

2010 – 2011 MHSAA CROSS COUNTRY REGIONAL MEET

Divisions #10 – 2, #19 – 3 and #29 – 4

Benzie County Central Schools

9300 Homestead Rd.

Benzonia, MI 49616

231-882-4497 ext. 2261

MEET DATE: Saturday, October 30 2010

OPT – OUT DATE: Friday, October 22, 2010

Must submit master eligibility form by this date for all schools entering a team in this tournament.

ENTRY DUE DATE: Friday, October 22, 2010 by 4:00 pm WWW.ATHLETIC.NET site for entries

*We will be using the Sydex website for ease of entry for the Regional meet – see bright colored paper for directions. Use the correct school codes below for your entries **(This must be complete and by the deadline 10/22/10 by 4:00 pm.)***

SCHEDULE OF EVENTS:

8:00 am	School opens & packets available
9:00 am	Mandatory coaches meeting – Division 4 & Division 3
9:00 am	Course inspection
9:45 am	National Anthem
10:00 am	Mandatory coaches meeting – Division 2
10:00 am	Boys race begins – Division 4
10:30 am	Boys race begins – Division 3
11:00 am	Boys race begins – Division 2
11:30 am	Girls race begins – Division 4
12:00 pm	Girls race begins – Division 3
12:30 am	Girls race begins – Division 2
1:15 pm	Awards ceremony - in gymnasium

SCHOOLS COMPETING:

<u>Division 2</u>	<u>Division 3</u>	<u>Division 4</u>
Big Rapids	Benzie Central	Baldwin
Cadillac	Boyne City	Bear Lake
Cedar Springs	Charlevoix	Buckley
Cheboygan	East Jordan	Custer – Mason County Eastern
Fremont	Elk Rapids	Frankfort
Fruitport	Grayling	Lake Leelanau – St. Mary
Gaylord	Hart	Leland
Grant	Kalkaska	Maple City – Glen Lake
Howard City – Tri County	Kingsley	Marion
Ludington	Lake City	McBain – Northern Michigan Christian
Musk. - Orchard View	Leroy- Pine River	Mesick
Newaygo	Manistee	Suttons Bay
Petoskey	Manton	Traverse City College Prep
Remus – Chippewa Hills	McBain	Traverse City Grand Traverse Academy
Sparta	Reed City	Traverse City St. Francis
Whitehall	Scottville – Mason C. Central	

COACHES:

I have included in this packet today a map of the course and directions to Benzie County Central Schools We will have course maps, participants numbers & safety pins on the day of the meet for each of you – please stop by the Ag Mechanical Room to pick them up when you arrive.(enter next to the greenhouse.)

1. Only coaches traveling with their team will be admitted to the meet at no charge.
2. We host a large meet here in August and have plenty of room for tents and parking, please ask your parents to follow the directions of our parking crew. They will direct the buses to specific parking areas once the teams have unloaded.

BUS PARKING:

Follow directions of parking personnel day of meet on site – there will be specified parking areas. **2 PASSES PER SCHOOL HAS BEEN INCLUDED** – Email me if you are not using busses and I can alert our parking lot people as to not charge your drivers.

SPECTATOR PARKING:

Please notify your spectators we will be parking cars in designated areas. **Costs will be \$ 10.00 per car / \$ 5.00 per person** as DESIGNATED by MHSAA.

PARTICIPANTS:

Will be allowed in the building during the meet. We will have many restroom facilities available along with our football & softball restroom facilities. Numbers will be **worn on the front** of all participants' uniforms.

CONCESSIONS:

We will have concessions available on site for this event, with drinks, candy, fruit and other foodstuffs.

MHSAA REGULATIONS:

Notify your parents & fans that **only leader dogs will be allowed** on our property during the Regional Cross Country meet. Alcohol & tobacco products are strictly prohibited on school property.

AWARDS:

Award presentation will take place in the high school gymnasium at the conclusion of all races. Awards will be given as close to the scheduled time as possible, we will be awarding the following: 1 team trophy, 7 first place team medals and medals to the first 15 individuals, for each gender and each division.

STATE QUALIFIERS:

Three teams will automatically qualify to the Finals from each race, with a maximum number of runners of (7) seven, and all medalist finishers who **are not** members of a qualifying team will qualify to the Finals.

FINALS PACKETS

Packets for coaches and athletes qualifying to the MHSAA Finals at MIS will be available after the awards presentation – do not leave the site without picking up a packet. This is all the pertinent information needed for the following week, for yourself and your athletes.

QUESTIONS:

If you have any questions about the computer entry or the regional meet information; please feel free to contact Karen Leinaar, at Benzie County Central Schools, 231-882-4497 ext. 2261 at any time.

See you on the 30th.

