



**MPSSAA CROSS COUNTRY BULLETIN**

State Championships - November 10, 2018

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. 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.

**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, 2018 and must have **verifiable participation** in a minimum of two Varsity Cross Country races with the school's Cross Country team (see MPSSAA handbook page 31 .03B regarding Varsity 'A', Varsity 'B' squads) prior to October 29th 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 20th.
- 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 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.**
- 5. The maximum team roster is twelve. The twelve athletes as of the entry deadline (10 a.m. on 10/29) 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.

2018 CROSS COUNTRY TIME LINE		
	REGION MEETS	STATE MEETS
Aug. 8.....First practice date		
Aug. 31....First play date		
Oct. 22 ....Application deadline for Region Meet entry	Nov. 1 .....Region Meets	Nov. 10 .....State Meets
Oct. 29 ....Deadline for final Re- gion Meet qualifiers	Nov. 4 .....Organization meeting for state meets	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 22nd. 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 29th.
2. Schools will have until Monday, October 29th 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 29th. The entry system will close at 10 a.m. on October 29th 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 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 a maximum of twelve athletes **on the roster** for the region meet. **From that roster of twelve, coaches may declare any seven to run in the 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 organizational meeting for district representatives and region meet directors will be Sunday, November 4th, at **Howard HS** starting at 9:00 a.m. 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 29th.

- (2) Official entry application must be submitted by the established deadline.
- (3) Boys and girls will be counted separately.
- (4) First year schools 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 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.
6. Team and individual awards will be presented.
7. Region Meet Sites:

<b>4A West</b> <b>Watkins Mill HS</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Eric DaSilva <b>School</b> .....Watkins Mill <b>Phone</b> .....703-298-2912	<b>4A North</b> <b>MD Agric. Ctr. - Hunt Valley</b> <b>November 2 (2:30 p.m.)</b>  <b>Contact</b> .....Chad Boyle <b>School</b> .....Dulaney <b>Phone</b> .....443-809-7633	<b>4A South</b> <b>Fort Washington</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Terri Dendy <b>School</b> .....Northwestern-PG <b>Phone</b> .....917-604-1883	<b>4A East</b> <b>Arundel HS</b> <b>November 1 (3:00 p.m.)</b>  <b>Contact</b> .....Brianna Bostic <b>School</b> .....Broadneck <b>Phone</b> .....410-294-2369
<b>3A West</b> <b>Watkins Mill HS</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Bryant Adams <b>School</b> .....Watkins Mill <b>Phone</b> .....301-524-9633	<b>3A North</b> <b>MD Agric. Ctr. - Hunt Valley</b> <b>November 2 (2:30 p.m.)</b>  <b>Contact</b> .....Gil Stange <b>School</b> .....Towson <b>Phone</b> .....410-887-3608	<b>3A South</b> <b>Oak Ridge Park</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Josh Dawson <b>School</b> .....Northern-Calvert <b>Phone</b> .....443-350-2926	<b>3A East</b> <b>Centennial HS</b> <b>November 1 (3:00 p.m.)</b>  <b>Contact</b> .....Al Dodds <b>School</b> .....Centennial <b>Phone</b> .....410-313-2856
<b>2A West</b> <b>Liberty HS</b> <b>November 1 (3:00 p.m.)</b>  <b>Contact</b> .....Danny Jones <b>School</b> .....Liberty <b>Phone</b> .....443-744-9679	<b>2A North</b> <b>Pikesville HS</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Adam Hittner <b>School</b> .....Hereford <b>Phone</b> .....443-809-1950	<b>2A South</b> <b>Oak Ridge Park</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Butch Landis <b>School</b> .....Thomas Stone <b>Phone</b> .....301-643-8821	<b>2A East</b> <b>Cambridge-SD</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Sean Reincke <b>School</b> .....Cambridge-SD <b>Phone</b> .....443-205-5132
<b>1A West</b> <b>Allegany College of MD</b> <b>November 1 (3:00 p.m.)</b>  <b>Contact</b> .....Chris Biser <b>School</b> .....Allegany <b>Phone</b> .....304-704-8025	<b>1A North</b> <b>Pikesville HS</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Greg Hrinda <b>School</b> .....Pikesville <b>Phone</b> .....814-882-7669	<b>1A South</b> <b>Fort Washington</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Terri Dendy <b>School</b> .....Northwestern-PG <b>Phone</b> .....917-604-1883	<b>1A East</b> <b>Cambridge-SD</b> <b>November 1 (2:30 p.m.)</b>  <b>Contact</b> .....Sean Reincke <b>School</b> .....Cambridge-SD <b>Phone</b> .....443-205-5132
<b>Email addresses for regional directors can be found on the Cross Country page of mpssaa.org.</b>			

## 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 2018 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.
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	12:00 p.m. — 2nd walk of course
8:35 a.m.— Coaches' meeting (Class 4A & 3A)	12:05 p.m. — Coaches' meeting (Class 1A & 2A)
9:00 a.m. — Meeting for officials	1:30 p.m. — Class <b>1A</b> Girls
10:00 a.m. — Class <b>3A</b> Girls	2:00 p.m. — Class <b>2A</b> Girls
10:30 a.m. — Class <b>4A</b> Girls	2:30 p.m. — Class <b>1A</b> Boys
11:00 a.m. — Class <b>3A</b> Boys	3:00 p.m. — Class <b>2A</b> Boys
11:30 a.m. — Class <b>4A</b> Boys	<b>4:00 - 4:25 p.m. — Class 1A Awards</b>
<b>12:30 - 12:55 p.m. — Class 3A Awards</b>	<b>4:25 - 4:35 p.m. — Break to clear gym</b>
<b>12:55 - 1:05 p.m. — Break to clear gym</b>	<b>4:35 - 5:00 p.m. — Class 2A Awards</b>
<b>1:05 - 1:30 p.m. — Class 4A Awards</b>	

### 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** 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 **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.

**PROJECTED MPSSAA CROSS COUNTRY CHAMPIONSHIP DATES**  
 2019 - November 9                      2020 - November 14  
 2021 - November 13

**2018-19 STATE CROSS COUNTRY COMMITTEE**

	Office	Other
<b>DIRECTOR</b>	Michael Sye .....Baltimore County.....	443-809-2328 .....
<b>ASST. STATE</b>		
<b>MEET DIR.</b>	Matthew Clever .....Randallstown .....	410-887-0756 .....443-676-3891
<b>DISTRICT 1</b>	Lawrence O'Hara.....Gov. Thomas Johnson.....	240-236-5787 .....301-788-9296
<b>DISTRICT 2</b>	Chad Young .....Bethesda-Chevy Chase .....	240-740-0400 .....267-254-4275
<b>DISTRICT 3</b>	Terri Dendy .....Northwestern-PG.....	301-985-1820 .....917-604-1883
<b>DISTRICT 4</b>	Jimmy Ball .....North Point .....	301-753-1759 .....240-427-7972
<b>DISTRICT 5</b>	Josh Carroll .....South River .....	410-956-5600 .....410-533-4231
	Brianna Bostic.....Broadneck .....	410-757-1300 .....410-294-2369
	Phil Lang .....Howard Co. (retired) .....	443-745-6896
<b>DISTRICT 6</b>	Chad Boyle.....Dulaney .....	443-809-7633 .....410-218-7322
<b>DISTRICT 7</b>	Steve Pizzulli .....Bohemia Manor.....	410-885-2075 .....
<b>DISTRICT 8</b>	Sean Reincke .....Cambridge-SD .....	410-228-9224 .....443-205-5132
<b>DISTRICT 9</b>	Keysha Fearon.....Forest Park .....	410-396-0753 .....443-244-0104
<b>RULES INTERPRETER</b>		
	Steve Smith .....	410-935-1219 .....410-665-7157

Email addresses for committee members can be found on the Cross Country pages of [mpssaa.org](http://mpssaa.org).

# 2018 ALIGNMENT FOR CROSS COUNTRY

CLASS 4A-WEST		CLASS 4A-NORTH		CLASS 4A-SOUTH		CLASS 4A-EAST	
1. Bethesda-Chevy Chase	Mtg	1. Catonsville	B Co	1. Bladensburg	PG	1. Annapolis	AA
2. Winston Churchill	Mtg	2. Dulaney	B Co	2. Bowie	PG	2. Arundel	AA
3. Clarksburg	Mtg	3. Perry Hall	B Co	3. DuVal	PG	3. Broadneck	AA
4. Albert Einstein	Mtg	4. Mergenthaler	Balt	4. Charles H. Flowers	PG	4. Glen Burnie	AA
5. Gaithersburg	Mtg	5. Western (G)	Balt	5. High Point	PG	5. Meade	AA
6. John F. Kennedy	Mtg	6. Urbana	Fre	6. Laurel	PG	6. North County	AA
7. Northwest	Mtg	7. Howard	How	7. Northwestern	PG	7. Old Mill	AA
8. Quince Orchard	Mtg	8. Montgomery Blair	Mtg	8. Parkdale	PG	8. Severna Park	AA
9. Richard Montgomery	Mtg	9. Northwood	Mtg	9. Eleanor Roosevelt	PG	9. South River	AA
10. Walt Whitman	Mtg	10. Paint Branch	Mtg	10. Suitland	PG	10. North Point	Cha
11. Walter Johnson	Mtg	11. Sherwood	Mtg	11. Dr. Henry A. Wise, Jr.	PG	11. Leonardtown	StM
12. Wheaton	Mtg	12. Springbrook	Mtg				
13. Thomas Wootton	Mtg						
CLASS 3A-WEST		CLASS 3A-NORTH		CLASS 3A-SOUTH		CLASS 3A-EAST	
1. Manchester Valley	Car	1. Dundalk	B Co	1. Baltimore City College	Balt	1. Chesapeake	AA
2. Westminster	Car	2. Franklin	B Co	2. Digital Harbor	Balt	2. Northeast	AA
3. Frederick	Fre	3. Kenwood	B Co	3. Baltimore Polytechnic	Balt	3. Atholton	How
4. Linganore	Fre	4. Lansdowne	B Co	4. Southwestern	Balt	4. Centennial	How
5. Gov. Thomas Johnson	Fre	5. Milford Mill Academy	B Co	5. Huntingtown	Cal	5. Long Reach	How
6. Tuscarora	Fre	6. Parkville	B Co	6. Northern	Cal	6. Mt. Hebron	How
7. James Hubert Blake	Mtg	7. Patapsco	B Co	7. St. Charles	Cha	7. Reservoir	How
8. Col. Zadok Magruder	Mtg	8. Towson	B Co	8. Oxon Hill	PG	8. James M. Bennett	Wic
9. Rockville	Mtg	9. Woodlawn	B Co	9. Potomac	PG	9. Stephen Decatur	Wor
10. Watkins Mill	Mtg	10. Aberdeen	Hfd	10. Chopticon	StM		
11. North Hagerstown	Was	11. Bel Air	Hfd	11. Great Mills	StM		
12. South Hagerstown	Was	12. C. Milton Wright	Hfd				
		13. Edgewood	Hfd				
CLASS 2A-WEST		CLASS 2A-NORTH		CLASS 2A-SOUTH		CLASS 2A-EAST	
1. Century	Car	1. Eastern Technical	B Co	1. Southern	AA	1. Elkton	Cec
2. Liberty	Car	2. Hereford	B Co	2. Calvert	Cal	2. North East	Cec
3. South Carroll	Car	3. New Town	B Co	3. Patuxent	Cal	3. Rising Sun	Cec
4. Winters Mill	Car	4. Owings Mills	B Co	4. La Plata	Cha	4. North Caroline	Cln
5. Middletown	Fre	5. Carver Vo-Tech	Balt	5. Thomas Stone	Cha	5. Fallston	Hfd
6. Oakdale	Fre	6. Edmondson-Westside	Balt	6. Westlake	Cha	6. Harford Technical	Hfd
7. Walkersville	Fre	7. Patterson	Balt	7. Glenelg	How	7. North Harford	Hfd
8. Damascus	Mtg	8. Central	PG	8. Hammond	How	8. Kent Island	QA
9. Poolesville	Mtg	9. Crossland	PG	9. Marriotts Ridge	How	9. Queen Anne's	QA
10. Seneca Valley	Mtg	10. Gwynn Park	PG	10. Oakland Mills	How	10. Easton	Tal
11. Williamsport	Was			11. River Hill	How	11. Parkside	Wic
				12. Wilde Lake	How	12. Wicomico	Wic
CLASS 1A-WEST		CLASS 1A-NORTH		CLASS 1A-SOUTH		CLASS 1A-EAST	
1. Allegany	All	1. Carver A&T	B Co	1. Chesapeake Science Pt.	AA	1. Bohemia Manor	Cec
2. Fort Hill	All	2. Chesapeake	B Co	2. Henry E. Lackey	Cha	2. Perryville	Cec
3. Mountain Ridge	All	3. Loch Raven	B Co	3. Maurice J. McDonough	Cha	3. Havre de Grace	Hfd
4. Francis Scott Key	Car	4. Overlea	B Co	4. College Park Academy	PG	4. Joppatowne	Hfd
5. Brunswick	Fre	5. Pikesville	B Co	5. Croom Vocational	PG	5. Patterson Mill	Hfd
6. Catoctin	Fre	6. Randallstown	B Co	6. Frederick Douglass	PG	6. Cambridge-SD	Dor
7. Northern	G	7. Sparrows Point	B Co	7. Fairmont Heights	PG	7. North Dorchester	Dor
8. Southern	G	8. Western STES	B Co	8. Friendly	PG	8. Kent County	K
9. Boonsboro	Was	9. ACCE	Balt	9. Intnatl. HS at Langley Pk.	PG	9. Crisfield	Som
10. Clear Spring	Was	10. Coppin Academy	Balt	10. International HS at Largo	PG	10. Washington	Som
11. Hancock	Was	11. Paul Laurence Dunbar	Balt	11. Largo	PG	11. Mardela	Wic
12. Smithsburg	Was	12. Forest Park	Balt	12. North CMIT	PG	12. Pocomoke	Wor
		13. Benjamin Franklin	Balt	13. South CMIT	PG	13. Snow Hill	Wor
		14. Lake Clifton	Balt	14. Surrattsville	PG		
		15. Reginald Lewis	Balt	15. Tall Oaks	PG		
		16. Natl. Academy Found.	Balt				
		17. New Era Academy	Balt				

CROSS COUNTRY