

Cross Country Bulletin

STATE CHAMPIONSHIPS – NOVEMBER 8, 2025 – HEREFORD HIGH SCHOOL

DATE	EVENT	DATE	EVENT
August 13	First Practice Date	October 30	Region Meets
September 5	First Play Date	November 2	State Meet Organizational Meeting
October 20	Deadline for Region Meet Entry	November 8	State Championship Meets
October 27	Deadline for Final Region Meet Qualifiers		

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. Unless specifically stated, all rules and regulations stipulated in the NFHS Cross Country Rule Book will be followed.
- 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. All participants, coaches, officials, administrators, spectators, and any other individual present at any interscholastic athletic practice or competition must adhere to the local educational agency policies pertaining to health and safety policies.

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 20, 2025.
 - 2. 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.
 - 3. 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 MALE runner to score must finish within 30 minutes of the start of the race and any FEMALE runner to score must finish within 33 minutes of the start of the race.
 - 4. The maximum team roster is twelve. The twelve athletes as of the entry deadline (10 a.m. on 10/27) shall be the twelve athletes available to run in the region and state meets. Substitutions are NOT permitted.
- B. Playing Rules
 - 1. National Federation rules will apply.
 - 2. All contestants will run a course between three miles and 5,000 meters.

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 20th. 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 27th.

2. Schools will have until Monday, October 27th 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 27th. The entry system will close at 10 a.m. on October 27th and region meets will be set.
3. The following online method for entry must be used for regional entries. Please follow these directions for submitting entries.
 - (a.) Go to <www.athletic.net>, the site hosting the online entry process.
 - (b.) Log in to your coach account.
 - (c.) Your region meet should appear on your team’s season calendar. Select the meet and then click the “Register Athletes” button.
 - (d.) You may choose to complete entries “by event” or “by athlete”
 - (e.) Enter/confirm your contact info and select the gender(s) in which you wish to complete entries for and then click Enter Team.
 - (f.) You are now able to enter athletes in events for the region meet.
 - (g.) 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.
 - (h.) If you enter a time other than what is in the Athletic.net database, you must provide the name and date of the meet in the entry comments.
 - (i.) Detailed entry instructions can be found at <https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet>.
 - (j.) Additional help topics can be found at <https://support.athletic.net/category/ipfmxavxq2-team-management>.
4. The state organizational meeting for district representatives and region meet directors will be Sunday, November 2nd, at Catonsville Community College starting at 9:00 a.m. Meet directors are to bring Region Meet results in HyTek format to the meeting.
5. Competitors that are entered into, compete in, and qualify from their region meet are expected to participate in their State Championship Meet or be subject to “misconduct detrimental to the tournament” and its’ penalties as found in the MPSSAA Handbook.
6. 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 that start the race with a minimum of five runners.

Region Meet Teams	Teams Advancing	Region Meet Teams	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

- i. Complete teams will consist of a minimum of five runners and a maximum of seven runners who are on the active roster of the school team as of October 20th.
- ii. Official entry application must be submitted by the established deadline.
- iii. Boys and girls will be counted separately.

- iv. First year schools may compete.
 - v. 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: A minimum of 15 runners or 25 percent (rounded up to the nearest whole number) of the total number of competitors who start the race.
- (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 boys 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.
7. Team and individual awards will be presented.

IV. STATE MEET

A. Meet Entries

1. The State Entry will come from the region 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 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 Region Meet. Each coach should verify his/her own entries. Please contact your region meet director with corrections.

B. Meet Organization

1. The 2025 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/corral, 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.

TIME	EVENT	TIME	EVENT
8:30 a.m.	1 st walk of course	12:30 p.m.	2 nd walk of course
8:35 a.m.	Coaches’ Meeting (Class 3A & 4A)	12:45 p.m.	Coaches’ Meeting (Class 1A & 2A)
9:00 a.m.	Meeting for Officials	1:30 p.m.	Class 1A Boys
10:00 a.m.	Class 3A Boys	2:00 p.m.	Class 2A Boys
10:30 a.m.	Class 4A Boys	2:30 p.m.	Class 1A Girls
11:00 a.m.	Class 3A Girls	3:05 p.m.	Class 2A Girls
11:35 p.m.	Class 4A Girls	3:35 p.m.	Class 1A & 2A Awards
12:05 p.m.	Classes 3A & 4A 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 MALE runner will have a maximum of 30 minutes to complete the race and any FEMALE runner will have a maximum of 33 minutes to complete the race to score.
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 14 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.

Class	Date and Time	Region Meet Site	Regional Meet Director
Class 4A West	October 30 (2:30 p.m.)	Lakelands Park	Seann Pelkey
Class 4A North	October 30 (2:30 p.m.)	Baltimore Co. Agricultural Center	Eric Benjamin
Class 4A South	October 30 (2:30 p.m.)	Fort Washington	Kenneth Washington
Class 4A East	October 30 (2:30 p.m.)	Oakridge Park	Jimmy Ball
Class 3A West	October 30 (2:30 p.m.)	Magruder Ag Park	AJ Trulock
Class 3A North	October 30 (2:30 p.m.)	Baltimore Co. Agricultural Center	Gil Stange
Class 3A South	October 30 (2:30 p.m.)	River Hill HS	Kevin McCoy, Centennial HS
Class 3A East	October 30 (2:30 p.m.)	Chesapeake-AA HS	Kristi Starr
Class 2A West	October 30 (2:30 p.m.)	River Hill HS	Chad Boothe, River Hill HS
Class 2A North	October 30 (2:30 p.m.)	Randallstown HS	Adam Hittner
Class 2A South	October 30 (2:30 p.m.)	Oak Ridge Park	Pam Thorton-Miller
Class 2A East	October 30 (2:30 p.m.)	Cambridge-South Dorchester	Dr. Lois Narr
Class 1A West	October 30 (2:30 p.m.)	TBD	Jaime Mason-Lego
Class 1A North	October 30 (2:30 p.m.)	Herring Run Park	Joseph Edwards
Class 1A South	October 30 (2:30 p.m.)	TBD	TBD
Class 1A East	October 30 (2:30 p.m.)	TBD	TBD

Additional information can be found on the Cross Country State Championship Central page at www.mpssaa.org

Projected MPSSAA Cross Country Championship Dates					
2026	November 14	2027	November 13	2028	November 11

STATE CROSS COUNTRY COMMITTEE AND REGIONAL MEET DIRECTORS ARE LISTED ON MPSSAA.ORG

2025 Cross Country Classification Alignment

Class 4A West			Class 4A North			Class 4A South			Class 4A East		
1.	Bethesda-CC	Mtg	1.	Mergenthaler	Balt	1.	Albert Einstein	Mtg	1.	Annapolis	AA
2.	Clarksburg	Mtg	2.	Western	Balt	2.	Montgomery Blair	Mtg	2.	Broadneck	AA
3.	Gaithersburg	Mtg	3.	Dulaney	B Co	3.	Paint Branch	Mtg	3.	Crofton	AA
4.	James Hubert Blake	Mtg	4.	Dundalk	B Co	4.	Springbrook	Mtg	4.	Glen Burnie	AA
5.	John F. Kennedy	Mtg	5.	Kenwood	B Co	5.	Bladensburg	PG	5.	Meade	AA
6.	Northwest	Mtg	6.	Parkville	B Co	6.	Duval	PG	6.	North County	AA
7.	Quince Orchard	Mtg	7.	Perry Hall	B Co	7.	Eleanor Roosevelt	PG	7.	Severn Run	AA
8.	Richard Montgomery	Mtg	8.	Woodlawn	B Co	8.	High Point	PG	8.	North Point	Cha
9.	Seneca Valley	Mtg	9.	Gov. T. Johnson	Fre	9.	Laurel	PG	9.	Bowie	PG
10.	Walt Whitman	Mtg	10.	Urbana	Fre	10.	Northwestern	PG	10.	Charles H. Flowers	PG
11.	Walter Johnson	Mtg	11.	South Hagerstown	Was	11.	Parkdale	PG	11.	Dr. Henry A. Wise	PG
12.	Wheaton	Mtg				12.	Suitland	PG	12.	Leonardtown	StM
13.	Winston Churchill	Mtg									

Class 3A West			Class 3A North			Class 3A South			Class 3A East		
1.	Frederick	Fre	1.	Baltimore City College	Balt	1.	Aberdeen	Har	1.	Arundel	AA
2.	Linganore	Fre	2.	Baltimore Poly. Inst.	Balt	2.	Edgewood	Har	2.	Chesapeake	AA
3.	Oakdale	Fre	3.	Digital Harbor	Balt	3.	Atholton	How	3.	Northeast	AA
4.	Tuscarora	Fre	4.	Patterson	Balt	4.	Centennial	How	4.	Old Mill	AA
5.	Col. Zadok Magruder	Mtg	5.	Catonsville	B Co	5.	Guilford Park	How	5.	Severna Park	AA
6.	Damascus	Mtg	6.	Franklin	B Co	6.	Howard	How	6.	South River	AA
7.	Northwood	Mtg	7.	Milford Mill Academy	B Co	7.	Marriotts Ridge	How	7.	Northern	Cal
8.	Rockville	Mtg	8.	New Town	B Co	8.	Oakland Mills	How	8.	St. Charles	Cha
9.	Sherwood	Mtg	9.	Overlea	B Co	9.	Reservoir	How	9.	Chopticon	StM
10.	Thomas S. Wootton	Mtg	10.	Patapsco	B Co	10.	Largo	PG	10.	Great Mills	StM
11.	Watkins Mill	Mtg	11.	Towson	B Co	11.	Oxon Hill	PG	11.	James M. Bennett	Wic
12.	North Hagerstown	Was	12.	Westminster	Car	12.	Potomac	PG	12.	Stephen Decatur	Wor

Class 2A West			Class 2A North			Class 2A South			Class 2A East		
1.	Century	Car	1.	Carver Vo-Tech	Balt	1.	Southern	AA	1.	Elkton	Cec
2.	Manchester Valley	Car	2.	Forest Park	Balt	2.	Calvert	Cal	2.	North East	Cec
3.	Winters Mill	Car	3.	Paul Laurence Dunbar	Balt	3.	Huntingtown	Cal	3.	Rising Sun	Cec
4.	Middletown	Fre	4.	Chesapeake	B Co	4.	La Plata	Cha	4.	North Caroline	Cin
5.	Walkersville	Fre	5.	Eastern Tech	B Co	5.	McDonough	Cha	5.	Bel Air	Har
6.	Glenelg	How	6.	Hereford	B Co	6.	Thomas Stone	Cha	6.	C. Milton Wright	Har
7.	Hammond	How	7.	Lansdowne	B Co	7.	Westlake	Cha	7.	North Harford	Har
8.	Long Reach	How	8.	Owings Mills	B Co	8.	Crossland	PG	8.	Kent Island	QA
9.	Mount Hebron	How	9.	Randallstown	B Co	9.	Fairmont Heights	PG	9.	Queen Anne's	QA
10.	River Hill	How	10.	Sparrows Point	B Co	10.	Frederick Douglass	PG	10.	Easton	Tal
11.	Wilde Lake	How				11.	Friendly	PG	11.	Parkside	Wic
12.	Poolesville	Mtg				12.	Gwynn Park	PG	12.	Wicomico	Wic
13.	Williamsport	Was				13.	Surrattsville	PG			

Class 1A West			Class 1A North			Class 1A South			Class 1A East		
1.	Allegany	All	1.	ACCE	Balt	1.	Carver A&T	B Co	1.	Colonel Richardson	Cin
2.	Fort Hill	All	2.	Benjamin Franklin	Balt	2.	Loch Raven	B Co	2.	Cambridge-SD	Dor
3.	Mountain Ridge	All	3.	Coppin Academy	Balt	3.	Pikesville	B Co	3.	North Dorchester	Dor
4.	Brunswick	Fre	4.	Edmondson-Westside	Balt	4.	Western Tech	B Co	4.	Kent County	K
5.	Catoctin	Fre	5.	Frederick Douglass	Balt	5.	Patuxent	Cal	5.	Central	PG
6.	Monocacy Valley	Fre	6.	Lake Clifton	Balt	6.	Bohemia Manor	Cec	6.	College Park Acad.	PG
7.	Northern	Gar	7.	National Academy Foundation	Balt	7.	Perryville	Cec	7.	Int. HS Langley Park	PG
8.	Southern	Gar	8.	Southwestern	Balt	8.	Henry E. Lackey	Cha	8.	Int. HS Largo	PG
9.	Boonsboro	Was	9.	Francis Scott Key	Car	9.	Fallston	Har	9.	Crisfield	Som
10.	Clear Spring	Was	10.	Liberty	Car	10.	Harford Tech	Har	10.	Washington	Som
11.	Smithsburg	Was	11.	South Carroll	Car	11.	Havre de Grace	Har	11.	Mardela	Wic
			12.	SEED School	MD	12.	Joppatowne	Har	12.	Pocomoke	Wor
						13.	Patterson Mill	Har	13.	Snow Hill	Wor