



MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 8, 2014

Hereford High School

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 17, 2014, must have participated in a minimum of two varsity (**see MPSSAA handbook page 31 .03B regarding varsity 'A', varsity 'B' squads**) Cross Country races with the school's Cross Country team prior to October 26 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 25.
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.

2014 CROSS COUNTRY TIME LINE

	REGION MEETS	STATE MEETS
Aug 13First practice date		
Sep 5First play date	Oct 30.....Region Meets	Nov 8State Meets
Oct 20Application deadline for tournament qualifiers	Nov 2Organization meeting for state meets	
Oct 27Deadline for final region meet qualifiers		Dec 15.....Reimbursement request due

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 20, 2014. 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, October 27, 2014.
2. Schools will have until Monday, October 27, 2014 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 October 27. The entry system will close at 10 a.m. on October 27 and region meets will be set.

3. The Following online method for entry must be used. Please follow these directions for submitting entries.

- a. Go to <md.milesplit.com>, the site hosting the online entry process
- b. Log in to your coach account.
- c. Click on the Calendar tab and select the your Region Meet from the list of meets.
- d. On the Region Meet page, click on Enter Online Now.
- e. Check to make sure you are entering the correct region meet and then click on Enter School.
- f. Enter/confirm your contact info and select the gender(s) in which you wish to complete entries for and then click Enter Team.
- g. You are now able to enter athletes in events for the region meet.
- h. After completing entries, print a confirmation copy of your entries by clicking on the print confirmation link at the top of your entry summary. The coach must bring a copy of this entry confirmation to the region meet.

4. The state organization meeting for district representatives and region meet directors will be Sunday, November 2, at the BWI Courtyard Marriott. Meet directors are to bring Region Meet results in HyTek format to the meeting.

5. Advancement to the state meet

- a. The number of teams advancing to the state meet from each region shall be based on the total number of teams entered by the deadline onto the MPSSAA website with the minimum of five runners:

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 varsity Cross Country meets prior to and including October 27, 2014.

- (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 boy's 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.
6. Team and individual awards will be presented.
7. Regional Meet Sites

4A West High Point Farm October 30 (3:00 p.m.) ContactSeann Pelkey SchoolQuince Orchard Phone301-840-4599	4A North Dulaney HS October 30 (3:00 p.m.) ContactChad Boyle SchoolDulaney Phone410-887-7633	4A South Fort Washington October 30 (3:00 p.m.) ContactTerri Dendy SchoolNorthwestern-PG Phone917-604-1883	4A East Chaptico Park October 30 (3:00 p.m.) ContactJimmy Ball SchoolNorth Point Phone240-427-7972
3A West Watkins Mill HS October 30 (3:00 p.m.) ContactEric Da Silva SchoolAlbert Einstein Phone703-298-2912	3A North Jerusalem Mill Park October 30 (3:00 p.m.) ContactEd Faya SchoolTowson Phone410-887-3608	3A South Oak Ridge Park October 30 (3:00 p.m.) ContactRichard Williams SchoolLa Plata Phone301-753-1754	3A East Centennial HS October 30 (3:00 p.m.) ContactAl Dodds SchoolCentennial Phone410-313-2856
2A West Liberty HS October 30 (3:00 p.m.) ContactDanny Jones SchoolLiberty Phone443-744-9679	2A North Loch Raven October 30 (3:00 p.m.) ContactTBA SchoolTBA PhoneTBA	2A South Southern-AA HS October 30 (3:00 p.m.) ContactDoug Ellmore SchoolSouthern-AA Phone301-807-2193	2A East Fair Hill October 30 (3:00 p.m.) ContactTim Jadick SchoolElkton HS Phone570-466-0425
1A West Clear Spring October 30 (3:00 p.m.) Contact ..Jaime Mason Lego SchoolClear Spring Phone301-988-9377	1A North Pikesville HS October 30 (3:00 p.m.) ContactGerard Filosa SchoolPikesville Phone410-887-1217	1A South Herring Run Park October 30 (3:00 p.m.) ContactJerry Molyneaux SchoolNorthwestern Phone410-396-8374	1A East Cambridge-SD HS October 30 (3:00 p.m.) ContactSean Reincke SchoolCambridge-SD Phone443-205-5132
Email addresses for regional directors can be found on the cross country pages of mpssaa.org.			

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 2014 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. Within each classification, the top two teams will receive a team plaque and 12 individual plaques. The first 25 individual runners will receive medals.
3. 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
 2015 - November 14 2016 - November 12
 2017 - November 11

2014-2015 STATE CROSS COUNTRY COMMITTEE

		Office
DIRECTOR	Michael Sye	Baltimore County.....410-887-2328
DISTRICT 1	Terri Gibbons	Catoctin240-236-8145
DISTRICT 2	Seann Pelkey	Quince Orchard301-840-4599
DISTRICT 3	Terri Dendy	Northwestern.....301-985-1735
DISTRICT 4	T.J. Howell	Northern-Cal410-474-2044
	Jimmy Ball	North Point301-753-1759
DISTRICT 5	Josh Carroll	South River410-956-5600
	Matt Clever	Wilde Lake410-313-6965
DISTRICT 6	Chad Boyle.....	Dulaney410-887-7633
DISTRICT 7	Steve Pizzulli	Bohemia Manor.....410-885-2075
DISTRICT 8	Sean Reincke	Cambridge-SD410-228-9224
DISTRICT 9	Jerry Molyneaux	Northwestern.....410-396-8374
 RULES INTERPRETER 		
	Steve Smith	410-935-1219

Email addresses for committee members can be found on the cross country pages of mpssaa.org.

2014 ALIGNMENT FOR CROSS COUNTRY

CLASS 4A-WEST		CLASS 4A-NORTH		CLASS 4A-SOUTH		CLASS 4A-EAST	
1. Bethesda-CC	Mtg	1. Catonsville	B Co	1. Bladensburg	PG	1. Annapolis	AA
2. Churchill	Mtg	2. Dulaney	B Co	2. Bowie	PG	2. Arundel	AA
3. Clarksburg	Mtg	3. Kenwood	B Co	3. C H Flowers	PG	3. Broadneck	AA
4. Gaithersburg	Mtg	4. Perry Hall	B Co	4. Dr. Henry A Wise Jr	PG	4. Chesapeake	AA
5. Kennedy	Mtg	5. Mergenthaler	Balt	5. Duval	PG	5. Glen Burnie	AA
6. Magruder	Mtg	6. Southwestern	Balt	6. Eleanor Roosevelt	PG	6. Meade	AA
7. Montgomery Blair	Mtg	7. Western	Balt	7. High Point	PG	7. North County	AA
8. Northwest	Mtg	8. Howard	How	8. Laurel	PG	8. Old Mill	AA
9. Quince Orchard	Mtg	9. Blake	Mtg	9. Northwestern (PG)	PG	9. Severna Park	AA
10. Richard Montgomery	Mtg	10. Paint Branch	Mtg	10. Oxon Hill	PG	10. South River	AA
11. Walt Whitman	Mtg	11. Sherwood	Mtg	11. Parkdale	PG	11. North Point	Cha
12. Walter Johnson	Mtg	12. Springbrook	Mtg	12. Suitland	PG	12. Great Mills	StM
13. Wootton	Mtg					13. Leonardtown	StM
CLASS 3A-WEST		CLASS 3A-NORTH		CLASS 3A-SOUTH		CLASS 3A-EAST	
1. Frederick	Fre	1. Dundalk	B Co	1. Northeast (AA)	AA	1. City	Balt
2. Linganore	Fre	2. Franklin	B Co	2. Huntingtown	Cal	2. Digital Harbor	Balt
3. Thomas Johnson	Fre	3. Milford Mill Academy	B Co	3. Northern (Cal.)	Cal	3. Poly	Balt
4. Tuscarora	Fre	4. Parkville	B Co	4. La Plata	Cha	4. Atholton	How
5. Urbana	Fre	5. Patapsco	B Co	5. Lackey	Cha	5. Centennial	How
6. Damascus	Mtg	6. Towson	B Co	6. Thomas Stone	Cha	6. Glenelg	How
7. Einstein	Mtg	7. Woodlawn	B Co	7. Westlake	Cha	7. Long Reach	How
8. Northwood	Mtg	8. Westminster	Car	8. Chopticon	StM	8. Mt. Hebron	How
9. Rockville	Mtg	9. Aberdeen	Hfd	9. Crossland	PG	9. Reservoir	How
10. Seneca Valley	Mtg	10. Bel Air	Hfd	10. Potomac	PG	10. River Hill	How
11. Watkins Mill	Mtg	11. C. Milton Wright	Hfd	11. J. M. Bennett	Wic	11. Wilde Lake	How
12. Wheaton	Mtg	12. Edgewood	Hfd	12. Stephen Decatur	Wor		
13. North Hagerstown	Was	13. North Harford	Hfd				
14. South Hagerstown	Was						
CLASS 2A-WEST		CLASS 2A-NORTH		CLASS 2A-SOUTH		CLASS 2A-EAST	
1. Mountain Ridge	All	1. Chesapeake	B Co	1. Southern (AA)	AA	1. Fallston	Hfd
2. Century	Car	2. Eastern Technical	B Co	2. Calvert	Cal	2. Harford Tech	Hfd
3. Francis Scott Key	Car	3. Hereford	B Co	3. Patuxent	Cal	3. Patterson Mill	Hfd
4. Liberty	Car	4. Lansdowne	B Co	4. St. Charles	Cha	4. Elkton	Cec
5. South Carroll	Car	5. Loch Raven	B Co	5. Hammond	How	5. North East (Cecil)	Cec
6. Winters Mill	Car	6. Overlea	B Co	6. Marriotts Ridge	How	6. Rising Sun	Cec
7. Catoctin	Fre	7. Owings Mills	B Co	7. Oakland Mills	How	7. North Caroline	Cin
8. Middletown	Fre	8. Randallstown	B Co	8. Frederick Douglass	PG	8. Kent Island	Qa
9. Oakdale	Fre	9. Western STES	B Co	9. Friendly	PG	9. Queen Anne's	Qa
10. Walkersville	Fre	10. Carver Vo-Tech	Balt	10. Gwynn Park	PG	10. Easton	Tal
11. Poolesville	Mtg	11. Dunbar	Balt	11. Largo	PG	11. Parkside	Wic
12. Boonsboro	Was	12. Patterson	Balt			12. Wicomico	Wic
13. Williamsport	Was						
CLASS 1A-WEST		CLASS 1A-NORTH		CLASS 1A-SOUTH		CLASS 1A-EAST	
1. Allegany	All	1. Chesapeake Science Pt.	AA	1. ACCE	Balt	1. Bohemia Manor	Cec
2. Fort Hill	All	2. Carver A&T	B Co	2. Benjamin Franklin	Balt	2. Perryville	Cec
3. Manchester Valley	Car	3. New Town	B Co	3. Bluford Drew Jemison	Balt	3. Cambridge-SD	Dor
4. North Carroll	Car	4. Pikesville	B Co	4. Douglass	Balt	4. North Dorchester	Dor
5. Brunswick	Fre	5. Sparrows Point	B Co	5. Edmondson/Westside	Balt	5. Havre de Grace	Hfd
6. Southern (Gar.)	G	6. McDonough	Cha	6. FAST	Balt	6. Joppatowne	Hfd
7. Clear Spring	Was	7. Central	PG	7. Forest Park	Balt	7. Kent County	K
8. Hancock	Was	8. Croom Vocational	PG	8. Lake Clifton	Balt	8. Crisfield	Som
9. Smithsburg	Was	9. Fairmont Heights	PG	9. Maritime Academy	Balt	9. Washington	Som
		10. Forestville	PG	10. National Academy (NAF)	Balt	10. Mardela	Wic
		11. Surrattsville	PG	11. Northwestern	Balt	11. Pocomoke	Wor
		12. Tall Oaks	PG	12. Reginald Lewis	Balt	12. Snow Hill	Wor
				13. W.E.B. DuBois	Balt		

CROSS COUNTRY