



## MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 8, 2008  
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 10, 2008, 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.

2008 CROSS COUNTRY TIME LINE		
<p><b>Aug 16</b> ....First practice date</p> <p><b>Sep 5</b> .....First play date</p> <p><b>Oct 10</b> ....Application deadline for tournament qualifiers</p> <p><b>Oct 17</b> ....Determination of region meet qualifiers</p>	<p><b>REGION MEETS</b></p> <p><b>Oct 30</b>.....Region Meets</p> <p><b>Nov 2</b> .....Organization meeting for state meets</p>	<p><b>STATE MEETS</b></p> <p><b>Nov 8</b> .....State Meets</p> <p><b>Dec 15</b>.....Reimbursement request due</p>

### III. REGION MEET

#### A. Meet Organization

1. Any complete team that makes formal application by the established deadline of October 10, 2008, will be entered into the meet. Prior to establishment of entry positions October 17, an entered team may withdraw from the meet without penalty. Such request shall be by letter, signed by the school principal, and received by the region meet director by October 17.
2. The application for entry (found on the cross country page of MPSSAA.org) should be sent by certified mail (return receipt requested). It must be received by the Region Meet Director by October 10, 2008. The burden of proof is on the school. An application received after the above deadline must be accompanied by a check, payable to the MPSSAA, in the amount of \$100, or the entry is invalid. In no case will a team be entered into the Region Meet if the Region Director does not have the completed application and \$100 late fee (if applicable) in hand by noon on October 17.
  - a. The directions for completion are found on the entry application.
  - b. The completed entry application must be signed by the team coach, the athletic director, and the school principal.
  - c. The coach shall send the completed application to the Region Meet Director (page 17) and should retain a copy of the application and certified receipt.
  - d. Substitutions are allowed up to and including the Monday prior to the region meet.
3. The boys team and the girls team must be submitted on separate entry forms.
4. Sites

REGION	SITE	DATE	1ST RACE	CONTACT
4A West	....Watkins Mill HS.	....10/30	....3 p.m.	.....Beth Muehl, Northwest, 301-601-4674
4A North	....Dulaney HS	.....10/30	....3 p.m.	.....Chad Boyle, Dulaney, 410-887-7633
4A South	..Fort Washington	....10/30	....3 p.m.	.....Rich Andrulonis, Bowie, 301-805-2600 Dave Sellers, Parkdale, 301-513-5700 x284
4A East	.....Baybrook Park	.....10/30	....3 p.m.	.....Ed Harte, North County, 410-222-6970
3A West	....Watkins Mill HS.	....10/30	....3 p.m.	.....Beth Muehl, Northwest, 301-601-4674
3A North	....Genesee Valley	.....10/30	....3 p.m.	.....Ed Faya, Towson, 410-887-3608
3A South	..Oak Ridge Park	.....10/30	....3 p.m.	.....Rich Williams, La Plata, 301-753-1754
3A East	.....Centennial HS	.....10/30	....3 p.m.	.....Al Dodds, Centennial, 410-313-2856
2A West	....Middletown HS	.....10/30	....3 p.m.	.....Sharon & Don Boyer, Middletown, 301-371-7742
2A North	....Genesee Valley	.....10/30	....3 p.m.	.....Ed Faya, Towson, 410-887-3608
2A South	..Centennial HS	.....10/30	....3 p.m.	.....Matt Gitterman, Mount Hebron, 410-313-2880
2A East	.....Kent Island HS	.....10/30	....3 p.m.	.....Justin Holland, Kent Island, 410-604-2070
1A West	....Williamsport HS	....10/30	....3 p.m.	.....Randy Buchman, Williamsport, 301-766-8423
1A North	....Pikesville HS	.....10/30	....3 p.m.	.....Gerald Felosa, Pikesville, 410-887-1207
1A South	..South Carroll HS	....10/30	....3 p.m.	.....Rob Pennington, South Carroll, 410-751-3240
1A East	.....Kent County HS	....10/30	....3 p.m.	.....Dennis Herrmann, Kent County, 410-778-4540

5. The state organization meeting for district representatives and region meet directors will be Sunday, November 2, at the Holiday Inn, Laurel West. Meet directors are to bring Region Meet results in HyTek format to the meeting.

6. 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 17, 2008.
- (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.

d. When a team qualifies for advancement to the state meet, the team's coach shall officially declare a maximum of 10 runners for advancement by highlighting the numbers and names on the official entry form. If the declaration is not done with the region meet director at the conclusion of the region meet, the declaration must be hand-delivered to the organization meeting at the Holiday Inn, Laurel West on November 2 by 10 a.m.

7. Team and individual awards will be presented.

**IV. STATE MEET**

A. Meet Organization

- 1. The 2008 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	

B. 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.

C. 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 medals. 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.

<b>PROJECTED MPSSAA CROSS COUNTRY CHAMPIONSHIP DATES</b>	
<b>2009 - November 14</b>	<b>2010 - November 13</b>
<b>2011 - November 12</b>	

## 2008-2009 STATE CROSS COUNTRY COMMITTEE

### Office

<b>DIRECTOR</b>	Stephen Hays .....Walt Whitman .....	301-320-6589
<b>DISTRICT 1</b>	Ray Shriver .....Smithsburg .....	301-766-8337
<b>DISTRICT 2</b>	Beth Muehl .....Northwest .....	301-601-4674
<b>DISTRICT 3</b>	Ed Bowie .....Central-PG.....	301-499-7080x126
<b>DISTRICT 4</b>	Justin Koch .....Huntingtown .....	410-415-7036
<b>DISTRICT 5</b>	Nigel Holder .....Meade.....	410-674-7710
	Charles Shoemaker .....Wilde Lake .....	410-313-6965
<b>DISTRICT 6</b>	Ed Faya .....Towson .....	410-887-3608
<b>DISTRICT 7</b>	Don Mickey.....C. Milton Wright .....	410-638-4110
<b>DISTRICT 8</b>	Dennis Herrmann.....Kent County .....	410-778-4540
	Pat Russo .....Stephen Decatur .....	410-641-2207
<b>DISTRICT 9</b>	Jerry Molyneaux .....Western-B .....	410-396-7040

### STATE MEET DIRECTOR

Mike Kalisz .....Hereford .....410-887-1910

### RULES INTERPRETER

Steve Smith .....410-887-4266 x478

CROSS COUNTRY

## 2008 Region Meet Directors

4A WEST	4A NORTH	4A SOUTH	4A EAST
Beth Muehl Northwest HS 13501 Richter Farm Rd Germantown MD 20874	Chad Boyle Dulaney HS 255 Padonia Rd Timonium MD 21093	Rich Andrulonis Bowie HS 15200 Annapolis Rd Bowie MD 20715	Ed Harte North County HS 10 East First Ave Glen Burnie MD 21061

3A WEST	3A NORTH	3A SOUTH	3A EAST
Beth Muehl Northwest HS 13501 Richter Farm Rd Germantown MD 20874	Ed Faya Towson HS 69 Cedar Ave Towson MD 21286	Richard Williams La Plata HS 6035 Radio Station Rd La Plata MD 20646	Al Dodds Centennial HS 4300 Centennial Ln Ellicott City MD 21042

2A WEST	2A NORTH	2A SOUTH	2A EAST
Don Boyer Middletown HS 200 Schoolhouse Dr Middletown MD 21769	Ed Faya Towson HS 69 Cedar Ave Towson MD 21286	Matt Gitterman Mount Hebron HS 9440 Route 90 Ellicott City MD 21042	Justin Holland Kent Island HS 900 Love Point Rd. Stevensville MD 21666

1A WEST	1A NORTH	1A SOUTH	1A EAST
Randy Bucman Williamsport High School 5 S. Clifton Dr. Williamsport MD 21795	Gerald Felosa Pikesville High School 7621 Labyrinth Rd Baltimore MD 21208	Rob Pennington South Carroll HS 1300 West Old Liberty Rd Sykesville MD 21748	Dennis Herrmann Kent County High School 25301 Lambs Meadow Rd Worton MD 21678

## 2008 MPSSAA CROSS COUNTRY ENTRY APPLICATION

**DEADLINE FOR COMPLETED APPLICATION IS OCTOBER 10.** An application received after the deadline must be accompanied by a check for \$100.00, payable to the MPSSAA, or the entry will be invalid. **IN NO CASE WILL A TEAM BE ENTERED INTO A REGION MEET IF THE REGION MEET DIRECTOR DOES NOT HAVE THE COMPLETED APPLICATION AND \$100 LATE FEE (if applicable), IN HAND BY NOON ON OCTOBER 17.**

1. Type or print all information AND make a copy for your records.
2. List NO MORE THAN 14 runners. (Only seven of these will compete). Only the top 10 will be assigned numbers.
3. Substitutions are allowed up to and including the Monday prior to the Region Meet.
4. Send completed application form to YOUR REGION MEET DIRECTOR (page 17) by October 10.
5. IN ORDER TO ADVANCE TO THE STATE MEET AFTER A TEAM OR INDIVIDUAL HAS QUALIFIED IN THE REGION MEET, it is the coach's responsibility to meet with the Region Meet Director and declare up to 10 runners from a qualifying team or any individual qualifiers for OFFICIAL ENTRY into the STATE MEET. Indicate team runners or individuals by **HIGHLIGHTING THE NAME, NUMBER, AND GRADE.** Of the team declared, only seven may run in the STATE MEET.
6. The Region Meet Director and District representatives will bring region meet results and official entry forms to the MPSSAA organization meeting held at the Holiday Inn Laurel West on Sunday, November 2, at 10 a.m.

SCHOOL \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_  
 COUNTY/CITY \_\_\_\_\_ CLASSIFICATION \_\_\_\_\_ REGION \_\_\_\_\_  
 PRINCIPAL \_\_\_\_\_ HEAD COACH \_\_\_\_\_  
 ATHLETIC DIRECTOR \_\_\_\_\_ COACH'S PHONE (W) - \_\_\_\_\_ (H) - \_\_\_\_\_  
 A.D. PHONE (W) - \_\_\_\_\_ (H) - \_\_\_\_\_ COACH'S E-MAIL \_\_\_\_\_

Alternates may be included in the final 10 athletes qualifying for the State Meet.  
 Notify Meet Director prior to the start of the race if an alternate is competing in the Region Meet.

### TYPE ROSTER BELOW

	LAST NAME	FIRST NAME	GR 9-10-11-12
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
Alt 1.			
Alt 2.			
Alt 3.			
Alt 4.			

By signature (ALL THREE SIGNATURES ARE REQUIRED), I hereby submit this application for participation in the region Cross Country Meet. I certify this form to be properly completed and further certify our acceptance of the regulations governing the tournament.

COACH'S  
 SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 ATHLETIC DIRECTOR'S  
 SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 PRINCIPAL'S  
 SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_