

TO: XC COACHES & Athletic Directors
FROM: Jeff Harding
Manton XC Head Coach
RE: MHSAA Middle School Regional @ Manton on Wednesday Oct. 28th
DATE: 10/28/26

Thank you for signing up for our MHSAA Middle School Cross Country Regional on **WEDNESDAY, Oct. 28th**. The schedule is listed below. We do not expect to have to hold a "JV" race but we have scheduled time for it if needed. I've listed the important meet info below as well as the info that the MHSAA puts out in regards to middle school regionals. If you have any additional questions please let me know.

MEET SCHEDULE

VSV Park Opens	3:00 pm
Middle School BOYS	5:00 pm
Middle School GIRLS	5:40 pm

**Unlimited entries*

AWARDS

- There will be "Large" and "Small" school divisions. All schools will compete together, 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.
- The first place team in each division for each gender will earn a MHSAA trophy.
- *Top 20 Individuals per division earn medals to be presented at an awards ceremony after the meet.*
- *The Awards Ceremony will be in between the start and finish area. We will have speakers set up for music and announcements.*
- *Packet Pickup & Awards ceremony will be at a table in between the start & finish lines.*
- *The awards ceremony will be approximately 20 minutes after the last race is finished.*

TIMING SERVICES

- *We will be using michianatiming for our results and will have Live results @ **FATRESULTS.com**.*
- *Each team will be given a bib/sticker that needs to be **STUCK & PINNED** onto **RIGHT CHEST** of each runner's uniform.*
- ***TIMING CHIPS TO BE RETURNED INTO A BUCKET AT THE FINISH LINE.** Coaches are asked to help make sure athletes are returning them. Timing Chips cost \$25 each.*

COST FOR MEET

- As this is a MHSAA Regional event there is no cost for schools to pay for them to compete.
- Per MHSAA guidelines, only MHSAA schools may participate in this event.
- **Parking Fee: \$7 per person or \$10 per car !!! CASH ONLY !!!**

TEAM CAMPS

- Both sides of the starting area are open for schools to put up their tents or establish their team camp area. There is also an area behind the starting line for team camp areas.

COURSE & FACILITIES

- *The Veterans Service Veterans course is a dedicated Cross Country course since it was first established in 2021.*
- *Middle School runners will race 2 miles, which follows the high school 5k course until they reach "Military Corners." After taking the first corner, runners then head straight to the large engraved rock that indicates the 2 Mile turn. See maps below.*
- *Porta Potties will be available on site. The majority of them will be by the starting area but there will be some on the East end of the park by the finish.*

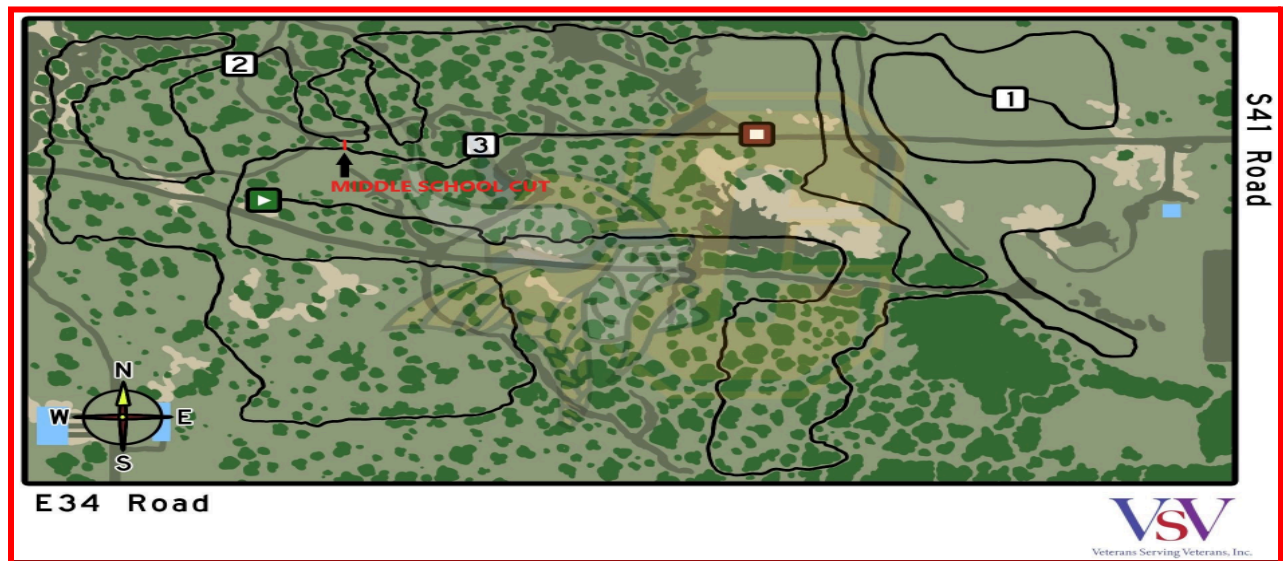
PARKING & SITE INFORMATION

- **7545 East 34 Rd / West Entrance:** between Habitat for Humanity Resale Store and Fastenal off of Boon Rd. This location has more parking spots for spectators, (including handicap accessible) and is closer to the starting line. ***ALL BUSES MUST USE WEST ENTRANCE**
- **3740 41 Rd / East Entrance:** turn is in between B&P Manufacturing and Cadillac Wholesale Tire. This location is closer to the finish line, as well as the food trucks. This area will also have its own porta potties and a picnic pavilion.
- VSV workers will be collecting the MHSAA parking/entry fee. **\$7 per person, \$10 for a car**

.....CASH ONLY.....

- **SECRET ROUTE TO VSV PARK:** If the corner of Mitchell & 34 Rd. @ Meijer is congested, drivers could continue north about 1.25 miles and turn west on Haring Rd known to the locals as, "Shampooochies Corner." Next, turn South onto 41 Rd. (very next rd) which will bring you to the East entrance of the VSV park.
- **The sides of E. 34 Rd / Boon Rd. will be flagged off as a NO PARKING AREA**

HIGH SCHOOL COURSE MAP



MIDDLE SCHOOL COURSE MAP

Middle School course follows the high school 5k until they reach “Military Corners” at about the 1.7 mile mark. After taking the first part of the “S” curve they then hop onto the two track and head to the large engraved stone that indicates the middle school turn. After this sharp corner runners head to the finish line.



MHSAA JH/MS Cross Country Regional race protocols and regulations

- MHSAA JH/MS Regional races can be hosted anytime during October. The host school will set that date.
- There is no cost and no entry fee for participation in the MHSAA JH/MS Regional race.
- The preselected Cross Country Regional Regionals will be held per 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 teams and athletes in one Regional. A school can apply to the MHSAA for extenuating circumstances (travel, date conflicts, etc.) to move to another Zone if requested by the school administration.
- 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. **LOOKING AT TEAM SIZES, WE BELIEVE WE HAVE ENOUGH ROOM ON OUR STARTING LINE TO RUN ALL OUR SCHOOLS IN ONE RACE BY GENDER.** If this changes we will get an updated time schedule by adding an extra race for each middle school gender.
- 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. While it is recommended that Digital The MHSAA would create the GoFan links for these races if it was used.