



**MHSAA LP BOYS & GIRLS CROSS COUNTRY**  
**Region #7 & Region #26**  
**Friday, October 27th, 2023**  
**Kensington Metro Park**  
**Hosted by Milford High School**

**Time Schedule:**

3:00 PM Girls Region 26 Race  
3:40 PM Girls Region 7 Race  
4:20 PM Boys Region 26 Race  
5:00 PM Boys Region 7 Race  
5:45 PM Awards Ceremony  
6:34 PM Sunset in Milford

\*There will be no JV or PROM Race at this Regional...Royal Oak has offered to host a JV Race on Tuesday, October 24th, 2023 for all teams participating in Region 7-1 and Region 26-3

<https://www.athletic.net/CrossCountry/meet/224539/register>

**The Course:** The Kensington Metro Park Cross Country Course is doubled lined the entire route. The Runners need to run between the line, not on it. Spectators need to position themselves behind the line. The course will have running clocks at the Mile and 2-Mile. A map is included in this packet.

**PARTICIPATING SCHOOLS MHSAA LP Region 07-1 (16)**

Berkley	South Lyon
Beverly Hills Groves	South Lyon East
Birmingham Seaholm	Walled Lake Central
Brother Rice (Boys Only)	Walled Lake Northern
Detroit Catholic Central (Boys Only)	Walled Lake Western
Milford	West Bloomfield
North Farmington	White Lake Lakeland
Novi	
Royal Oak	

## **PARTICIPATING SCHOOLS MHSAA LP Region 26-3 (18)**

Algonac	Lansing Catholic
Charyl Stockwell Academy	Leslie
Clawson	Madison Heights Bishop Foley
Communication Media Arts	New Haven
Dansville	Rochester Hills Lutheran NW
Detroit Leadership Academy	Stockbridge
Detroit Loyola	University Liggett
Detroit Northwestern	Wixom St. Catherine (Girls Only)
Detroit Old Redford Academy	
Detroit Osborn	

**Park Entry:** Team Buses & Team Vans will be admitted free - a car or van with 1 or 2 runners will not. All other vehicles will be charged the daily fee (\$10.00) if you do not have an annual metro park sticker (\$40.00).

**Admission:** Because this meet is taking place within a Metro Park, we do not have the capacity to charge the normal admission or parking for an MHSAA Cross Country tournament event. There will be no charge beyond your park entry fee.

**Parking for the Event:** The Kensington Metro Park Authorities have asked us to use Maple Beach (to the south of Possum Hollow) as the primary parking location. Overflow parking may take place in the Orchard Parking lot at the Sled Hills. Teams will still be allowed "up the hill" to the Possum Hollow playfield but parking will be limited. At 3:00 pm (1 hour before the first race) all traffic aside from Handi-capped parking will be diverted away from Possum Hollow.

**Team Tents:** New this year, teams may only set up tents or stage your team on the course side of the main road. I suggest Using the Area of the Southwest of the Start Line or the field South of the Finish Line. The Metro Park Authorities are asking for teams to not set up opposite the road, reducing people crossing the road. Teams may use any of the available shelter areas. A map will be sent out in advance of the date regarding tent areas.

**Atom Meet Officials:** Chris Brewer, Robert Fulcher & Walt Rickens

**Timing and Results** will be take care of by Jason Bigelow of Rotpac Racing  
Results will be available shortly after each race.

**Box Assignments:** We are using only the North Starting line, which features 18 X 6' 6" boxes on the starting line. We have 18 teams entered, so we will assign 1 box to all schools for all races.

**TEAM QUALIFIERS TO LP FINAL MEET** -Five runners must finish a Regional race for a school to receive a team score. The top three teams will automatically qualify from the Regional to the Final Race. THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A REGIONAL CANNOT EXCEED FOUR. If a school finishes fourth in the Regional meet with four or more runners in the top 20 places and eight (8) or more complete teams finish the race, that school will also qualify a team for the Final Meet. The maximum number of runners to represent a qualifying team at the Final Meet is seven.

**INDIVIDUAL QUALIFIERS TO LP FINAL MEET** - Cross Country Finals qualification will include a minimum of seven individual qualifiers from each Regional race. All individuals receiving a medal (top 15) will advance. If the number of individual medalists is less than seven, then the additional qualifiers (up to seven) will be taken from the individual runners following 15th place regardless if there are 3 or 4 qualifying teams.

**Awards Presentation:** We will honor Team and Individuals presenting awards at the Finish Line Shelter at 5:30 PM. – Regional champions in each Division receive a trophy and 7 team medals, the top 15 individuals receive medals in each Division

**ENTRY/LATE FEES** - Regional Meet Electronic Entry Materials and instructions for on-line entry are on the MHSAA Website. Entry information must be placed on-line no later than 8 p.m. on Saturday, Oct. 22, 2022 for LP at [www.athletic.net](http://www.athletic.net) . Late entries – A \$50 late fee must be paid to the Meet Manager before the contestant or team will be allowed to participate. The \$50 late fee shall be retained by the host school. There can be no late entries after the team box assignments have been determined.

**VIDEO STREAMING** - The broadcast and streaming rights of MHSAA post-season tournament events belong exclusively to the NFHS Network, Bally Sports Detroit, the MHSAA, and those media outlets which have pre-arranged to secure those rights. Teams participating in MHSAA Tournaments are prohibited from streaming live video of any portion of an event over the Internet - including using social media platforms or any other method. Likewise, individual spectators are also prohibited from live streaming video through any means. Participating schools are responsible for informing their students, parents, and other fans of this policy and to assist the MHSAA upon request in enforcing it. Outlets broadcasting tournament games – audio or video – on over-the-air, cable or internet – live or delayed – must receive advance permission from the MHSAA to originate the event. Tournament managers will receive approval by email for each outlet.