



2025 MHSAA JH/MS Cross Country Regionals

Zone 1 – **Portage Central HS @ Portage West MS** – 10/11/25

Zone 1 – **Bangor HS** – 10/18/25

Zone 2 – **Hudson HS** – 10/18/25

Zone 2 – **Ypsilanti - Lincoln HS @ Willow Metropark** - 10/22/25

Zone 3 – **Macomb Dakota HS** – 10/11/25

Zone 3 – **Waterford Kettering @ Hess Hathaway Park** - 10/22/25

Zone 4 – **Brown City HS** – 10/21/25

Zone 4 – **Chesaning HS @ Twin Brooks Golf Course** - 10/18/25

Zone 5 – **Central Montcalm HS** - 10/20/25

Zone 5 – **Stockbridge HS** – 10/23/25

Zone 6 – **Grand Rapids Public Schools @ GRPS University**– 10/14/25

Zone 6 – **Holland Christian HS**– 10/14/25

Zone 7 – **Mancelona HS** – 10/18/25

Zone 7 – **Chippewa Hills HS** - 10/15/25

Zone 7 – **Manton HS** – 10/22/25

Zone 8 – **Hancock HS @ Hancock Driving Park/Maasto Hiihto Nordic Ski Trails** - 10/14/25

Zone 8 – **St. Ignace HS @ Doc Holle's Silver Mt.** - 10/15/25

Zone 8 – **Munising HS** at Pictured Rocks Golf Course – 10/17/25

Schools will use Athletic.net to enter their runners, and they must be an MHSAA member school at the JH/MS level to compete in this MHSAA event. This Regional meet DOES NOT count against their season maximum of 10 regular season meets as this is a post-season MHSAA event.

MHSAA JH/MS Cross Country Regional race protocols and regulations.

- **MHSAA JH/MS Regional races can be hosted anytime between October 10 and October 24, 2025.** The host school will set that date. Dates outside of this must get MHSAA approval.
- There is no cost and no entry fee for participation in the MHSAA JH/MS Regional race for any school.
- The preselected Cross Country Regionals will be held by zone (see map). Any MHSAA member JH/MS schools in that defined geographic area (zone) would be eligible to compete at the host site for their zone. A school may only enter its' athletes in one Regional. A school can apply to the MHSAA for extenuating circumstances to move to another Zone if needed.
- The Regional races will be conducted by gender in each zone. Regional races by gender of two miles will be conducted at each site. If race sizes get too large, a host school can separate into two sections of races per gender to better accommodate racers.
- 10 racers per school and gender will make up the "Varsity" team entry for each school.
- Teams are allowed unlimited entries. The top 10 entries will race in the varsity race, and the remaining runners will be in the JV/Reserve race.
- A school can determine the student-athletes that will compete for that school between 6th, 7th, and 8th graders eligible at the school.
- Athletic.net will be used as the registration platform for the MHSAA JH/MS Cross Country Regional for schools, teams, and individuals. Those Regional races will be created on Athletic.net and listed on that site for entry.



- The MHSAA JH/MS Regional race will NOT count against the schools' MHSAA contest limit in JH/MS Cross Country.
- There will be "Large" and "Small" school divisions in each zone and Regional. Schools will compete, then the results will be separated into two divisions. Large schools are those JH/MS that feed D1 or D2 MHSAA High Schools. Small schools are those that feed D3 or D4 MHSAA High Schools.
- MHSAA trophies and medals will be awarded to each gender based on school size. This would be two girls trophies and two boys trophies per Regional. The top 20 in each gender and division will receive medals, while the top team in each division by gender will receive an MHSAA trophy.
- MHSAA host schools will hire at least one MHSAA registered XC official to start and officiate the Regional.
- The MHSAA will provide bib numbers for each MHSAA JH/MS XC Regional race and participant.
- The admission policy will be \$6.00 per person or \$10 per carload. It is recommended that Digital Ticketing be used via GoFan. The MHSAA would create the GoFan links for these races if it used. Hosts will notify the MHSAA if they would like to use GoFan as their ticketing method.

