

1992 CROSS COUNTRY RUNS FOR BOYS & GIRLS

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., WEDNESDAY, OCTOBER 21, 1992. LATE ENTRIES REQUIRE A \$50.00 LATE FEE.**
- 1A. **U.P. ENTRY BLANK** — Due date 4:00 p.m. Friday, October 16, 1992.
2. **ALPHABETICALLY LIST** — List individuals on the Entry Blank in order of best performance.
3. Individuals or teams shall be accompanied to the event by the coach, administrator or appointee of the school in order to participate in an 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 (2"x2"). The only head attire that may be worn during competition will be a knit stocking cap (watch caps) or a sweat band not more than two inches wide, both must be unadorned, single-colored cloth. If more than one team member wears either knit stocking caps or sweat bands they do not have to be the same solid color.
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. (1992 — Girls Run First)
 - 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 **team run** for a class or section will **precede the individual run** for that class or section (1992 Example: Finals - Girls Class C Team Run, Girls Class C Individual Run; Girls Class C Team Run, Girls Class C Individual Run).
 - D. A suggested time schedule would be:
 - 11:00 a.m. Girls Team Race
 - 11:40 a.m. Girls Individual Race
 - 12:20 p.m. Boys Team Race
 - 12:50 p.m. Boys Individual 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 1992 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 9.6.3)

NOTE: Ties will be scored according to Rule 9, Section 2 of the National Federation Track and Field Rules Book.

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 are to inform their contestants that radios, tape players, stereo boxes, or similar appliances will not be allowed at MHSAA Cross Country Meet sites.
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 in Classes A-B, C, D boys and girls in Classes A-D, 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 17A.
16. **ADMISSIONS** — There will be a \$2.00 admission at Regional sites and \$3.00 at Final sites.
- 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.

NOTE: Animals (dogs, cats, etc.) on leashes or not, will NOT be permitted at MHSAA Regional or Final sites.

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, 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 1992 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 curved 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. A ten yard spectator restraining line should be in place.
 - 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. Cost for parking shall not exceed \$2.00.
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 receive 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. PROCEDURES FOR SUSPENSIONS/DISQUALIFICATIONS AT MHSAA TOURNAMENTS —

1. COACH

- A. **General** — Unless a school applies additional conditions, suspension from coaching requires at least that the coach not be at or near the team bench before, during or after the contest, not be in or near the locker room before, during or after the contest, and not give instructions directly or indirectly to coaches or players from any position in or near the gymnasium or field of play.

If a school fails to enforce a suspension which is required by the MHSAA, tournament management shall require the coach to comply with the terms of suspension and shall report the school to the MHSAA for further action.

If the coach fails to comply with the terms of suspension, tournament management shall report the school and coach to the MHSAA, which shall prohibit the school from the remainder of the current tournament and impose additional penalties as circumstances warrant.

Note: Suspensions are required for violations of Regulation I, Section 9(C) and Regulation II, Section 13(A), and may be imposed under Regulation V in all other circumstances.

- B. **Unsportsmanlike Conduct in Previous Contest** — A coach who is ejected during a contest for unsportsmanlike conduct shall be prohibited by his/her school from coaching at or attending at least the next contest/day of competition for that team. This is true even if the coach is a parent of a player.

If a school fails to enforce the subsequent disqualification with respect to its coach or the coach fails to comply, the tournament manager or any registered official or representative of a member school who becomes aware of the violation shall report it to the MHSAA, which shall prohibit the school from the remainder of the current tournament.

Note: Reference Regulation V, Section 3(D).

2. PLAYER

- A. **General** — Unless a school applies additional conditions, a suspended player is treated as an ineligible player, which means that student shall not participate. It is permissible, but is not recommended, that the player may sit with the team, even in uniform. The minimum requirement is that the suspended student shall not enter the contest as a participant.

If a school fails to enforce a suspension with respect to one of its students, which is required under MHSAA regulations, tournament management or any representative of a member school who becomes aware of the violation shall report it to the MHSAA for further action, which shall include (but not be limited to) forfeiture of the contest and thus elimination from the remainder of the tournament.

Note: Suspensions are required for violations under Regulation I, Sections 10, 11 and 12, and may be imposed under Regulation V in all other circumstances.

- B. **Unsportsmanlike Conduct in Previous Contest** — A player who is ejected during a contest for unsportsmanlike conduct shall be withheld by his/her school for at least the next contest/day of competition for that team.

If a school fails to enforce the subsequent disqualification with respect to one of its students, the tournament managers or any registered official or representative of a member school who becomes aware of the violation shall report it to the MHSAA, which shall prohibit the school from the remainder of the current tournament.

Note: Reference Regulation V, Section 3(D).

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

LOWER PENINSULA—OCTOBER 16, 1992

UPPER PENINSULA—OCTOBER 21, 1992 ■

1992 UPPER PENINSULA FINAL CROSS COUNTRY MEET SITES

Class	Entertaining School	Location of Run	Manager
All	Gladstone	Gladstone High School	Howard Busch

1992 LOWER PENINSULA FINAL CROSS COUNTRY MEET SITES

Class	Entertaining School	Location of Run	Manager
A	Wyoming Park High School	Terraverde Golf Club	Dick Locke
B	Linden High School	Tyrone Hills Golf Course	Joe Piwowarczyk
C	Frankenmuth High School	Frankenmuth High School	Gary Bruns
D	Bath High School	Bath High School	Sherm Greider

1992 LOWER PENINSULA REGIONAL CROSS COUNTRY RUNS Saturday, October 31, 1992

Regional Numbers	Class	Entertaining School	Location of Run	Manager
1-11	A-B	Grosse Pointe South	Metro Beach, Metro Park	Steve Zarenek
2-5	A	Royal Oak-Kimble	Royal Oak-Kimble	Charles Jones
3-10	A-B	Southgate-Anderson	Riverview Highland Golf Club	Tony Mifsud
4-20	A-C	St. Marys Preparatory	Orchard Lake	John Osler
6-13	A-B	Holly	Holly	Duane Ruffin
7	A	Lansing-Waverly	Ledge Meadow	Jim Haase
8-25	A-D	Flint-Kearsley	IMA Brookwood Golf Club	Don Marsh
9-16	A-B	Ludington	West Shore Community College	Ross Donley/ Gary Anderson
12-19	B-C	Jackson Vandercook Lake	Jackson	Tom Gas
14	B	TBA	TBA	TBA
15-18	B-C	South Haven	South Haven Golf Course	John Walker
17	B	Big Rapids	Big Rapids	Brad Kane
21	C	Harbor Beach	Wagoner Park	Tom Click
22	C-D	Benzonia-Benzie Central	Benzie Central H.S.	Andy Herman
23-24	C-D	Carson City-Crystal	Fish Creek Sports Club	Don Baese

WRESTLING SCALE CERTIFICATION

REMINDER — Rule 2 Sect. 4 Art. 2 — scales shall be certified annually.

The Lansing Wrestling Officials Association wants to be of service to you regarding the requirement calling for scales to be certified annually. We have the equipment and personnel qualified to accommodate this need.

For information please contact Bill Allen (517) 374-4207 or Sy Haliczzer (517) 484-9840. ■