country Runs are to be conducted first during even numbered years. (1987 - odd)
 - B. At Regional and Final Runs, the first run will start at 11:00 a.m. Where there are two classes, the smallest class will compete first (Section 1 will precede Section 2, or Boys Class C Run, Girls Class C Run; Boys Class B Run, Girls Class B Run).
 - C. In the Finals, the team run for a class or section will precede the individual run for that class or section (Example: Finals - Boys Class C Team Run, Boys Class C Individual Run, Girls Class C Team Run, Girls Class C Individual Run).
8. COMPETITOR NUMBERS - Each competitor is to be provided a number by the Meet Manager. The Cross Country Committee recommends that the number be placed on the back of the contestant.
9. SCORING AND IIES - At Regionals and Finals -- See Rule 9, Section 2 of the 1987 National Federation Track and Field Rule Book. Reminder: All contestants are expected to maintain their position in the chute until released. Failure to do so may result in disqualification. (Rule 6.1)

~~until~~ 25th OK to view
through

10. LENGTH OF COURSE - The length of the course at Regional and Final Runs will be 5000 Meters.

11. EXPENSES OF COMPETING TEAMS - Schools will defray their own expenses both at Regional and Final Runs.

12. SUPERVISION OF TEAMS - Coaches and other school officials are responsible for the supervision of team members at the Cross Country Runs. Help retain the good will of the persons managing the runs, as well as schools, park departments and golf courses or country clubs. Use proper receptacles for used tape, bandages and other debris.

13. COACHES RESPONSIBILITIES -

- A. Checking-in at the Final Run - The coach from each competing school (teams or individuals) is to check in with the Final Manager immediately upon arrival at the Final Run site.
- B. Coaches should advise their contestants against the wearing of unnecessary adornment (WRIST WATCHES, dangling earrings, necklaces, chains, loose bracelets, or any other piece of apparel that, when contacted or dislodged, presents a safety hazard to the contestants wearing it or to an opponent).
- C. Coaches are to advise their contestants that no radios, tape players, stereo boxes, or similar appliances are to be allowed at MHSAA Cross Country Meet sites.
- D. Coaches are to notify Managers as soon as their team has less than five (5) runners competing in the run (before the run begins or after it has started, but not later than before the first runner shall cross the finish line).

14. ASSIGNMENT OF SCHOOLS TO REGIONALS - Teams have been assigned to Regional sites using the following criteria:

- A. Approximately the same number of schools at each Regional site.
- B. Each site will require reasonable travel. Efforts were made so schools would not cross paths in traveling to the Regional site.

15. TEAM QUALIFICATION FROM REGIONAL RUNS TO THE FINAL RUN -

- A. Coaches of qualifiers: obtain information packets regarding Final Runs from Regional Managers.
- B. Five runners must finish a Regional Run for a school if that school is to qualify a team to the Final Run.
- C. Three teams will qualify from the Regional to the Final Run. THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A REGIONAL CANNOT EXCEED FOUR. (Determined as indicated below.)
- D. Five teams will qualify from each boys and girls Class D Regional to the Final Run.
- E. If a school finishes fourth in the Regional Meet and has four or more runners who qualified for the Final Meet as individuals, that team must be listed as the fourth school qualifying a full team.

16. INDIVIDUAL QUALIFICATIONS FROM REGIONAL RUNS TO THE FINAL RUN:

- A. The first ten (10) finishers who are not members of a qualifying team will qualify to the Final Run.
- B. Any of the first twenty (20) finishers who have not already qualified as indicated above, also qualify.

17. REPORT OF QUALIFIERS - The Regional Meet Manager will forward the names of qualifying teams and individuals and their Eligibility List to the Final Meet Manager. Changes on the list of contestants for the Finals, must be made to the Regional Manager immediately after the Regional Run. If changes are not made by the coach, the names on the Regional Entry Blank will be submitted to the Final Manager.

18. AWARDS - The awards are to be presented following the conclusion of the fourth or last race and in the same order the races were run.

Regionals - 1 trophy	First Place
7 team medals	First Place Team
15 medals	First fifteen (15) individuals in each class/section
Finals - 1 trophy	First Place
1 trophy	Second Place
7 medals	First Place Team
7 medals	Runner-up Team
15 medals	First fifteen (15) individuals in each class (Individuals Run)
15 medals	First fifteen (15) individuals in each class (Team Run)

BY REPRESENTATIVE COUNCIL ACTION, ONLY MHSAA APPROVED AWARDS MAY BE PRESENTED.

19. GAMES COMMITTEE - A Games Committee of five is to serve at all Regional and Final Meets and is to be comprised of the Meet Manager, Referee-Starter, and three coaches. This committee shall assist in the administration of the Run.

All Regional and Final Cross Country Run Managers are to invite three area coaches to review his course layout prior to printing the map of the course and prior to competition. These three coaches are to meet, if possible, and review the course as a group. The names of these individuals are to be listed in the Regional information which is distributed to competing schools.

20. IT IS THE OPINION OF THE CROSS COUNTRY COMMITTEE THAT THE CROSS COUNTRY "GENERAL INFORMATION BULLETIN" SHOULD BE USED TO SET UP DUAL AND INVITATIONAL CROSS COUNTRY RUNS NEXT SEASON.

21. MINIMUM CROSS COUNTRY MEET STANDARDS - IT IS RECOMMENDED THAT ALL CROSS COUNTRY RUNS OBSERVE THESE STANDARDS.

- A. Review pages 53-58 of the 1987 National Federation Track and Field Rule Book. NOTE: The funnel leading to the chute is to be at least 150 feet long.

B. The awards ceremony should be staged in an elevated area so that it may be witnessed by spectators.

C. Team scores should be posted in large figures and elevated so they are easily visible.

D. A map of the 5000 meter course shall be distributed to all competing schools on or before the day of competition.

E. A visible starting line must be used. Space should be sufficient so that five runners from each team may be on the front line. Recommend each box be eight (8') feet wide.

F. An equal number of teams are to be assigned, by draw, to positions on either side of the center of the course at the starting line.

G. Rope off the area around the chute to prevent spectators from interfering with chute personnel and contestants.

H. When possible, all turns shall go around natural or man-made barriers on level ground. Course markers, such as flag poles, should extend approximately six feet above ground level and be constructed of a rigid and non-flexible material.

I. There shall be no sharp turns.

J. There shall be no turns within 400 meters of the finish line.

K. There must be an above ground finish line to mark the termination of the race.

L. Markers shall be used to designate the 1600 meter and 3200 meter points on the course.

M. Instructions for all runs are to be given ten minutes before the start of each run. Use of a bull horn or P.A. system is advisable. Runners are to remain in sweat suits for these instructions. Immediately following the conclusion of the instructions, each runner will remove sweat suits and report to assigned position on the starting line.

N. Where possible, the course is to be double marked by line and flags. Flag designations: a red flag indicates a turn to the left, a yellow flag indicates a turn to the right and a blue flag indicates a course straight ahead. Flags marking the course are required.

O. Competing schools are encouraged to notify the MHSAA, in writing, of all improperly marked courses.

22. TOURNAMENT MANAGEMENT EXPENSES - The MHSAA will reimburse host schools for the cost of administering the run. Parking fees are permitted only when attendants are necessary to control parking. The fee charged should be for the purpose of covering cost of the parking attendants.

23. ADMISSION - Regional and Final Managers are encouraged to charge \$1.00 for each person attending the meet. (New 1987 by Representative Council action)

24. PRESS - Adequate arrangements should be made to take care of working or other press representatives at the Meets.

25. PUBLICITY - It is suggested that Tournament Managers inform local media about teams competing in their tournament for purposes of publicity and interest. Local and nearby media may be interested in carrying information supplied by the Tournament Manager. EACH COACH IS ENCOURAGED TO PROVIDE HIS LOCAL MEDIA WITH REGIONAL RUN RESULTS.

26. SOUVENIR PROGRAMS - The MHSAA will provide souvenir programs for sale at Final Tournament sites. You will be receiving information about souvenir programs from Communications Director John Johnson in a separate mailing. Please direct any questions about programs to his attention.

26. MEMBERS OF THE 1987 CROSS COUNTRY COMMITTEE:

Bernie Abrams, Covert High School
Jerry Brown, Manistee High School
Dick Buehler, Parchment High School
Ken Heller, Allen Park High School
Betty Hines, Detroit-Southwestern High School
Art Kraai, Wyoming-Lee High School
Liz Lentz, Bath High School
James Okler, New Boston-Huron High School
Kathy Vincent, Flint Northwestern High School

ENTRY DUE

IN THE HANDS OF THE

MEET MANAGER ...

October 1987

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11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31



Last day to view except day of.

★ 4:00 P.M.

FRIDAY,

OCTOBER 23, 1987