

Carlson Cross Country

D1-5, D2-18 MHSAA Regional Championship Meet

- Location:** Lake Erie Metro Park (Near the Wave Pool) 32481 W. Jefferson, Brownstown, Mich. 48173
Directions: I-75 South to Gibraltar Rd (Exit 29A) head east on Gibraltar Rd. to W.Jefferson turn right (south) for 1.7 miles to the park entrance on the left. Once entering the park, follow the signs to the Wave Pool.
Date: Saturday October 31, 2020
- Teams:** The following teams will be attending:
- D1-5:** TBA:Pre-Regional Qualifiers
- D2-18:** TBA:Pre-Regional Qualifiers
- COACHES:** Please read this document thoroughly including the attachment at the back of the packet.
- Note that additional course markings not provided by the host are NOT allowed. This includes, but is not limited to paint, flagging, etc...**
- Entries:** Entries are compiled from the respective pre-regional qualifiers and are entered automatically on athletic.net
- OPT OUT Date:** Schools not intending to participate in the Regional Meet must inform the Meet Manager and the MHSAA by October 11, 2019. Schools planning on attending must submit eligibility list by October 17, 2020.
All schools will receive a Tournament Notification Form in the fall listing the Opt-Out dates for sports they sponsor as well as an Opt-Out FAX form. Schools must contact their tournament managers by the Opt-Out Due Date if they **DO NOT** intend to participate in a previously assigned MHSAA tournament. Late fee checks should be made out to **Carlson Athletic Club**.
- Disclaimer:** Source of this information can be found in the September 2020 MHSAA Bulletin. We will use that document in administering this Regional Meet. In case of discrepancies between this document and the Bulletin, the policies stated in the MHSAA Bulletin *shall hold true*.
- Schedule:** Boys run first in even years; Girls run first in odd years.
8:00 am Course open for preview
10:00 - Division 2 Boys
1100 - Division 2 Girls
--- break to allow the D2 schools to clear out---
1:00 - Division 1 Boys
2:00 - Division 1 Girls

*** Please have your athletes to the starting line 10 minutes before the scheduled start of their race.**

- PROM:** There will be no PROM race this year.
- Team Camps:** ****2020 update** No team tents will be allowed! Pavilion will not be available for use also.** We encourage you to plan accordingly for team camps. Possibly in parking areas at their bus, 'car-camp' etc, for when weather is an issue. We MUST maintain the Governor's orders of no more than 30 people per 1000 st ft. or we will be SHUT DOWN! **Please don't put meet management in a position of asking you to move.** Please remind your athletes that they are *guests* in the park and therefore should remove all trash from their area at the end of the meet.
- Uniforms:** Please remind your athletes that MHSAA rules governing uniforms & temporary adornment shall be upheld. Watches may be worn!
- Coaching:** Per MHSAA mandate, coaches are NOT allowed to use any transportation aids such as bikes, scooters, etc. to move around the course.
- Pets:** Please advise your cross country enthusiasts and families of team members that there are NO PETS ALLOWED at Regional or State Championship meets.
- Awards:** **There is NO AWARDS CEREMONY in 2020.** Regional champions in each Division and each gender receive a trophy and 7 team medals, the top 15 individuals receive medals in each Division Trophies, medals, finals packets will be available for coaches as results are finalized. Results will be posted on athletic.net almost immediately following the race
- Scoring:** Traditional cross country scoring will be used. Runners will be given a number to wear on the front of their singlet.. Please check this for accuracy and report any mistakes to the scoring table located at the finish line. "chip" timing may be used as well.
- Results:** Final results will be available for coaches approximately 15 minutes after the completion of each race. The results will also be submitted to the MHSAA and Athletic.net for publication on their websites. Results will be posted. There will be no hard copies.
- State Meet:** **State Qualifiers:** The top 3 teams in each division, with at least 5 finishers, qualify for the MHSAA State Finals at MIS. **NEW** The next seven (7) individual racers not on one of the three qualifying teams also advance as individuals to the Finals meet from the Regional meet. There is no scenario where a fourth team may qualify in 2020.
If your team (or individuals) qualify to the State Meet be sure to pick up your State Meet materials prior to departing. State Meet materials will not be mailed!
- Appeals:** The Head Referee will be the final authority on judgments and interpretations of the rules. A Board of Appeals will be called if deemed necessary by the Head Referee and the Meet Manager. The Board of Appeals will consist of a men's head coach and women's head coach. If called, please respond immediately. All decisions by the Appeals Board will be final. **JUDGMENT CALLS MADE BY OFFICIALS MAY NOT BE APPEALED.**
- Security:** Coaches please inform your athletes NOT TO LEAVE BAGS OR PERSONAL ITEMS UNATTENDED FOR LONG PERIODS OF TIME!!! It is preferred that athletes leave "gear bags" at their team camp or on their bus. Meet personnel are instructed to pick up stray bags throughout the duration of the meet.
- T-shirts:** A limited number of T-shirts and Sweatshirts are available.

Concessions: There will be no concessions sold in 2020.

Athletic Trainer: An Athletic trainer will be on site and available beginning at 9:00 am.

COACHES PLEASE READ CAREFULLY!!

- There is a \$10 per vehicle admission to the Metro Park for each vehicle (except buses).
- Metroparks require face coverings in all indoor facilities and this includes restrooms..

If the following guidelines are not met the Metropark Police WILL SHUT DOWN THE RACE! The race WILL NOT BE RESCHEDULED!

- Updates from EO-183 now allow for up to 1000 spectators on site, while remaining within the 30 people per 1000 Sq ft restriction. This should not be an issue for XC meets but the park asks that meet directors, officials and coaches inform/remind their guests to **not crowd the start and finish areas**. This means that spectators are welcome to leave their car/parking lot to watch but they must be mindful as always.
- Ask your athletes to collapse after they exit the chute ... it makes life a lot easier for our finish line workers. They just ran 5000 meters, walking 50 more should not be an issue.
- Coaches please enter runners that are capable of being **competitive** in a Regional race. We are on a tight time schedule. Waiting for a non-competitive runner who is jogging the race places a very real strain on our schedule. Enter the non-competitive runners in the PROM race at the end of the day. Please help us out with this. We cannot begin to compute the results until the last runner has crossed the line. (a good reference point would be **Boys that cannot finish in 25 minutes/ Girls that cannot finish in under 30 minutes**).
*Please make your parents aware that meet officials will not deal with any protest lodged by a parent. We will only deal with coaches.

COVID-19 & SAFETY RELATED MANAGEMENT PROTOCOLS

In order to maintain a safe and consistent atmosphere for our student-athletes it is important that all Coaches and Athletic Directors share this information with their student-athletes, parents and any potential spectators.

Coaches carry the ultimate burden to monitor social distancing, decreased congregation of non-spectators and arrival/departure of their OWN team. Coaches also carry a responsibility to assist other schools with honoring protocols set forth by the Metroparks and the League. We do not want to have the Metroparks lose faith in our ability to host and maintain quality events at their locations.

Below is a list from the Metroparks. These guidelines will be the same ones that will be followed at Pre-Regional and Regional competitions held at any Lower Huron Metropark.

1. *Team Tents are NOT allowed. Pavilion areas will be flagged off and are not available for use*
2. *It is strongly encouraged and highly advised that once a competitors race is completed, that they leave the park. This will help keep congregation at a minimum and maintain a consistent low spectator rate In order to have competitors leave following a race*
3. ***It is STRONGLY ENCOURAGED that NO BUSSING occurs at Regionals.***
4. *Races WILL NOT start until it is determined that the start/finish line areas are clear from the previous race. NO warmups, water bottles etc shall be left at the starting line area.*

5. *Remind your athletes and parents that congregating at the finish line will not be allowed. Several minutes will be allotted for student-athletes to regain themselves post-race but we will have marshals strongly encouraging people to leave the area.*
6. *Flagging, course markings must be adhered to by spectators, coaches. We will be attempting to create a large blocked off area at the finish area to prevent non-competitors including coaches, parents, students from accessing or congregating close to the finish line.*
7. *Failure by coaches, competitors or spectators to comply with these guidelines and those additionally set forth by the Metropark will result in meet cancellation or individual team forfeiture.*

Lake Erie Metropark High School Cross Country Course Map

