



MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 9, 2013

TBA

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 18, 2013, must have participated in a minimum of two Cross Country races with the school's Cross Country team prior to October 27 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 26.
- 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.

2013 CROSS COUNTRY TIME LINE		
Aug 17First practice date	REGION MEETS	STATE MEETS
Sep 6First play date	Oct 31.....Region Meets	Nov 9State Meets
Oct 21Application deadline for tournament qualifiers	Nov 3Organization meeting for state meets	Dec 15.....Reimbursement request due
Oct 28Deadline 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 21, 2013 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, October 28, 2013.
2. Schools will have until Monday, October 28, 2013 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 28. The entry system will close at 10 a.m. on October 28 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 October 28, 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. 3.

5. Regional Meet Sites

<p>4A West High Point Farm October 31 (3:00 p.m.)</p> <p>ContactSeann Pelkey SchoolQuince Orchard Phone.....301-840-4599</p>	<p>4A North Dulaney HS October 31 (3:00 p.m.)</p> <p>ContactChad Boyle SchoolDulaney Phone410-887-7633</p>	<p>4A South Fort Washington October 31 (3:00 p.m.)</p> <p>ContactTerry Dendy School.....Northwestern-PG Phone.....917-604-1883</p>	<p>4A East North Point October 31 (3:00 p.m.)</p> <p>ContactJimmy Ball SchoolNorth Point Phone240-427-7972</p>
<p>3A West Watkins Mill HS October 31 (3:00 p.m.)</p> <p>Contact.....Eric Da Silva School.....Albert Einstein Phone.....301-840-4599</p>	<p>3A North Jerusalem Mill Park October 31 (3:00 p.m.)</p> <p>Contact.....Ed Faya School.....Towson Phone410-887-3608</p>	<p>3A South Oak Ridge Park October 31 (3:00 p.m.)</p> <p>ContactRichard Williams SchoolLa Plata Phone.....301-753-1754</p>	<p>3A East Centennial HS October 31 (3:00 p.m.)</p> <p>Contact.....Al Dodds SchoolCentennial Phone410-313-2856</p>
<p>2A West Liberty HS October 31 (3:00 p.m.)</p> <p>ContactDanny Jones SchoolLiberty Phone</p>	<p>2A North Loch Raven October 31 (3:00 p.m.)</p> <p>ContactDavid Glassman SchoolLoch Raven Phone.....410-887-3525</p>	<p>2A South Southern-AA HS October 31 (3:00 p.m.)</p> <p>ContactDoug Ellmore SchoolSouthern-AA Phone.....301-807-2193</p>	<p>2A East Fair Hill October 31 (3:00 p.m.)</p> <p>ContactTim Jadick School.....Elkton HS Phone.....570-466-0425</p>
<p>1A West Smithsburg October 31 (3:00 p.m.)</p> <p>Contact.....Ray Shriver SchoolSmithsburg Phone301-766-8337</p>	<p>1A North Pikesville HS October 31 (3:00 p.m.)</p> <p>ContactGerard Filosa SchoolPikesville Phone410-887-1217</p>	<p>1A South Herring Run Park October 31 (3:00 p.m.)</p> <p>Contact.....Jerry Molyneaux School.....Northwestern Phone410-396-8374</p>	<p>1A East Kent County HS October 31 (3:00 p.m.)</p> <p>ContactDennis Herrmann 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>			

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

7. 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 Cross Country meets prior to and including October 28, 2013.

- (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.
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 2013 meet will be held at TBA.
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
2014 - November 8 2015 - November 14
2016 - November 12

2013-2014 STATE CROSS COUNTRY COMMITTEE		
	Office	Other
DIRECTOR	Michael SyeBaltimore County.....410-887-2328	
DISTRICT 1	Terri GibbonsCatocin240-236-8145908-723-4347
DISTRICT 2	Seann PelkeyQuince Orchard301-840-4599301-367-2997
DISTRICT 3	Terri DendyNorthwestern.....301-985-1735917-604-1883
DISTRICT 4	T.J. HowellNorthern-Cal410-474-2044410-451-1593
	Jimmy BallNorth Point301-753-1754240-427-7972
DISTRICT 5	Josh CarrollSouth River410-956-5600410-533-4231
	Beth DeFrances.....Atholton410-313-7065443-326-3825
DISTRICT 6	Ed FayaTowson410-887-3608410-458-2014
DISTRICT 7	Steve PizzulliBohemia Manor.....410-885-2075610-842-4889
DISTRICT 8	Dennis HerrmannKent County.....410-778-4540410-490-6951
	Sean ReinckeCambridge-SD410-228-9224443-205-5132
DISTRICT 9	Jerry MolyneauxNorthwestern.....410-396-8374443-803-7552
RULES INTERPRETER		
	Steve Smith.....410-665-7157	

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

2013 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. J. M. Bennett	Wic	10. River Hill	How
11. Watkins Mill	Mtg	11. C. Milton Wright	Hfd	11. Stephen Decatur	Wor	11. Wilde Lake	How
12. Wheaton	Mtg	12. Edgewood	Hfd				
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. McDonough	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. Potomac	PG	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. Central	PG	6. FAST	Balt	6. Joppatowne	Hfd
7. Clear Spring	Was	7. Croom Vocational	PG	7. Forest Park	Balt	7. Kent County	K
8. Hancock	Was	8. Fairmont Heights	PG	8. Lake Clifton	Balt	8. Crisfield	Som
9. Smithsburg	Was	9. Forestville	PG	9. Maritime Academy	Balt	9. Washington	Som
		10. Surrattsville	PG	10. National Academy (NAF)	Balt	10. Mardela	Wic
		11. Tall Oaks	PG	11. Northwestern	Balt	11. Pocomoke	Wor
				12. Reginald Lewis	Balt	12. Snow Hill	Wor
				13. W.E.B. DuBois	Balt		

CROSS COUNTRY