



MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 13, 2010
 Hereford High School, Parkton

I. GENERAL INFORMATION

- A. The Maryland Public Secondary Schools Athletic Association is the official governing body for the Cross Country championships. Plans for the meet were formulated by the State Cross Country Committee and approved by the Board of Control.
- B. Schools choosing to enter the championship meet have the responsibility for reading and adhering to the rules and regulations stated in Section I of this publication as well as those appearing within this Cross Country Bulletin.
- C. Eligibility rules for all participants are defined in MPSSAA Bylaw .02, found in the current MPSSAA Handbook.
- D. General regulations for all state tournaments are contained in MPSSAA Bylaw .07, found in both the current Handbook and in Section I of this publication.

II. REGION AND STATE MEETS

- A. Meet Organization
 - 1. A CONTESTANT, in order to qualify, must be on the active Cross Country roster of the school team by October 22, 2010, must have participated in a minimum of two Cross Country races with the school's Cross Country team prior to October 30 when the school in which the contestant is registered has a Cross Country team.
 - 2. A TEAM, in order to qualify, must have officially participated in at least two regular season VARSITY meets prior to October 30.
 - 3. A maximum of seven athletes from a school will be permitted to represent that school in the race in which that school is scheduled to compete. An athlete may run in only one race.
 - 4. A school may run fewer than five athletes, but a school must finish at least five athletes to set back, to score, or to be entitled to team awards. Any runner to score must finish within 30 minutes of the start of the race.
- B. Playing Rules
 - 1. National Federation rules will apply.
 - 2. All contestants will run a course between three miles and 5,000 meters.

2010 CROSS COUNTRY TIME LINE		
Aug 14First practice date	REGION MEETS	STATE MEETS
Sep 3First play date	Nov 4Region Meets	Nov 13.....State Meets
Oct 25Application deadline for tournament qualifiers	Nov 7Organization meeting for state meets	Dec 15.....Reimbursement request due
Nov 1Deadline for final region meet qualifiers		

III. REGION MEET

A. Meet Organization

1. All MPSSAA member schools are eligible to enter into their respective regional meet. Formal application of schools entering must be made by submitting an online entry prior to Monday, October 25, 2010 at 4 p.m. Any initial entries submitted after the deadline will incur a \$100 late fee made payable to the MPSSAA or the entry will be invalid. In no case will a team be entered into the region meet if an online entry form is not filled out by 10 a.m. on Monday, November 1, 2010.
2. Schools will have until Monday, November 1, 2010 at 10 a.m. to submit final rosters. Schools may change their initial submitted form as many times as they want up until the 10 a.m. deadline on November 1. The entry system will close at 10 a.m. on November 1 and region meets will be set.
3. **THE ONLINE ENTRY METHOD MUST BE USED.** All others will be rejected.
 - a. The form is found on the MPSSAA website <mpssaa.org> under the Coaches/Athletic Directors link. This page is password protected and each school will need to use their school's username and password (Each athletic director should have your school's information) to enter online (**DO NOT WAIT UNTIL THE LAST MINUTE TO TRY AND ACCESS THIS PAGE**). Only Athletic Directors will be issued their school's username and password.
 - b. After entering the Coaches/Athletic Directors page, scroll down to the "Cross Country Entry Form" section.
 - c. You will see links to each team sport (Boy's Cross Country, Girl's Cross Country).
 - d. Click on the appropriate link and fill out **ALL** the information.
 - i. School name, school code and sport fill in automatically by using your school's correct username and password.
 - ii. Select the number of entrants (you may enter up to 10). The screen will repopulate with the number of selected competitors.
 - iii. Enter each roster spot with the student's last name, first name and grade. **ONLY CAPITALIZE THE FIRST LETTER** of the last and first name. Do not use all caps. Make sure you check the spelling of each entrants name to ensure accuracy in entry lists, programs, T-shirts and results.
 - iv. Enter in the head coach's information below and check the disclaimer box.
 - v. Click "Submit" when you are finished.
 - e. Upon submitting your form a screen will appear stating, "Your form was submitted successfully" with a "Print" button.
 - f. Click on the "Print" button to print a copy for your records and to also bring to the regional meet. The printed form has a time stamp on it to verify when the form was submitted to the MPSSAA.
4. Making Entrant Changes
 - a. In order to make changes to your roster up until the 10 a.m. deadline on November 1, simply log back into the coaches/athletic directors page of mpssaa.org and click on the sport specific entry form.
 - b. Your previously submitted information will reappear. Make the necessary adjustments to your roster and complete steps D through F in No. 1.

5. Regional Meet Sites

<p>4A West Watkins Mill HS November 4 (3:00 p.m.)</p> <p>ContactBeth Muehl SchoolWalter Johnson Phone301-803-7100</p>	<p>4A North Dulaney HS November 4 (3:00 p.m.)</p> <p>Contact.....Chad Boyle SchoolDulaney Phone410-887-7633</p>	<p>4A South Fort Washington November 4 (3:00 p.m.)</p> <p>ContactRich Andrulonis/ Dave Sellers School.....Bowie/Parkdale Phone.....301-805-2600/ 301-513-5700 x284</p>	<p>4A East South River November 4 (3:00 p.m.)</p> <p>ContactJosh Carroll SchoolSouth River Phone410-956-5600</p>
<p>3A West Watkins Mill HS November 4 (3:00 p.m.)</p> <p>ContactBeth Muehl SchoolWalter Johnson Phone301-803-7100</p>	<p>3A North Genesee Valley November 4 (3:00 p.m.)</p> <p>Contact.....Ed Faya SchoolTowson Phone410-887-3608</p>	<p>3A South Huntingtown November 4 (3:00 p.m.)</p> <p>ContactJustin Koch SchoolHuntingtown Phone410-414-7036</p>	<p>3A East Centennial HS November 4 (3:00 p.m.)</p> <p>Contact.....Al Dodds SchoolCentennial Phone410-313-2856</p>
<p>2A West Middletown HS November 4 (3:00 p.m.)</p> <p>Contact..Sharon & Don Boyer SchoolMiddletown Phone301-371-7742</p>	<p>2A North Genesee Valley November 4 (3:00 p.m.)</p> <p>Contact.....Ed Faya SchoolTowson Phone410-887-3608</p>	<p>2A South Centennial HS November 4 (3:00 p.m.)</p> <p>Contact.....Rob Slopek SchoolBurleigh Manor Phone410-313-2507</p>	<p>2A East Kent Island HS November 4 (3:00 p.m.)</p> <p>ContactShawn Gannon SchoolKent Island Phone410-604-2070</p>
<p>1A West Williamsport HS November 4 (3:00 p.m.)</p> <p>ContactRandy Buchman SchoolWilliamsport Phone301-766-8423</p>	<p>1A North Pikesville HS November 4 (3:00 p.m.)</p> <p>ContactGerard Filosa SchoolPikesville Phone410-887-1217</p>	<p>1A South Herring Run Park November 4 (3:00 p.m.)</p> <p>Contact.....Jerry Molyneaux School.....Northwestern Phone410-396-8374</p>	<p>1A East Kent County HS November 4 (3:00 p.m.)</p> <p>ContactDennis Hermann School.....Kent County Phone410-778-4540</p>
<p>Email addresses for regional directors can be found on the cross country pages of mpssaa.org.</p>			

CROSS COUNTRY

6. The state organization meeting for district representatives and region meet directors will be Sunday, November 7, at the Holiday Inn, Laurel West. Meet directors are to bring Region Meet results in HyTek format to the meeting.

7. Advancement to the state meet

a. Advancement by complete teams entered into each region meet will be as follows:

REGION MEET TEAMS	ADVANCING	REGION MEET TEAMS	ADVANCING
1.....	1	8.....	4
2.....	2	9.....	5
3.....	3	10.....	5
4.....	3	11.....	6
5.....	3	12.....	6
6.....	4	13.....	7
7.....	4	14.....	7

(1) Complete teams will consist of a minimum of five runners and a maximum of seven runners who have participated in at least two Cross Country meets prior to and including October 30, 2010.

(2) Official entry application must be submitted by the established deadline.

- (3) Boys and girls will be counted separately.
 - (4) First year schools with ninth grade only may compete.
 - (5) If five individual runners qualify in the region meet from a given school, these five shall be considered a team in the state meet.
- b. Formula used to determine individual qualifiers: 25 percent of the total number of competitors in the region race that day. A minimum of 15 runners will qualify.
 - c. Four races for both boys and girls (4A, 3A, 2A, and 1A) will be held as part of the state meet. Participating teams must have had 20 days of practice prior to the region meet. The race will include runners from schools that elected to field a separate girls' team or who have individual girls who desire to participate in the meet. Girls may elect to run on the regular school team when an equal opportunity is not provided for a school-sponsored girls' team. They may decide at the region meet and qualify for either the boys' race or the girls' race.
8. Team and individual awards will be presented.

IV. STATE MEET

A. Meet Entries

- 1. **The State Entry will come from the regional meet director. For schools that qualify as a team those runners who competed and finished will be entered into the state meet. If coaches intend to run one of their three alternates or if one or more runners did not finish, they are reminded to make sure the regional meet director forwards the name and grade level of those athletes to the State Committee.**
- 2. **Entries will be posted on mpssaa.org on the Monday following the Regional Meet. Each coach should verify his/her own entries. Please contact your region meet director with corrections.**

B. Meet Organization

- 1. The 2010 meet will be held at Hereford High School, Parkton. **Directions from I-83 North:** Exit 27; right on Mt. Carmel Rd.; left on York Rd. for 1/2 mile to school on right.
- 2. The Games Committee, comprised of members of the State Cross Country Committee present at the meet, will rule on any questions and protests that arise. Meet officials will be provided to handle the finish chute, see that the athletes start and finish properly, and see that the meet is run according to National Federation rules.
- 3. On arrival at the course, the coach or school representative should go to the registration desk for the team's packet, which contains numbers and final instructions.
- 4. Athletes should come dressed for participation. There will be locker room facilities for those who must travel greater distances and cannot travel dressed for participation in a cross country run. However, showers will not be available.
- 5. Tentative schedule: Times could be altered, subject to conditions.

8:30 a.m.— 1st walk of course	Noon — 2nd walk of course
8:35 a.m.— Coaches' meeting (Class 4A & 3A)	12:05 p.m. — Coaches' meeting (Class 1A & 2A)
9 a.m. — Meeting for officials	1:30 p.m. — Class 1A Girls
10 a.m. — Class 4A Girls	2 p.m. — Class 2A Girls
10:30 a.m. — Class 3A Girls	2:30 p.m. — Class 1A Boys
11 a.m. — Class 4A Boys	3 p.m. — Class 2A Boys
11:30 a.m. — Class 3A Boys	4 p.m. — Class 1A & 2A Awards
12:30 p.m. — Class 4A & 3A Awards	

C. Playing rules

1. WHITE LINES on the course path are official markings and take precedence over any other meet contested at that site. It is the coach's responsibility to instruct the competitors concerning the official markings.
2. Athletes are responsible for walking the course.
3. Starting line positions will be assigned a box start drawn at the state organization meeting.
4. Any runner will have a maximum of 30 minutes to complete the race before the course is cleared for the next event.
5. Only participants and credentialed attendants are allowed in the Starting line area.
6. Upon the start of the race, coaches MAY NOT move closer to the Finish line. The Finish line is a restricted area for race participants and officials only.

D. General Policies

1. Scoring ties shall be resolved by comparing sixth-place finishers from the tied teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail. If only five competitors finish, the tie shall be resolved by totaling the scores of the first four finishers.
2. **All scoring chips that are issued to schools must be returned to the designated location. Schools will be charged the cost of replacing all lost or unreturned chips.**
3. Within each classification, the top two teams will receive a team plaque and 12 individual medals. The first 25 individual runners will receive medals.
4. Undesirable behavior on the part of the school participants or nonparticipants shall be grounds for disqualification, at the determination of the State Cross Country Committee. Failure to comply will result in disciplinary action.

PROJECTED MPSSAA CROSS COUNTRY CHAMPIONSHIP DATES
2011 - November 12 2012 - November 10
2013 - November 9

2010-2011 STATE CROSS COUNTRY COMMITTEE			
		Office	Home
DIRECTOR	Stephen HaysWalt Whitman	301-320-6589	301-209-1859
DISTRICT 1	Nick SnyderThomas Johnson	240-236-8333	240-291-0689
DISTRICT 2	Beth MuehlWalter Johnson (Northwest)	301-803-7100	301-540-3990
DISTRICT 3	Ed BowieCentral-PG	301-499-7080x126	301-899-9446
DISTRICT 4	Justin KochHuntingtown	410-414-7036	410-286-8064
DISTRICT 5	Josh CarrollSouth River	410-956-5600	410-533-4231
	Beth DeFrancisAtholton	410-313-7065	410-730-6594
DISTRICT 6	Ed FayaTowson	410-887-3608	410-569-3644
DISTRICT 7	Steve PizzulliBo Manor	410-885-2075	
DISTRICT 8	Dennis HerrmannKent County	410-778-4540	410-639-2825
	Pat Russo.....Stephen Decatur	410-641-2207	
DISTRICT 9	Jerry MolyneauxNorthwestern.....	410-396-8374	410-298-5116
STATE MEET DIRECTOR			
	Mike Kalisz.....Hereford	410-887-1910	
RULES INTERPRETER			
	Steve Smith	410-887-4266 x478	
Email addresses for committee members can be found on the cross country pages of mpssaa.org.			