



Coaches:

Welcome to the Cross Country Regional (Div 27-3, Div 16-2, & Div 9-1) at Goodells County Park. These regionals are hosted by Algonac High School on **Saturday, October 30**. There are three barns made available for all teams to set up camp. The schedule is as follows:

INSPECTION OF COURSE:

The course will be open for review at **8:30 a.m.**

MEETING FOR COACHES:

9:30 a.m. Division 3 & 2 @ Visitor Center
11:00 a.m. Division 1 @ Visitor Center

RACE SCHEDULE:

10:00 a.m. Division 3 Boys
10:30 a.m. Division 2 Boys
11:00 a.m. Division 3 Girls
11:30 a.m. Division 2 Girls
12:00 p.m. Division 1 Boys
12:45 p.m. Division 1 Girls
1:30 p.m. Open Race - Boys
2:00 p.m. Open Race - Girls

\$3 charge per individual with a maximum \$20 a team (boys & girls separate teams) will be charged for open races. Fees may be paid by check or cash at the visitor's center any time prior to the open races.

AWARDS:

12:30 p.m. Division 3 & 2 Boys & Girls
2:30 p.m. Division 1 Boys & Girls

1 Trophy

7 Team Medals to Winning Team Members

15 Medals for Top 15 individuals in each race

Awards will take place at the stage which is located west of the visitor's center.

PACKETS

The coach's packet will include numbers for your runners, safety pins, substitution form, appeal form, course map, and program. Packets will be available in the visitor's center. Remember after the races, to get a **MHSAA state packet** for those teams/runners moving on to state finals at **MIS**. Packets will be available in the visitor's center after results are published.

RESULTS:

Results will be provided for all coaches shortly after races are completed at the Visitor Center. Large copies of all results will also be posted on the visitor center windows for spectators and athletes. **Coaches, the open race will have a running clock, but you are responsible for your runners' times.**

TRAINER:

A medical trainer will be available for all racers. He will be set up near the end of the finish line chute.

UNIFORMS:

All MHSAA rules will be in affect.

PARKING:

All **buses and team vans** are to enter and park from the **north gate** located off Lapeer Rd ("old M-21"). All **spectators** are to enter the **east gate** of the park by taking either Goodells Rd or Castor Rd to County Park Drive. There is also handicapped parking available at the parking lot near the splash park area west of the main lot. Overflow parking will be directed across the street to the southern side of the park.

DIRECTIONS:

Take I-69 to the Wales Center Rd exit (189). Go north to Lapeer Rd. ("old M-21"). Make a right on Lapeer heading east. After passing Goodells Road, the north entry gate to park will be ¼ mile further on the right.

ADMISSION:

MHSAA rates are **\$5 per person, maximum \$10 per vehicle**, for entry to the meet.

NOTE: To all Spectators, **NO PETS ALLOWED** at the park, VIA MHSAA rules.

MHSAA SOUVENIRS:

MHSAA Souvenirs will be available. Prices for t-shirts are **\$17**; sweatshirts are **\$35**. These will be on sale in the middle barn across from the concession stand.

CONCESSIONS/RESTROOMS:

A concession stand will be available throughout the meet. There will be restrooms available at the visitor's center, and the spectator parking lot.

ENTRY REGISTRATION

All entries must be submitted electronically starting Friday October 1 and no later than 4 p.m. on Friday, October 22. Entries are submitted online at [*athletic.net*](http://athletic.net). Enter your seven varsity athletes. Changes may be made the day of the meet in the visitor's center. Questions regarding entries should be directed to Lowell Spiess at 810-385-9905 or email him at lspiess60@comcast.net. As directed by the MHSAA, a \$50 late fee will be assessed to schools not registering by the October 22 deadline.

OFFICIALS

Meet Starter – Paul Matson I.D. #61704
Meet Referee: Jim Cleverly I.D. # 16807
Finish Line Referee: Mark Brochu I.D. #171197
Meet Manager: Jamie Thiede

GAMES COMMITTEE

Meet Director: Dan Shafer
Games Committee: Jon Davidson, St. Clair
Richard Filar, Almont
Megan Hinkle, Lakeview
Tom Pemberton, Yale

COMPETING TEAMS

DIVISION I (9-1) 16 Teams

Anchor Bay
Clarkston
Lake Orion
Ortonville Brandon
Oxford
Pontiac
Port Huron
Port Huron Northern
Rochester
Rochester Adams
Rochester Hills Stoney Creek
Romeo
Utica
Utica Eisenhower
Waterford Kettering
Waterford Mott

DIVISION II (16-2) 18 Teams

Algonac
Armada
Croswell Lexington
Detroit Denby
Detroit Osborn
Imlay City
Lapeer East
Lapeer West
Marine City
Marysville
North Branch
Richmond
St. Clair
St. Clair Shores Lake Shore
St. Clair Shores South lake
Warren Regina (girls only)
Warren Woods Tower
Yale

DIVISION III (27-3) 18 Teams

Almont
Birch Run
Bridgeport
Burton Bendle
Capac
Caro
Clawson
Flint Beecher
Flint Powers
Frankenmuth
Harper Woods Chandler Park
Macomb Lutheran North
Madison Hts. Bishop Foley
Marlette
Montrose
Sandusky
Vassar
Warren Michigan Collegiate

COURSE PREVIEW

The course will be lined and ready for preview at any time after Wednesday, October 20. The St. Clair County Park in Goodells is open from 8 a.m. to dusk seven days a week with free admission. Teams are welcome to preview the course during park hours. To request a map, contact Dan Shafer at the email address below.

If you have any questions or suggestions, please contact Dan Shafer (810-329-9406 or coachdshafer@aol.com). Hope your season is going well.

Dan Shafer
Algonac CC
Meet Director