



2026 MHSAA JH/MS Cross Country Regionals

Zone 1 – Portage Central HS @ Portage West MS (Division 1 & 2) – 10/17/26

Zone 1 – Bangor HS (Division 3 & 4) – 10/21/26

Zone 2 – Milan HS – 10/27/26

Zone 2 – Ypsilanti - Lincoln HS @ Willow Metropark – 10/27/26

Zone 3 – Macomb Dakota HS – 10/10/26

Zone 3 – Waterford Kettering @ Hess Hathaway Park – 10/19/26

Zone 4 – Brown City HS – 10/27/26

Zone 4 – Frankenmuth HS @ List Elementary School – 10/24/26

Zone 5 – Pewamo-Westphalia HS – 10/16/26

Zone 5 – Webberville HS – 10/24/26

Zone 6 – Grand Rapids Public Schools @ GRPS University Prep – 10/20/26

Zone 6 – Holland Christian HS – 10/13/26

Zone 7 – Mancelona HS – 10/24/26

Zone 7 – Manton HS @ Veterans serving Veterans Park, Cadillac – 10/28/26

Zone 8 – Houghton HS @ Michigan Tech University Nordic Ski Trails – 10/23/26

Zone 8 – St. Ignace HS @ Doc Holle's Silver Mt. – 10/23/26

Zone 8 – Munising HS @ Pictured Rocks Golf Course – 10/21/26

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 9 and October 30, 2026.** 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 or individual.
- 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 (e.g., date conflicts, travel issues) 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 split races into two sections 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 among 6th, 7th, and 8th graders eligible at the school.
- **A JH/MS student who is eligible by rule to compete for their HS team can only compete in one MHSAA XC Regional (either HS XC or JH/MS), but not both MHSAA Regional events.**
- 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 there for entry by the MHSAA and Athletic.net.



- 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 where there are enough entries to justify this separation. Schools will compete, and 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 \$7.00 per person or \$10 per carload. It is recommended to use Digital Ticketing via GoFan. The MHSAA would create GoFan links for these races if they are used. Hosts will notify the MHSAA if they would like to use GoFan as their ticketing method.

