

Cross Country (D2-14 & D1-4)



Location: DeWitt High School, 13601 Panther Drive, DeWitt, Michigan 48820

Directions: Enter campus on Panther Drive from Clark Road. (Coming from I-69, take exit 85 to DeWitt, head south on DeWitt Road, take the first right on the round-about onto W. Clark Road, turn right onto Panther Drive (first right after the overpass).) Buses will be asked to drop off student-athletes at the High School entrance then proceed down the service drive and park at the Middle School.

Date: Friday, October 24, 2025

Schedule: Girls run first in odd years; Boys run first in even years

Please do NOT arrive before 1:00 PM (this includes coaches, parents, etc. sent to set up tents before 1:00 PM)

Strick enforcement of the times the course will be open for walk/run

1:00 PM	Arrival Time for D2 & D1 Teams
1:00-2:30 PM	Course Open to Walk/Run for All Teams/All Divisions
2:30 PM	Coaches Meeting All Divisions (in front of Stage)
2:40 PM	National Anthem
3:00 PM	D2 Varsity Girls
3:30 PM	D2 Varsity Boys
4:00 PM	D2 Awards (Top 3 Teams + Top 7 Individuals not on a team)
4:30 PM	D1 Varsity Girls
5:00 PM	D1 Varsity Boys
5:30 PM	D1 Awards (Top 3 Teams + Top 7 Individuals not on a team)
5:50 PM	PROM Race Preparation
6:00 PM	Girls & Boys Together

PROM Race Medals (Top 20 Girls (All Divisions) + Top 20 Boys (All Divisions)) will be awarded in the chute

PROM Race: A PROM Race is available for those individuals not being entered in the MHSAA Regional. Cost is \$100 per gender or \$10 per student-athlete (if less than 10 entries per gender). Checks should be made out to DeWitt High School and paid on or before October 25. All genders + all divisions will run at the same time. Medals will be awarded to the Top 20 Male & Top 20 Female finishers in the chute. Teams must sign up via [Athletic.net](https://athletic.net) online entry system. **Entries for PROM Race are DUE by 10/21/2025 at 11:59 PM (EST).** There will be no box assignments for the PROM Race.

Packet Pickup: Coach's Packets with competitor bibs, pins, and appeal forms will be available at the Information Tent located at the bus drop-off zone in front of DeWitt High School.

Course Map: The course map is available on Athletic.net. A limited number of maps will be available on race day. Please forward them on to your families or print and distribute them in advance.

Start Line: Box assignments were completed the week of September 29 after a blind draw.

- Teams:** The following teams will be attending:
- D2-14:** Alma, Charlotte, Corunna, DeWitt, Eaton Rapids, Fowlerville, Haslett, Jackson Northwest, Lansing Eastern, Lansing Sexton, Michigan Center, Owosso, Parma Western, St. Johns, Williamston
- D1-4:** Ann Arbor Skyline, Brighton, Dexter, East Lansing, Flint Carman-Ainsworth (Girls), Grand Ledge, Holt, Howell, Jackson, Lansing Everett, Lansing Waverly, Mason, Okemos, South Lyon, South Lyon East
- Meet Manager:** Please direct questions and concerns to the meet manager using this contact information prior to meet day. On meet day, the meet manager (or representative) will be available at the finish line. Michael Brya, Athletic Director, bryam@dewittschools.net, (517) 668-3143
- Meet Officials:** Referee – Kim Spalsbury
Starter – Mike Nestell
Timer/Scorer – Chuck Block, Michigan Running Foundation
- Rosters:** Rosters and Master Eligibility must be submitted by October 10, 2025. Please email to: Michael Brya, Athletic Director, at bryam@dewittschools.net.
- Opt-Out Date:** Schools not intending to participate in the Regional Meet must inform the Meet Manager and the MHSAA by October 10, 2025. Email to bryam@dewittschools.net.
- Entries:** Each school is permitted one team in the Varsity Race. In accordance with MHSAA policy, entries are comprised of a roster submitted via [Athletic.net](https://athletic.net) online entry system for the meet. If you have not done so, create a free account on Athletic.net. Enter your Regional into your schedule. Click on that meet and then go to "Register Athletes." Teams may enter nine (9) student-athletes but **ONLY** your **top seven (7) student-athletes** may compete, per MHSAA Tournament Information (for TEAMS ONLY). **Coaches must declare the seven (7) runners and return the other 2 bib numbers to the Information Tent.** **Entries are DUE by 10/18/2025 at 8:00 PM (EST).**
- Regional Meet Electronic Entry Materials and instructions for on-line entry are on the MHSAA Website. Entry information must be placed online no later than 8:00 PM (EST) on Oct. 18, 2025 for LP at 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 starting line positions have been determined. Late fee checks should be made out to DeWitt High School.
- Disclaimer:** MHSAA Regional Cross Country information may be found online at MHSAA.com under the Cross Country page. The MHSAA Participating School Tournament Information and the MHSAA Cross Country Manager's Manual will be used to administer this Regional meet.

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

- Team Tents:** There is plenty of room for team tents. The Team Tent area is on the Southeast grass cove between the high school and the cross country course tree line. Please keep your tents and tarps within this area. **Absolutely no teams will be allowed to set up camp along the course straightaway, the soccer fields, nor the awards area.** Please remind your student-athletes that they are on school grounds 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 shall be upheld. Watches and jewelry are allowed.
- Coaching:** Per MHSAA mandate, coaches are NOT allowed to use any transportation aids such as bikes, scooters, etc. to move around the course.
- Pets:** **NO PETS ALLOWED** at Regional or State Championship meets. Please advise your cross country enthusiasts and families of team members.
- Awards:** The Award Ceremonies will take place in the grass cove Southwest of the high school. Medals are awarded to the top 15 places in each Varsity race; 7 medals and a team trophy to the championship team from each division. If a student-athlete is not present for the awards ceremony, their coach should pick-up all medals earned before departing; medals will NOT be mailed.

- Scoring:** All events will be scored using Athletic.net. Traditional cross country scoring will be used. Runners will be given a number to wear on the front of their singlet. The number includes a tear off section at the bottom. Please check this for accuracy and report any mistakes to the scoring table located near the school marquee.
- Results:** Final results will be available for coaches 15 minutes after the completion of each race. A copy will be posted on the backside of the school marquee, near the awards area. The results will also be submitted to the MHSAA and Athletic.net for publication on their websites. Results will be posted. There will NOT be printed copies.
- State Meet:** **(A) Team Qualification** – The top 3 teams (1st, 2nd, and 3rd) will automatically qualify from the Regional to the Final Run. If a school finishes fourth (4th) 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.
- (B) Individual Qualification** – All individuals receiving a medal (top 15) will advance to the Final Meet. 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 the 15th place.
- If your team (or individuals) qualify to the State Meet be sure to pick up your State Meet packet prior to departing. State Meet packets 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 call 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 student-athletes leave "gear bags" at their team camp or on the bus. Meet personnel are instructed to pick up stray bags throughout the duration of the meet.
- Apparel Sales:** A limited number of event-specific merchandise from E. A. Graphics will be available.
- Concessions:** Concessions will be available.
- Medical Needs:** There will be an Athletic Trainer available. Ice and water will be available at the finish line.

Additional Information:

- Spectator admission fee is \$10 per vehicle (except buses). Cash ONLY.
- **NO PETS ALLOWED** at Regional or State Championship meets.
- Please set up your team tents in the designated area. Don't make our volunteers or meet officials ask you to move. It is a hassle and annoyance for everyone involved—coaches, student-athletes, and meet personnel.
- Please warn parents and spectators NOT to crowd the finish area. It will be roped off, but this does not stop some determined individuals. Please try to monitor your people so that they do not interfere with staff working at the finish line.
- Ask your athletes to collapse after they exit the chute as it makes everything 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. It is a tight time schedule and waiting for non-competitive runners who are jogging the race places a real strain on the schedule. Results cannot be computed until the last runner has crossed the finish line. (A good reference point would be girls that cannot finish in under 30 minutes and boys that cannot finish in under 25 minutes.)
- Please make parents aware that meet officials will not deal with any protest lodged by a parent. Meet officials will work with coaches only.

Good Luck to all runners and coaches!

Spectator Information Sheet

MHSAA Regional Championship Meet

Hosted by DeWitt High School

13601 Panther Drive
DeWitt, MI 48820

Friday, October 24, 2025

- The first race is the D2 Girls and begins at 3:00 p.m.; D2 Boys will run at 3:30 p.m.
- The D1 Girls will begin at 4:30 p.m., and D1 Boys will run at 5:00 p.m.
- The PROM Race (all genders & all divisions) will run at 6:00 p.m.
- Schools will enter a maximum of seven (7) runners and a minimum of one (1).
- **Spectator admission fee is \$10 per vehicle** (in lieu of \$7 per person) and will be collected as spectators enter campus. **Cash ONLY.**
- Please park in designated spaces only and do NOT park on the grass.
- Please do NOT park in the Shadybrook neighborhood off Panther Drive.
- **No pets are allowed.** Animals or pets shall not be permitted to enter MHSAA tournament venues; including spectator and team areas. However, properly marked or documented service animals which are leashed or harnessed at all times may accompany spectators paying admission and attending with other approved team or school personnel. Individuals who bring service animals are asked to bring their own waste disposal bags and request special seating in advance of the event if this is needed.
- The Start/Finish line is located on the South Side of DeWitt High School.
- Some bleachers will be available near the finish line for those who can't stand for long periods of time.
- Portable restrooms will be available will be available outside on the West & East Side of DHS.
- Individual spectators and 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 like Periscope and Facebook—or any other method.
- Use of alcohol or tobacco, including e-cigarettes or other smoking devices, is prohibited at MHSAA tournament events by players, coaches, and spectators.
- The use of unmanned aerial vehicles (“UAV”), also known as drones, is prohibited for any purpose by any persons at MHSAA tournament venues.
- Spectator Policies: The following general policies apply to spectators at MHSAA Cross Country Tournament events.
 - Air horns and whistles are not allowed.
 - Body paint is not allowed.
 - Recorded music may be played prior to the meet in the team area. (The volume must be such that it is not disruptive to those around the team area.)
 - Spectator Videotaping – Spectators may tape the event from their normal seating area but are not to interfere with the view of other spectators or news media personnel covering the activity. A manager is not required to provide electrical hook-ups; or tripod space and may arrange spectator videotaping from a designated location(s).



Cross Country Regional

Friday, October 24, 2025

DeWitt High School

13601 Panther Drive

DeWitt, MI 48820

<u>DIVISION 2 TEAM</u>	<u>GIRLS BOX #</u>	<u>GIRLS START TIME</u>	<u>BOYS BOX #</u>	<u>BOYS START TIME</u>
Alma	3	3:00 p.m.	5	3:30 p.m.
Charlotte	11	3:00 p.m.	10	3:30 p.m.
Corunna	12	3:00 p.m.	12	3:30 p.m.
DeWitt	4	3:00 p.m.	8	3:30 p.m.
Eaton Rapids	8	3:00 p.m.	7	3:30 p.m.
Fowlerville	5	3:00 p.m.	14	3:30 p.m.
Haslett	9	3:00 p.m.	4	3:30 p.m.
Jackson Northwest	7	3:00 p.m.	13	3:30 p.m.
Lansing Eastern	10	3:00 p.m.	2	3:30 p.m.
Lansing Sexton	15	3:00 p.m.	11	3:30 p.m.
Michigan Center	13	3:00 p.m.	3	3:30 p.m.
Owosso	6	3:00 p.m.	1	3:30 p.m.
Parma Western	14	3:00 p.m.	6	3:30 p.m.
St. Johns	1	3:00 p.m.	9	3:30 p.m.
Williamston	2	3:00 p.m.	15	3:30 p.m.
<u>DIVISION 1 TEAM</u>	<u>GIRLS BOX #</u>	<u>GIRLS START TIME</u>	<u>BOYS BOX #</u>	<u>BOYS START TIME</u>
Ann Arbor Skyline	13	4:30 p.m.	9	5:00 p.m.
Brighton	8	4:30 p.m.	8	5:00 p.m.
Dexter	15	4:30 p.m.	14	5:00 p.m.
East Lansing	14	4:30 p.m.	6	5:00 p.m.
Flint Carman-Ainsworth	10	4:30 p.m.	-----	-----
Grand Ledge	5	4:30 p.m.	2	5:00 p.m.
Holt	1	4:30 p.m.	5	5:00 p.m.
Howell	9	4:30 p.m.	7	5:00 p.m.
Jackson	6	4:30 p.m.	1	5:00 p.m.
Lansing Everett	4	4:30 p.m.	4	5:00 p.m.
Lansing Waverly	12	4:30 p.m.	11	5:00 p.m.
Mason	2	4:30 p.m.	12	5:00 p.m.
Okemos	3	4:30 p.m.	3	5:00 p.m.
South Lyon	7	4:30 p.m.	10	5:00 p.m.
South Lyon East	11	4:30 p.m.	13	5:00 p.m.

Box 15 is not assigned for the D1 Boys Race

PROM Race @ 6:00 p.m. – Both Divisions & Both Genders – No Box Assignments

