

M H S A A

CROSS COUNTRY

GENERAL INFORMATION BULLETIN



TM



G . I . B .

GENERAL INFORMATION BULLETIN

1. ENTRY BLANK - The official entry for the CROSS COUNTRY REGIONAL ENTRY BLANK and ELIGIBILITY LIST must be in the hands of the Regional Manager NOT LATER THAN 4:00 P.M., FRIDAY, OCTOBER 21, 1988. LATE ENTRIES REQUIRE A \$50.00 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. All team members need not wear undergarments if one team member elects to do so. A company logo does not affect design.
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. (1988 - even)
 - 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 and will be followed by the same sex of the larger class. (Section 1 will precede Section 2, or Girls Class C Run, Girls Class B Run; Boys Class C Run, Boys 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 shall 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 TIES - At Regionals and Finals -- See Rule 9, Section 2 of the 1988 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)

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 1988 National Federation Track and Field Rule Book. NOTE: The funnel leading to the chute is to be at least 150 feet long.

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 MISAA 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 1987-88 CROSS COUNTRY COMMITTEE:

Bernie Abrams, Covert
Jerry Brown, Manistee
Dick Buehler, Parchment High School
Ken Heller, Allen Park High School
Delores Elswick, Detroit
Art Kraai, Wyoming
Liz Lentz, Bath
James Oakier, New Boston
Kathy Vincent, Flint