

# MHSAA Cross Country Regional Meet Information

## **Regional 14-2, Regional 25-3, Regional 31-4**

Hosted by Carson City-Crystal High School  
At Fish Creek Sportsman's Club, Carson City  
Saturday, October 30, 2010

Carson City-Crystal High School is pleased to have been selected to host several MHSAA Regional Cross Country Meets in 2010. The following information is intended to help you prepare for your participation.

## **Be Informed**

Please review the Cross Country General Information Bulletin which is available at [www.mhsaa.com](http://www.mhsaa.com).

## **Entries**

The electronic entry must be completed by Friday, October 22, 2010. Master eligibility forms are also due to the tournament manager by this date. Coaches need to go to [www.athletic.net](http://www.athletic.net) to input entries. Coaches are required to use the exact school name and code (may be found on the MHSAA web site). Team substitutions may be made on the day of the meet as long as the substitute(s) is listed on the master eligibility list. Late entries require a \$50 late fee per team.

## **Race Divisions**

Schools will be placed in divisions according to their official enrollment as published in the most recent MHSAA resources available.

[http://www.carsoncity.k12.mi.us/starnet/media/athletics/regional\\_divisions.doc](http://www.carsoncity.k12.mi.us/starnet/media/athletics/regional_divisions.doc)

Schools must contact the tournament manager by Friday, October 22, 2010 if they do not intend to participate in the regional meets.

## **Number of Competitors**

Each participating 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.

## **Uniforms & Jewelry**

Please review the uniform, undergarments and jewelry rules and help your team plan accordingly. Watches may not be worn during the competition! The meet officials have no choice but to enforce these rules, regardless of the weather.

## **Time Schedule**

<b>10:00 am</b>	Division 4 Boys Race
<b>10:30 am</b>	Division 3 Boys Race
<b>11:00 am</b>	Division 4 Girls Race
<b>11:30 am</b>	Division 3 Girls Race
<b>12:00 pm</b>	Divisions 3 & 4 Awards
<b>1:30 pm</b>	Division 2 Boys Race
<b>2:00 pm</b>	Division 2 Girls Race
<b>2:30 pm</b>	Division 2 Awards

## **Scoring, Timing and Results**

Hickman Race Services of East Lansing will be timing the regional meets. Scratches, corrections and substitutions must be completed prior to the coaches' meetings. BIB numbers must be worn on the front of the jersey!

## **Qualification for State Final Meet**

Three teams will automatically qualify for the final meet at Michigan Speedway in Brooklyn. If a team finishes in fourth place in the regional meet and has four or more runners in the top 20 places, the team will qualify for the final meet. The maximum number of teams qualifying from the regional meet cannot exceed four.

All medallist finishers (15) who are not members of a qualifying team will qualify to the final meet as individuals.

## **T-Shirts/ Sweatshirts**

Please inform your athletes that we will have MHSAA Regional T-Shirts and sweatshirts on sale. Cash or checks made payable to Carson City-Crystal Area Schools will be accepted.

## **Fish Creek Sportsman's Club**

The Fish Creek Sportsman's Club is located just south of Carson City.

[Click here for travel directions.](#)

## **Admission/Parking**

Admission is \$5.00 per person in addition to a \$1.00 fee per vehicle.

## **Concessions**

Concessions will be available throughout the regional meet.

## **Tents**

May be put up north and east of the starting area. Tents must be far enough north so as not to obstruct the view of the starter from the finish line area.

## **Meet Officials**

**Starter:** Doug Steward

**Referee:** Rudy Godfreidt

## **Results**

Results will be posted on the playmakers website at: [www.playmakers.com](http://www.playmakers.com). Please notify your local media that results will not be faxed! See the results of all regional meets at MHSAA.com

## **Other Information**

Please assist us in helping make the regional meet successful by communicating with your spectators the following information:

Inform spectators of admission and parking fees in advance.

Inform spectators of CC-C web site for maps and/or provide copies of these maps.

The MHSAA prohibits radios, tape players and other appliances.

The MHSAA prohibits dogs and other pets!

Although water and other beverages will be available at the concession stand, schools are encouraged to bring water.

**Coaches, participants and spectators must stay off the earth berms, shooting apparatuses, i.e. towers, stands, etc., located on the course. These areas will be fenced off and staff will be present to supervise. The trails on the west side of the course are private and are strictly off limits. Please remind your runners! We are guests of the Fish Creek Sportsman's Club and need to be respectful of all aspects of the property in order to help assure our future use!**

## **State Final Meet Information**

Coaches are reminded to pick up State Final Meet information after the awards ceremony if you qualify either a team or individuals.

## **Contact Information**

For additional information contact:

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