

# SCOUT

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Maryland Public Secondary Schools Athletic Association

April, 2017

## *MPSSAA News and Notes*

### **Board of Control Meets April 27th**

The MPSSAA Board of Control will meet on April 27th in conjunction with the MSADA Conference in Ocean City, Md. On the semi-annual meeting agenda will be approval of the Fall and Winter sport bulletins for the 2017-2018 academic year, approval of the winter financial report, and approval of the spring tournament updates. Several committees are proposing significant changes. The Finance Committee is proposing an increase in the reimbursement rate and the Medical Advisory Committee is recommending that coaches be recertified with an online refresher course in the Care and Prevention of Athletic Injuries every five years. The Basketball Committees have proposed the addition of a 35-second shot clock for boys and a 35 point "mercy rule" for boys and girls. The Lacrosse Committees have a proposal for four classifications while the Wrestling Committee has proposed moving to four separate classifications for the Dual Meet State tourney and the elimination of team titles at the individual tournament.

### **2nd Annual Coaches' Conference Ready To Roll!**

The 2nd annual Coaches' Conference is all set for Saturday, April 22, 2017 at North Point High School in Charles County! Check-in will begin at 8:30 a.m. followed by the first opening session at 9:00 a.m. and will continue until 4:00 p.m. The conference is open to fall and/or winter interscholastic athletic sports coaches at MPSSAA member schools who pre-registered online by the deadline of Friday, 4/14.

The Coaches' Leadership Conference is designed to develop coaches' leadership skills that enhance the values of education-based athletics, promote positive relationships with parents and student-athletes, maintain  
*(con't. on page 3)*

### **Mourning The Loss Of A Trailblazer**

The MPSSAA was saddened by the news of the passing of Mildred H. Murray on March 29th. Mrs. Murray began her 43-year career as a teacher and coach prior to serving as the Supervisor of Girls Secondary Physical Education and Athletics in the Baltimore County Public Schools from 1961-1977 and then as Coordinator of Physical Education and Athletics until her retirement in 1991. Not only did Mildred serve the MPSSAA as the first female President (1978-80), she served as the first State Committee Director for Volleyball and Girls Basketball (1972-1991) along with being the first State Committee Director for Field Hockey (1974), Softball (1975), and Girls Lacrosse (1983).

Most impressively, Mildred was a pioneer for girls interscholastic sports and championed equity for both boys and girls programs prior to the passing of Title IX. Mrs. Murray "walked the talk" and put her time and energy into organizing the first State Championships for public high school girls in Maryland in the sports of basketball, volleyball, field hockey, softball, and lacrosse.

She was also instrumental in the creation of the first MPSSAA tournament sportsmanship awards for basketball. The Girls Basketball tournament sportsmanship award has carried her name since 1982 and honors the ideal that the way the game is played is more important than winning. In addition, Mildred served as a much needed mentor to many women in the field of physical education and the burgeoning landscapes of coaching and athletic administration as school systems navigated the Title IX waters during her tenure. Students, teachers, coaches, and administrators continue to benefit from Mrs. Murray's legacy with high school interscholastic sports today and will do so for many years to come. We cannot thank her enough for her tireless efforts in helping us get to where we are today.

**SCOUT** is published by the Maryland Public Secondary Schools Athletic Association for the staff and fans of Maryland high school athletics.

Kevin Hook, President  
R. Andrew Warner, Executive Director

# MPSSAA News and Notes

## Student Leadership Conference Moves Up To June 10th!

The MPSSAA is pleased to announce that the annual Student-Athlete Leadership Conference sponsored by the All-state Foundation returns for its eighth consecutive year! The Student-Athlete Leadership Conference is designed to develop student leadership skills that enhance sportsmanship, making good decisions and promotes teamwork, time management, perspective, inclusion, healthy lifestyle, and community service. Additional information, registration info, and the conference agenda can be found at [MPSSAA.org](http://MPSSAA.org).

This year's conference is scheduled for Saturday, June 10th at Howard High School in Howard County. Registration will begin at 8:00 a.m., followed by the first opening session at 8:45 a.m., and will conclude by 4:00 p.m. The conference is open to rising high school sophomores, juniors, and seniors who participate in interscholastic athletics at MPSSAA member schools and who have not attended a previous MPSSAA Student-Athlete Leadership Conference.

Registration is currently open for any school's Athletic Director to request spots for additional student-athletes to attend. Additional requests from previously registered schools will be accepted until we reach our full capacity of 400 attendees.

Any questions about participating in the Student-Athlete Leadership Conference should be directed to the Student Leadership Conference Chair, Michael Duffy at 410-313-2874 or [mpssaaslc@gmail.com](mailto:mpssaaslc@gmail.com).

## #MyReasonWhy Campaign Continues

Our partnership with the National Federation of State High School Associations (NFHS) to promote the #MyReasonWhy campaign continues until the end of this school year to celebrate all of the reasons why students participate. We encourage students to share their personal reasons for participating in high school sports and for parents, coaches, officials and community members to share the reasons why they support high school sports by using the hashtag #MyReasonWhy.

Students can submit their #MyReasonWhy story throughout the year by visiting [nfhs.org/myreasonwhy](http://nfhs.org/myreasonwhy). NFHS will review and select story submissions to be featured in future campaign materials. For more information on the campaign, visit [MyReasonWhy@nfhs.org](mailto:MyReasonWhy@nfhs.org).

## Winter 2017 Wrap-Up

### - STATE CHAMPIONS -

#### BASKETBALL

<u>Boys</u>	<u>Girls</u>
1A Fairmont Heights	1A Patterson Mill
2A Patterson	2A New Town
3A Baltimore Poly	3A Frederick
4A Perry Hall	4A Catonsville

#### INDOOR TRACK

<u>Boys</u>	<u>Girls</u>
1A Boonsboro	1A Boonsboro (2 <sup>nd</sup> Consecutive)
2A Century	2A Hereford (2 <sup>nd</sup> Consecutive)
3A Oxon Hill (2 <sup>nd</sup> Consecutive)	3A Franklin
4A Northwest (4 <sup>th</sup> Consecutive)	4A Charles H. Flowers (2 <sup>nd</sup> Consecutive)

#### SWIMMING

<u>Boys</u>	<u>Girls</u>
3A/2A/1A Poolesville (6 <sup>th</sup> Consecutive)	3A/2A/1A Poolesville (3 <sup>rd</sup> Consecutive)
4A/3A R. Montgomery (2 <sup>nd</sup> Consecutive)	4A/3A Walter Johnson

#### WRESTLING DUAL MEET CHAMPIONSHIPS

2A-1A Middletown (2 <sup>nd</sup> Consecutive)
4A-3A Damascus (5 <sup>th</sup> Consecutive)

#### WRESTLING TOURNAMENT

2A-1A South Carroll (4 <sup>th</sup> Consecutive)
4A-3A Damascus (3 <sup>rd</sup> Consecutive)

### - SPORTSMANSHIP AWARD WINNERS -

#### DUAL WRESTLING

Leonardtown

#### BOYS BASKETBALL

#### **JACK S. WILLARD SPORTSMANSHIP AWARD**

Harford Technical

#### GIRLS BASKETBALL

#### **MILDRED H. MURRAY SPORTSMANSHIP AWARD**

Atholton

#### SWIMMING & DIVING (1ST EVER)

4A/3A: Walt Whitman	3A/2A/1A: Queen Anne's
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# *MPSSAA News and Notes*

(con't. from page 1)

appropriate communication with officials, sportsmanship, inclusion, time management, and developing effective media relations and social media policies/guidelines. The positive values of education-based athletics have been well documented through research as benefits of participation in interscholastic athletics. The structure of the conference provides coach interaction through dynamic guest speakers, sport-specific sessions/clinics led by college coaches, and interactive seminar workshops all of which are outlined in the conference info packet. Coaches will learn an array of techniques to enhance their leadership and teaching skills for their student-athletes.

## **MPSSAA and Allstate Foundation To Award Scholar-Athletes at Luncheon**

The submission deadline of 12 Noon on Friday, April 7, 2017 has now passed and we are no longer able to accept any more applications for the tenth annual 2017 Minds In Motion Scholar-Athlete Scholarships! Scholarships of \$1,000 each toward post-secondary education will be awarded to outstanding senior male and female scholar-athletes attending a MPSSAA member school. For 2017, each of the nine Districts that comprise the MPSSAA will have at least one recipient with the remaining selections being "at-large" up to a total of 12-14 recipients.

To apply, applicants had to have a minimum 3.25 unweighted GPA and have participated in MPSSAA-recognized interscholastic athletics or Allied/Unified/Corollary sports only. The deadline for submission was 12 Noon on 4/7/17. Male and female winners will first be selected by their district selection committee and then presented to the Scholar-Athlete Committee for final selections. Following the final selection meeting, winners will then be notified via email on 5/5/17 with a follow-up letter via US Mail. Scholarship recipients and their parent/guardians will be honored at a luncheon to be held on Thursday, June 1st in the Ravens locker room at M&T Bank Stadium starting at 12 noon.

Students with an immediate family member (spouse, mother, father, sister, brother, ward, daughter or son and their respective spouses, regardless of where they reside) employed by The Allstate Foundation ("Sponsor"), Allstate Insurance Company, any Allstate Insurance agency and persons living in their same households, whether or not related, are not eligible to enter or win this scholarship. An eligible minor must have his/her parent's or legal guardian's permission to enter. Void where prohibited by law. Program is subject to all applicable federal, state, and local laws.

## **Meet Our Own "Iron Man"!**

The MPSSAA honored Charles Hudson with the NFHS State Award for Outstanding Service at a pregame ceremony prior to the Boys Class 4A State Basketball Championship game on Saturday, March 11 at 8 p.m. in front of numerous friends and family. The award is in recognition of service and contributions in support of the MPSSAA and high school athletics.

Charles Hudson's contributions to the MPSSAA span at least 70 years. Directly after World War II, the MPSSAA hosted its first state basketball tournament. That first year, in 1947, coincided with Mr. Hudson selling tickets for entry into the boys basketball tournament. This year's tournament will mark the 70th consecutive year that Hudson has worked and sold tickets at the state tournament.

During those 70 years, Hudson was present for the relocation of the boys basketball state tournament from Ritchie Coliseum to Cole Field House and then to where it currently resides at Xfinity Center. A former educator and school principal, Hudson served as President of the MPSSAA from 1957-58. He is a former baseball umpire and has worked numerous other MPSSAA events over the years. Mr. Hudson remains a loyal fan and supporter of athletics at all levels. Please join us in congratulating Charles on a record that will stand like no other!

## **NFHS Hall of Fame To Induct Bernie Walter**

Former Arundel Baseball coach and Athletic Director Bernie Walter is among the group of five athletes, five coaches, one administrator and one contest official to be inducted into the National Federation of State High School Associations (NFHS) National High School Hall of Fame July 2 at the Rhode Island Convention Center in Providence, Rhode Island. The 35th Hall of Fame Induction Ceremony will be the closing event of the 98th annual NFHS Summer Meeting.

Bernie was the most successful high school baseball coach in Maryland history during his 36 years at Arundel High School in Gambrills, Maryland. Walter won 670 games during his career that ended in 2009, winning 15 regional titles and a record 10 Maryland Public Secondary Schools Athletic Association (MPSSAA) state championships. His teams also finished second in the state tournament two times and won 16 Anne Arundel County titles. After retiring from Arundel High School he served four years as director of baseball operations at the University of Maryland, College Park. He was inducted into the American Baseball Coaches Association Hall of Fame in 2007, and he was a contributor to the Coaching Baseball online course in the NFHS Learning Center.

# *From the Medical Advisory Committee*

## **Preparing your Young Athlete for Summer Activities - The Importance of Heat Acclimatization and Hydration - Dr. James Baronas**

Spring is in the air and as the weather turns warmer many parents begin planning with their young athletes their summer schedule. Many of these plans will include various summer camps some of which are sport specific. Summer sports camps are important for young athletes as they provide the opportunity for much needed exercise and to improve their skills in their particular sport. What many parents might not plan for is the risk of heat-related illness that young athletes are exposed too during these camps.

Heat-related illness is defined as a spectrum of medical disorders due to environmental exposure to heat. Anything from minor cramps to severe conditions like heat stroke are considered heat-related illnesses. Every year young athletes, especially in high school, experience serious injury and even death from heat-related conditions. These illnesses are almost always entirely preventable. This is an issue that young athletes, parents, coaches and staff should be aware of and prepared for. When young athletes are participating in MPSSAA guided activities through their schools there are policies in place to protect young athletes. Unfortunately, many summer camps may not have policies in place and the staff running them may not have any training in heat-related illness. Therefore it is imperative that parents of these young athletes are educated and have understanding in how to prevent and recognize signs of heat-related illness.

Signs of heat-related illness include cramping, excessive fatigue, nausea, headaches, dizziness, darker urine and decreased urine volume. Cumulative dehydration can develop insidiously over several days and raises the risk for heat-related illness especially over the first few days of outside activity at a summer camp. It is important for parents to be aware of these symptoms and actively engage their young athletes with questions about signs of heat-related illness. Special care and attention should be paid to those athletes wearing equipment like pads or helmets which prevent and inhibit heat loss from the body and increase the risk for heat illness. This includes football players, lacrosse players, field hockey goalies and others. Also, a prior history of heat-related illness is a strong risk factor for future heat-related illnesses in the same athlete.

Preventing heat-related illness should involve a multi-pronged approach. The first important aspect is Heat Acclimatization. Heat acclimatization is defined as enhancing an individual's exercise heat tolerance and

ability to exercise safely and effectively in warm to hot conditions. This is done by gradually increasing the young athlete's activities over a period of time that takes into account the duration, intensity and number of practices/activities needed to help each individual young athlete acclimate to the environment which will minimize the risk for heat-related illness. Younger athletes and children acclimatize to heat more slowly than adults. (Suggested guidelines and sample schedules for heat acclimatization are available online at [MPSSAA.org](http://MPSSAA.org)).

Another important aspect is Hydration Awareness. Proper hydration is very important to the overall safety and conditioning of a young athlete and one of the best ways to combat heat-related illness. Athletes should drink regularly throughout all physical activities and should hydrate before and after to achieve a normal hydration status before the next activity or practice. Athletes can monitor their hydration level by the color and volume of their urine. Small amounts of dark urine indicate the athlete needs to drink more. Another way is by their weight, as athletes will experience weight loss when they are dehydrated. Athletes should drink 16-20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or activity.

Heat-related illness and injury is preventable. Make sure you take the time to talk to your young athlete about the need for heat acclimatization and hydration. Have a plan to monitor them as they begin summer sport activities or summer camps. It can mean the difference between life and death.

For further information and educational materials please go to [MPSSAA.org](http://MPSSAA.org) and visit the Health and Safety page.

*Dr. James Baronas is an Assistant Professor of Family and Community Medicine at the University of MD. Dr. Baronas serves as the Medical Director for University Immediate Care and as the Medical Director for Student and Employee Health for the University of Maryland, Baltimore. Dr. Baronas also completed a Fellowship in Sports Medicine at the University of Maryland and obtained his CAQ in Primary Care Sports Medicine. He serves as a Team Physician for the University of Maryland, College Park and specializes in urgent care, musculoskeletal medicine and concussion management.*



# MPSSAA News and Notes

## Non-School Teams

There are some significant MPSSAA bylaws and interpretations regarding out-of-season competition. In an effort to help schools, below are some explanations of the changes to interpretations made at the December 6, 2012 Board of Control meeting regarding non-school teams and team camps.

While the regulation prohibiting school teams from attending a camp remains in place, those restrictions do not extend to non-school teams. The key words are non-school teams. That means that a team attending a camp along with a member of a school coaching staff must be able to clearly demonstrate that there is no school affiliation what-so-ever. That includes but is not limited to funding, organizational meetings, uniforms, equipment, etc.

The following language was adopted by the Board of Control and should serve as a directive for those coaches wishing to be associated with non-school teams beginning after the last spring state championship game.

*Any paid or volunteer coach at a member school may coach a non-school team provided the team has no direct affiliation with the school. When coaching non-school teams, including returning school players on non-school teams, the following criteria shall be observed:*

- a. *The non-school team may not use a name directly connected with the school.*
- b. *The non-school team may not use school uniforms, equipment or funds.*
- c. *The non-school team may not use school facilities except as allowed by local school system guidelines.*
- d. *The non-school team must meet local school system standards of a non-school team.*
- e. *The number of returning school players on the non-school team is limited according to the following time-frame.*
  1. *From the start of the fall sports season as defined in Regulation .03, to the last state championship game of the spring season, the outside teams roster does not exceed 80% of the returning players of what would constitute a starting lineup in that sport OR a modified version thereof. i.e., 7-on-7 football, 3-on-3 basketball, indoor soccer, indoor lacrosse, etc.*
  2. *From the last state championship game of the spring season to the first day of fall practice, the outside team roster is unrestricted on the number of returning players.*

## NFHS Highlights Our "Respect The Game" Sportsmanship Initiative!

The NFHS recently highlighted our "Respect The Game" sportsmanship initiative online and in their print publication "High School Today" at <http://www.nfhs.org/articles/maryland-students-lead-the-way-to-sportsmanship/>. Go to [MPSSAA.org](http://MPSSAA.org) for links to the online story and access to more "Respect the Game" resources!

The ultimate indicator of the value of school athletic programs must be the level of citizenship displayed by those who participate. Hence, teaching and exhibiting good sportsmanship is the fundamental objective of our program. This is a great time of the year for every athletic program to take stock of what grade they would give themselves on each of the components of good sportsmanship.

The "Respect The Game" initiative offers a few key points as a reminder that everyone has a role to play in educationally-related athletics. The MPSSAA invites you to use the resources available in the link above in your efforts towards promoting good citizenship through sportsmanship. There can be no greater objective for us all!

### **Report Schedule and Results**

#### **Baseball (Wick Eisenberg):**

Email: [Baseball@CountySportsZone.com](mailto:Baseball@CountySportsZone.com)  
Text: 443-801-3404

#### **Lacrosse (Ed Waldman):**

Email:

[BoysLacrosse@CountySportsZone.com](mailto:BoysLacrosse@CountySportsZone.com)  
[GirlsLacrosse@CountySportsZone.com](mailto:GirlsLacrosse@CountySportsZone.com)  
Text: 443-756-7601

**IT IS VERY IMPORTANT FOR COACHES TO SAY IF  
IT'S A BOYS GAME OR A GIRLS GAME**

#### **Softball (Wick Eisenberg):**

Email: [Softball@CountySportsZone.com](mailto:Softball@CountySportsZone.com)  
Text: 443-801-3404

**Track and Field and Tennis Championships:**  
CSZ will be on-site to post results in real time.

If coaches have been sending CSZ scores during the regular season, they can continue to use the CSZ score text line — 443-279-4676

# Spring Coaches: What You Need To Know About Region and State Tournament Time

As schools conclude the regular season and begin Region and State Tournament play, a number of items will be required by schools as they progress through the tournament to ensure the smooth operation of the state tournament. The following is a general chronological checklist for coaches and athletic administrators to use as they advance through the tournament.

## Regular Season

- **Review Tournament Bulletin:** Make sure you have reviewed your state tournament bulletin. If for some reason you do not have a bulletin you may find a copy on the MPSSAA website on your sport specific page. Most frequently asked questions can be answered in the bulletin.
- **Contact Region Director:** Make sure you are in contact with your region director prior to the seeding meeting. It is the responsibility of the school to work with region director to accurately report schedules, results and records for the purpose of tournament seeding. Region directors can be found in the tournament bulletin and on each sport page of mpssaa.org.
- **Submit Season Win/Loss Record:** Prior to the draw date, contact your regional director with your schedule and results up to that point in the season. Region directors must verify and submit to the state committee director prior to the seeding meeting the records and winning percentage of each of their region's teams along with information regarding any ties between teams.

## Region Tournament

- **Seeding Day:** The MPSSAA will conduct the seeding for bracket positions for all spring sports via conference call with the each sport committee director. After the seedings are complete they will be posted on the County Sports Zone and MPSSAA websites within a couple hours of the meeting. Schools should identify their respective matchup and plan accordingly to setup all necessary logistics for their region games.

## Spring 2017 Seeding Meeting Dates

Boys Lacrosse - May 8  
Girls Lacrosse - May 8  
Softball - May 9  
Baseball - May 9

- **Reporting Scores:** At the conclusion of each region game, coaches should report scores to their region director and to County Sports Zone who will update the brackets accordingly. Failure to report scores and subsequent game information significantly hinders the ability of County Sports Zone to update brackets and share information in a timely fashion so that coaches and athletic administrators have time to schedule the logistics for the next round of contests. It also hampers the communication of information to spectators who may be interested in attending games and paying admission (where applicable).

- **Section Semifinal Winners Team Entry Form:** Schools that advance past their Section Semifinals have an obligation to complete the online **team entry form** for the MPSSAA. **The deadline for these submissions is 4 p.m. the day following their Section Final win.** Team entry forms allow the MPSSAA to have all of the necessary information for the state tournament. Accuracy is extremely important as this information will be duplicated for the printed roster flip-cards and the state tournament t-shirts.

## Spring 2017 Team Entry Form Dates

Boys Lacrosse - May 16  
Girls Lacrosse - May 16  
Softball - May 18  
Baseball - May 17

- **Region Champion:** Region champions will be awarded a team plaque and individual certificates to members of the team. At the conclusion of the region final game, winning schools shall contact their region director the score of the final game and any other information required for the State Tournament Director to contact the athletic director and coach with State Tournament information.

## State Tournament

- **Media Forms:** Schools competing at the State Semifinals need to fill out and bring copies of the Media Form located on the MPSSAA.org website on the respective sports page. These forms are important in providing accurate information to the various media personnel attending the State Semifinals and Finals who may or may not usually cover your school team during the season.
- **Roster Flipcards:** Official roster flipcards will be available at each State Tournament site for free and will be given to all State Semifinal participants. All information is based upon the team entry form, so accuracy and spelling on that form is of utmost importance.
- **State Tournament:** Schools advancing to the State Semifinals and Finals should refer to the respective MPSSAA bulletin for information. Each school will have an opportunity to compete for the state championship in their classification. Your seed (West-1, East-2, North-3 and South-4) and your opponent's seed will be used to determine whether you are the designated home or away team for both your Semifinal and Final matchups. Be safe and bring both sets of uniforms. Schools should encourage their fan base to check the MPSSAA "Fan Focus" for event information and direct them to purchase State Final tickets in advance online to avoid lines at the gate the day of the events. Online ticket info is available on MPSSAA.org.

# Important Dates To Remember

First Day of Fall Practice: August 9, 2017  
 First Play Date of Fall Season: September 1, 2017  
 First Day of Winter Practice: November 15, 2017

First Play Date of Winter Season: December 5, 2017  
 First Day of Spring Practice: March 1, 2018  
 First Play Date of Spring Season: March 21, 2018

## April 2017

Apr 26 .....Spring Sports Committee Meetings—Oregon Ridge Park.....9:30 a.m.

## May 2017

May 8 .....Boys and Girls Lacrosse Seeding Meeting .....TBA  
 May 9 .....Softball Seeding Meeting .....TBA  
 MAay 9.....Baseball Seeding Meeting .....TBA  
 May 10 .....**BOYS AND GIRLS LACROSSE** - Section Quarterfinals .....TBA  
 May 11 .....**SOFTBALL** - Section Quarterfinals .....TBA  
 May 11 .....**BASEBALL** - Section Quarterfinals.....TBA  
 May 12 .....**BOYS AND GIRLS LACROSSE** - Section Semifinals .....TBA  
 May 13 .....**BASEBALL** - Section Semifinals .....TBA  
 May 16 .....**SOFTBALL** - Section Semifinals .....TBA  
 May 15 .....**BOYS AND GIRLS LACROSSE** - Section Finals .....TBA  
 May 16 .....**BOYS LACROSSE TEAM ENTRY FORM DUE** .....4:00 p.m.  
 May 16 .....**GIRLS LACROSSE TEAM ENTRY FORM DUE** .....4:00 p.m.  
 May 16 .....**BASEBALL** - Section Finals.....TBA  
 May 17.....**BASEBALL TEAM ENTRY FORM DUE** .....4:00 p.m.  
 May 17 .....**SOFTBALL** - Section Finals .....TBA  
 May 17 .....**BOYS AND GIRLS LACROSSE** - Region Finals .....TBA  
 May 17-20.....**BOYS AND GIRLS TRACK AND FIELD** - Region Meets .....TBA  
 May 18 .....**SOFTBALL TEAM ENTRY FORM DUE** .....4:00 p.m.  
 May 19 .....**BASEBALL** - Region Finals .....TBA  
 May 19 .....**SOFTBALL** - Region Finals .....TBA  
 May 19 .....**BOYS AND GIRLS LACROSSE** - 4A/3A State Semifinals @ Gaithersburg HS .....TBA  
 May 19 .....**BOYS AND GIRLS LACROSSE** - 3A/2A State Semifinals @ Mt. Hebron HS .....TBA  
 May 19 .....**BOYS AND GIRLS LACROSSE** - 2A/1A State Semifinals @ Northeast-AA HS .....TBA  
 May 20 .....**BOYS AND GIRLS LACROSSE** - 4A/3A State Semifinals @ Gaithersburg HS .....TBA  
 May 20 .....**BOYS AND GIRLS LACROSSE** - 3A/2A State Semifinals @ Mt. Hebron HS .....TBA  
 May 20 .....**BOYS AND GIRLS LACROSSE** - 2A/1A State Semifinals @ Northeast-AA HS .....TBA  
 May 20 .....**TENNIS** - Tennis Region Tournament Completion Deadline.....TBA  
 May 21 .....Track and Field Committee State Meet Seeding Meeting - Westlake HS .....9:30 a.m.  
 May 22 .....**TENNIS** - Entry deadline .....12:00 p.m.  
 May 23 .....Tennis Committee State Tournament Seeding Meeting - Howard HS .....5:30 p.m.  
 May 23 .....**BASEBALL** - 4A State Semifinals @ Shirley Povich Field .....4:00 and 7:00 p.m.  
 May 23 .....**BASEBALL** - 3A State Semifinals @ Joe Cannon Stadium .....4:00 and 7:00 p.m.  
 May 23 .....**BASEBALL** - 2A State Semifinals @ Harford Community College .....4:00 and 7:00 p.m.  
 May 23 .....**BASEBALL** - 1A State Semifinals @ McCurdy Field.....4:00 and 7:00 p.m.  
 May 23 .....**SOFTBALL** - 1A, 2A, 3A, & 4A State Semifinals @ Bachman Park.....4:00 and 7:00 p.m.  
 May 23 .....**B&G LACROSSE** - 4A/3A, 3A/2A, and 2A/1A State Finals @ Stevenson University .....4, 6, 8:00 p.m.  
 May 24 .....**B&G LACROSSE** - 4A/3A, 3A/2A, and 2A/1A State Finals @ Stevenson University .....4, 6, 8:00 p.m.  
 May 25 .....**TRACK AND FIELD** - 1A and 2A State Championships @ Morgan State University .....4:00 p.m.  
 May 26 .....**BASEBALL** - 4A State Championships @ Ripken Stadium .....7:00 p.m.  
 May 26 .....**SOFTBALL** - 2 State Championships @ University of Maryland, College Park .....TBA  
 May 26 .....**TENNIS** - State Championships @ Wilde Lake Tennis Club, Columbia .....10:00 a.m.  
 May 26 .....**TRACK AND FIELD** - 3A and 4A State Championships @ Morgan State University .....4:00 p.m.  
 May 27.....**BASEBALL** - 1A, 2A, and 3A State Championships @ Ripken Stadium .....1, 4, and 7:00 p.m.  
 May 27.....**SOFTBALL** - 2 State Championships @ University of Maryland, College Park .....TBA  
 May 27 .....**TENNIS** - State Championships @ Wilde Lake Tennis Club, Columbia .....10:00 a.m.  
 May 27 .....**TRACK AND FIELD** - 1A, 2A, 3A and 4A State Championships @ Morgan State University .....11:00 a.m.





**REFUEL**  
**REBUILD**  
**REPLENISH**

**CHOCOLATE MILK IS PROUD TO BE THE OFFICIAL BEVERAGE OF THE MARYLAND PUBLIC SECONDARY SCHOOLS ATHLETIC ASSOCIATION.**



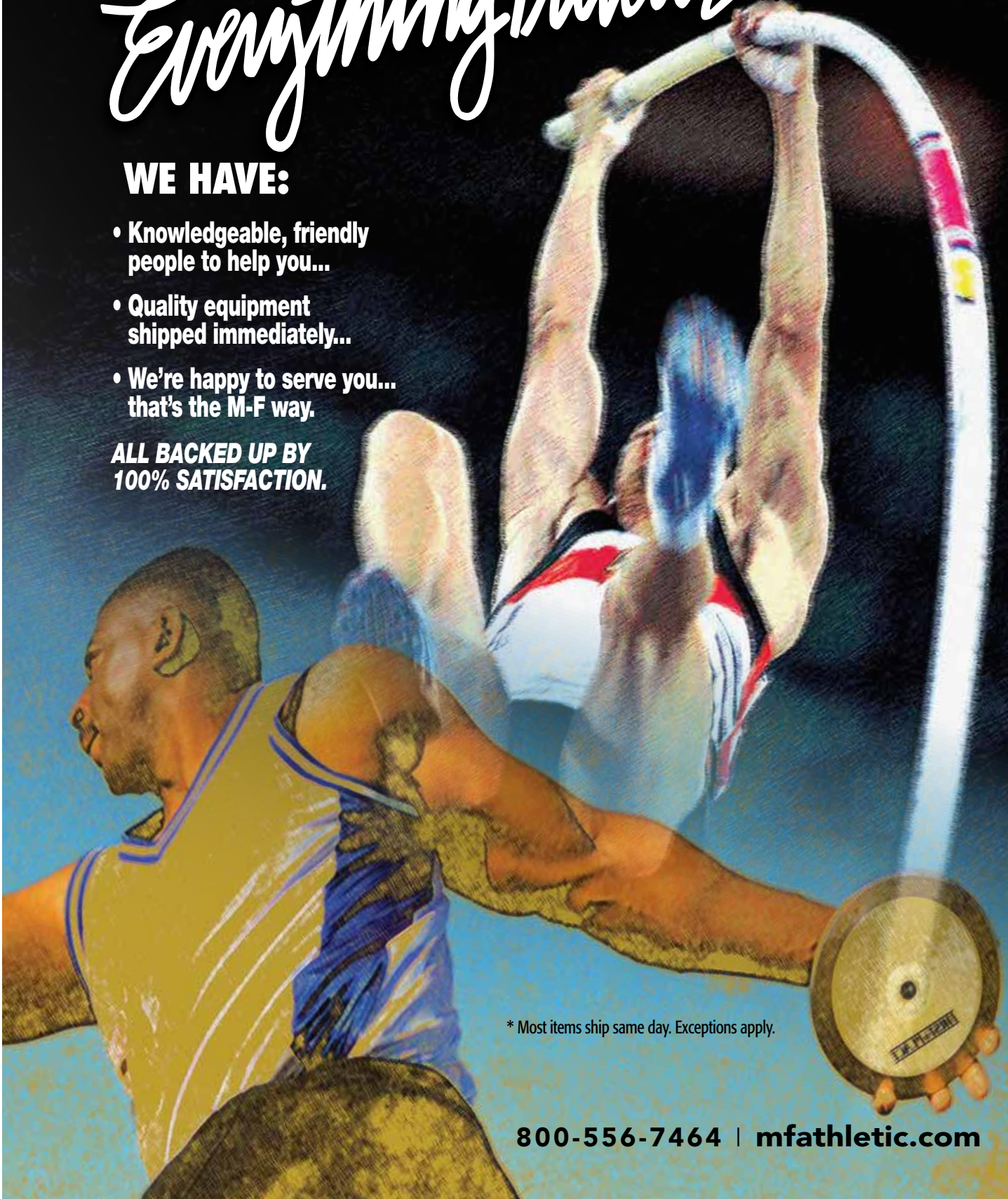


**WE ARE**  
*Everything Track & Field*

**WE HAVE:**

- Knowledgeable, friendly people to help you...
- Quality equipment shipped immediately...
- We're happy to serve you... that's the M-F way.

**ALL BACKED UP BY  
100% SATISFACTION.**



\* Most items ship same day. Exceptions apply.

**800-556-7464 | [mfathletic.com](http://mfathletic.com)**