

2026 Cross Country MHSAA REGIONALS

Saturday October 31, 2026

Division 1 – Region 1

Division 2 – Region 11

Division 3 – Region 21

Division 4 – Region 31

Hosted by Allendale High School

Jason Dykstra, Meet Director

jason.dykstra@apsfalcons.net

Don Passenger, Official Timer

don@michianatiming.com

Location: Allendale High School

10760 68th Avenue. Allendale, MI 49401

Schedule/Race Times:

7:30 Course Opens/Package Pick-up starts

8:30 Substitution deadline (D3/D4)

9:25 National Anthem

9:30 Division 4 Boys

10:00 Division 3 Boys

10:30 Division 4 Girls

11:00 Division 3 Girls

11:15 Substitution deadline (D2/D1)

11:30 Division 3 and 4 Results and Awards

12:05 National Anthem

12:15 Division 2 Boys

12:45 Division 1 Boys

1:15 Division 2 Girls

1:45 Division 1 Girls

2:15 Division 1 and 2 Results and Awards

Non-MHSAA Schedule/Race Times:

(After the MHSAA Sessions and Awards)

2:45 Boys PROM by Striders (Post Regional Open Meet) – medals in chute

3:30 Girls PROM by Striders (Post Regional Open Meet) – medals in chute

4:15 M.I.H.S. Championships – Boys

4:45 M.I.H.S. Championship – Girls

5:30 Michigan Independent High School Awards

Timing and Scoring: Michiana timing systems

Roster Entry: You must register your team online at www.athletic.net by

Saturday, October 24, at 8:00 p.m. according to MHSAA Instructions. \$50 late fee will be assessed if necessary.

Schools are allowed 9 registrants per team on athletic.net. Varsity seven and two pre-

declared alternates. Runners on Master Eligibility List may be substituted the day of for any pre-registered runner. PROM race fee is \$10 a runner or \$80 per team

Opt-Out Date: Friday, October 10. Must submit a master eligibility form by this date for all schools entering a team in this tournament. If you have not sent one please send to evanstay@apsfalcons.net or fax to 616-895-4280

Competing teams: The updated list of competing teams may be found at MHSAA.com

Michigan Uniform Rules: Michigan uniform rules apply. Uniforms must meet NFHS and MHSAA rules and regulations. If you have questions please ask one of the starters prior to your race.

Packet Pick-up: Please pick up your final instructions packet upon arriving in the Falcon Stadium admission/ticket booth. We will have course maps, participant numbers & safety pins in your packet the day of the meet.

Course Description and Preview: All events are 5000 meters. The course map is below and will be available for preview Friday, October 30, 3:00 p.m.-7:00 p.m. (weather permitting) and Saturday at 7:30 a.m.

Games Committee: The games committee will include three coaches in addition to the meet referee and meet manager. If appeal involves a school from the games committee, the alternate will be a pre-selected coach.

Results: Printed results will be provided for coaches 30 minutes after each race, posted on athletic.net and sent to all media outlets.

QUALIFIERS TO LP FINAL MEET - Team Qualifiers, Regional to Finals - Five runners must finish a Regional race for a school to receive a team score. The top three teams 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, Regional to 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.

Finals Packets: Packets for finalists will be available to coaches after the awards presentation. Don't leave without this information, which is needed for finals the next week.

Awards/Trophies: Presentation will be done inside the stadium. Regional champions in each Division receive a trophy and 7 team medals, the top 15 individuals receive medals in each Division.

Shirt Sales: MHSAA Tournament gear will be sold at the event. Cash and checks will be accepted as payments.

Concessions: The Allendale High School Athletic Boosters will be offering a variety of food and beverages for sale at their concessions stand.

Bathroom/Dressing Facilities: Bathrooms are located on the track-side of the concession stand building in the north-west corner of Falcon Stadium. Athletes should come to the meet dressed, as locker rooms are not available.

Medical/Trainer: An athletic trainer will be on site at the finish line. Please bring any necessary materials for your athletes.

Admission: **Admission Fee: \$10/vehicle** Admission is charged while still in the vehicle for convenience. Fee is waived for school buses/team vehicles. **Gofan only:**

MHSAA Link:

[PROM/MIHS Link](#)

Admission will be collected at the parking entrance. Please follow the parking signs posted along 68th Avenue.

Parking: Please follow instructions of the parking personnel, who will be on-site guiding you to specified parking areas.

- **Buses** will be asked to drop off teams near track entrance and then park on the south side of the course (a golf cart will direct you). Please advise buses to enter from 68th Avenue, as 64th will be blocked off.
- **Team vans** may park in the south east parking lot with the general public.
- **Spectator cars** may park in the lots south or northwest of the high school. If athletes are traveling with their parents and arrive without a parking pass, we will ask that they pay an admission fee. Please advise your spectators of this fee.
- **Per MHSAA rules**, advise your spectators pets are not allowed, nor alcohol, vaping or tobacco products.

Spectator Policies

The following general policies apply to spectators at the MHSAA cross country Tournament events.

- No Spectators allowed on the track
- Noisemakers must be approved by the Meet Manager. Air horns and whistles are not allowed.
- Body paint is not allowed
- Appropriate recorded music may be played prior to the meet in the team area.
- Smoking or vaping is not allowed at the tournament site.
- Videotaping – may tape games from the normal seating area, but not interfere with the view of other spectators or news media personnel covering the activity. The tournament host site is not required to provide electrical hook-ups; or tripod space and may arrange spectator videotaping from designated areas.

We look forward to seeing your teams compete and would like to thank you in advance for attending.



Yellow = Mile 1, Red = Mile 2, Blue = Mile 3