

MHSAA™

michigan high school athletic association



CC-12 1200 90

CROSS COUNTRY

General
Information
Bulletin

R E M I N D E R

ENTRIES MUST BE "IN THE HANDS OF THE REGIONAL MANAGER
NO LATER THAN 4:00 P.M. ON THE ENTRY DUE DATE.

U.P. -- OCTOBER 12, 1990

L.P. -- OCTOBER 23, 1990

The post mark or the fact that the entry may be enroute
does not alter the due date or time. PLAN AHEAD!!

- NOTE:
1. U.S. mail is not delivered on holidays or Sundays.
 2. U.P.S. does not deliver on Saturdays or Sundays.
 3. You may be able to FAX materials (contact manager).
 4. Overnight mail, priority mail, and Federal Express delivery is expensive.
 5. Some school mail is delayed because it goes through a central distribution center.
 6. You may consider driving the material.

GENERAL INFORMATION BULLETIN

1. L.P. ENTRY BLANK - The official entry for the CROSS COUNTRY REGIONAL ENTRY BLANK and ELIGIBILITY LIST must be in the hands of the L.P. Regional Manager NOT LATER THAN 4:00 P.M., TUESDAY, OCTOBER 23, 1990. LATE ENTRIES REQUIRE A \$50.00 LATE FEE.
- 1A. U.P. ENTRY BLANK - Due date 4:00 p.m. Friday, October 12, 1990.
2. ALPHABETICALLY LIST - List individuals on the Entry Blank in alphabetical order.
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: The Final Meet Manager of each class shall establish and distribute the protocol and schedule for previewing the Final Meet course if it is to be allowed by the meet management.
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 solid color. 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 may be no larger than four square inches.
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. (1990 - even)
 - B. At L.P. Regional and U.P. 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. Example: (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 L.P. Finals, the individual run for a class or section will precede the team run for that class or section (1990 Example: Finals - Girls Class C Individual Run, Girls Class C Team Run, Boys Class C Individual Run, Boys Class C Team Run).

- D. The meet manager may elect to insert a period of no more than forty-five minutes for course preview between the running of girls races and boys races. A suggested time schedule would be:

11:00 a.m. Girls Individual Race
11:30 a.m. Girls Team Race
12:00 a.m. - 12:45 p.m. Preview
1:00 p.m. Boys Individual Race
1:30 p.m. Boys Team Race



8. COMPETITOR NUMBERS - Each competitor shall be provided a number by the Meet Manager. The Cross Country Committee requires that the number be worn. Placement of the number on the back or front of the contestant's jersey will be at the discretion of the meet manager.

9. SCORING AND TIES - At Regionals and Finals -- See Rule 9, Section 2 of the 1990 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)
NOTE: Ties will be scored according to Rule 9, Section 2 of the National Federation Track and Field Rules Book. Tied teams at the Regional will be advanced to the Final Meet.

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 or aids (WRIST WATCHES, dangling earrings, necklaces, chains, 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 (L.P.) - 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.
- C. When two or more Regionals of the same class are held at the same site with a difference of five or more teams, a drawing shall be conducted on the first school day after the entry due date to determine which teams will compete in each Regional.

14b. ASSIGNMENT OF SCHOOLS (U.P.) - A Final Run will be conducted for both the boys and girls in each of Classes A-B, C, D. An entry blank is being sent to all Upper Peninsula schools which indicated sponsorship of Cross Country on their classification information cards.

15. TEAM QUALIFICATION FROM REGIONAL RUNS TO THE FINAL RUN (L.P.) -

- 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. The maximum number of runners to represent a qualifying team at the Final Meet is seven.
- E. Five teams will qualify from each boys and girls Class D Regional to the Final Run.
- F. 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.
- G. Qualification of an additional team may result in an adjustment to the list of individuals qualifying to the Final Meet as outlined in 16A.

16. ADMISSIONS - There will be a \$2.00 admission at each Regional and Final Cross Country Meet.

- A. Each team entered at the Regional or qualified for the Final Meet shall be allowed admission for 12 team members in uniform.
- B. Schools qualifying individuals to the Final Meet will be provided admissions for those qualifiers only.
- C. Each team represented at the Regional or Final Meet will be provided admission for three other persons including the coach, a manager or the other support personnel.

17. INDIVIDUAL QUALIFICATIONS FROM REGIONAL RUNS TO THE FINAL RUN (L.P.):

- 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.

18. 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.

19. AWARDS (L.P.) - 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)

19b. AWARDS (U.P.) - Winner and runner-up schools in each class at the Final Run will receive trophies provided three or more schools compete in a class. Medals will be awarded to the first fifteen (15) individuals in each class at the Final Run. There also will be seven (7) medals awarded to members of the winner and runner-up schools in each class.

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

20. 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.

21. 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.

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

A. Review pages 55-60 of the 1990 National Federation Track and Field Rule Book. NOTE: 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. Courses need to be marked extensively and clearly with signs and flags, supplemented with a painted or chalked line. 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.
23. 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.
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.

27. INCLEMENT WEATHER - When teams are delayed in arriving at tournament sites because of inclement weather:

1. Management is encouraged to consider delaying competition for a few hours and/or playing games/matches in brackets of teams/individuals who are present and prepared to participate.
2. If, after a reasonable delay, fewer than 60% of the scheduled teams/individuals have not arrived, the tournament must be re-scheduled.
3. If 60% or more of the scheduled teams/individuals are present, the tournament is to be conducted on the day scheduled.

28. DISQUALIFICATION POLICY - This rule applies to athletes and coaches alike. If a disqualification is given, the recipient is disqualified for the rest of the contest and the next contest. (i.e. dual meet. invitational tournament, regional tournament and final tournament) Seniors will be out of the next sport if disqualified during the last contest.

ENTRY & ELIGIBILITY FORMS DUE
IN THE HANDS OF THE REGIONAL
MANAGER BY 4:00 P.M. ON THE

ENTRY DUE DATES:

L. P. -- OCT. 23, 1990

U. P. -- OCT. 12, 1990