



## MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 14, 2009  
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 16, 2009, must have participated in a minimum of two Cross Country races with the school's Cross Country team prior to November 5 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 November 5.
  - 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.

2009 CROSS COUNTRY TIME LINE		
Aug 15 ....First practice date	<b>REGION MEETS</b>	<b>STATE MEETS</b>
Sep 4 .....First play date	Nov 5 .....Region Meets	Nov 14 .....State Meets
Oct 16 ....Application deadline for tournament qualifiers	Nov 8 .....Organization meeting for state meets	Dec 15.....Reimbursement request due
Nov 2 .....Deadline for final region meet qualifiers		

### III. REGION MEET

#### A. Meet Organization

1. Any complete team that makes formal application by the established deadline of October 16, 2009, will be entered into the meet. Prior to final rosters on November 2, 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 November 2.
2. The MPSSAA will be using an online entry system through its' website, mpssaa.org. Directions for the online entry process and formal application will be available on mpssaa.org and sent to schools once the system is in place.

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.	....11/5	.....3 p.m.	.....Beth Muehl, Walter Johnson, 301-803-7100
4A North	....Dulaney HS	.....11/5	.....3 p.m.	.....Chad Boyle, Dulaney, 410-887-7633
4A South	..Fort Washington	....11/5	.....3 p.m.	.....Rich Andrulonis, Bowie, 301-805-2600 Dave Sellers, Parkdale, 301-513-5700 x284
4A East	.....Baybrook Park	.....11/5	.....3 p.m.	.....Ed Harte, North County, 410-222-6970
3A West	....Watkins Mill HS.	....11/5	.....3 p.m.	.....Beth Muehl, Walter Johnson, 301-803-7100
3A North	....Genesee Valley	.....11/5	.....3 p.m.	.....Ed Faya, Towson, 410-887-3608
3A South	..Oak Ridge Park	.....11/5	.....3 p.m.	.....Rich Williams, La Plata, 301-753-1754
3A East	.....Centennial HS	.....11/5	.....3 p.m.	.....Al Dodds, Centennial, 410-313-2856
2A West	....Middletown HS	.....11/5	.....3 p.m.	.....Sharon & Don Boyer, Middletown, 301-371-7742
2A North	....Genesee Valley	.....11/5	.....3 p.m.	.....Ed Faya, Towson, 410-887-3608
2A South	..Centennial HS	.....11/5	.....3 p.m.	.....Rob Slopek, Burleigh Manor, 410-313-2507
2A East	.....Kent Island HS	.....11/5	.....3 p.m.	.....Justin Holland, Kent Island, 410-604-2070
1A West	....Williamsport HS	....11/5	.....3 p.m.	.....Randy Buchman, Williamsport, 301-766-8423
1A North	....Pikesville HS	.....11/5	.....3 p.m.	.....Gerard Felosa, Pikesville, 410-887-1217
1A South	..Herring Run Park	..11/5	.....3 p.m.	.....Jerry Molyneaux, Northwestern, 410-396-8374
1A East	.....Kent County HS	....11/5	.....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 8, 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 23, 2009.
  - (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 8 by 10 a.m. **Entries will be posted on mpssaa.org on the Monday following the seeding meeting as coaches should verify their entries. Please contact your region meet director with corrections.**
7. Team and individual awards will be presented.

#### IV. STATE MEET

##### A. Meet Organization

1. The 2009 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. **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	
2010 - November 13	2011 - November 12
2012 - November 10	

## 2009-2010 STATE CROSS COUNTRY COMMITTEE

	Office	Home
<b>DIRECTOR</b>	Stephen Hays .....Walt Whitman .....	301-320-6589 .....301-209-1859
<b>DISTRICT 1</b>	Nick Snider .....Thomas Johnson .....	240-236-8333
<b>DISTRICT 2</b>	Beth Muehl .....Walter Johnson (Northwest) .....	301-803-7100 .....301-540-3990
<b>DISTRICT 3</b>	Ed Bowie .....Central-PG .....	301-499-7080x126 .....301-899-9446
<b>DISTRICT 4</b>	Justin Koch .....Huntingtown .....	410-414-7036 .....410-286-8064
<b>DISTRICT 5</b>	Josh Carroll .....South River .....	410-956-5600
	Charles Shoemaker .....Wilde Lake .....	410-313-6965 .....410-964-0345
<b>DISTRICT 6</b>	Ed Faya .....Towson .....	410-887-3608 .....410-569-3644
<b>DISTRICT 7</b>	Don Mickey .....C. Milton Wright.....	410-638-4110 .....410-399-2226
<b>DISTRICT 8</b>	Dennis Herrmann .....Kent County.....	410-778-4540 .....410-639-2825
	Pat Russo.....Stephen Decatur.....	410-641-2207
<b>DISTRICT 9</b>	Jerry Molyneaux .....Northwestern.....	410-396-8374 .....410-298-5116
<b>STATE MEET DIRECTOR</b>		
	Mike Kalisz.....Hereford .....	410-887-1910
<b>RULES INTERPRETER</b>		
	Steve Smith .....	410-887-4266 x478

CROSS COUNTRY

## 2009 Region Meet Directors

4A WEST	4A NORTH	4A SOUTH	4A EAST
Beth Muehl Walter Johnson HS 6400 Rock Spring Drive Bethesda, MD 20814	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	Rob Slopek Burleigh Manor MS 4200 Centennial Ln 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 Buchman Williamsport High School 5 S. Clifton Dr. Williamsport MD 21795	Gerard Felosa Pikesville High School 7621 Labyrinth Rd Baltimore MD 21208	Jerry Molyneaux Northwestern HS 6900 Park Heights Ave. Baltimore 21215	Dennis Herrmann Kent County High School 25301 Lambs Meadow Rd Worton MD 21678