



MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 9, 2019

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 19, 2019 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 28th 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 19th.
- 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 10/28) 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.

2019 CROSS COUNTRY TIME LINE		
Aug. 14....First practice date	REGION MEETS	STATE MEETS
Sept. 6First play date		
Oct. 21Application deadline for Region Meet entry	Oct. 31Region Meets	Nov. 9State Meets
Oct. 28Deadline for final Region Meet qualifiers	Nov. 3Organization meeting for state meets	Dec. 15Reimbursement 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 21st. 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 28th.
2. Schools will have until Monday, October 28th 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 28th. The entry system will close at 10 a.m. on October 28th 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 3rd, at **Howard HS** 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 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 28th.

- (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.
7. Team and individual awards will be presented.
8. Region Meet Sites:

<p>4A West High Point Farm October 31 (2:30 p.m.)</p> <p>ContactEric DaSilva School.....Albert Einstein Phone.....703-298-2912</p>	<p>4A North Dulaney HS October 31 (2:30 p.m.)</p> <p>ContactEric Benjamin SchoolDulaney Phone.....443-655-0973</p>	<p>4A South Fort Washington October 31 (2:30 p.m.)</p> <p>Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851</p>	<p>4A East Centennial HS October 31 (2:30 p.m.)</p> <p>ContactZack Dickerson School.....Howard Phone410-302-0807</p>
<p>3A West Gov. Thomas Johnson HS October 31 (2:30 p.m.)</p> <p>Contact.....Lawrence O’Hara School....Gov. Thos. Johnson Phone.....301-788-9296</p>	<p>3A North Dulaney HS October 31 (2:30 p.m.)</p> <p>ContactGil Stange School.....Towson Phone.....443-809-3608</p>	<p>3A South Oak Ridge Park October 31 (2:30 p.m.)</p> <p>ContactJosh Dawson SchoolNorthern-Calvert Phone.....443-350-2926</p>	<p>3A East Centennial HS October 31 (2:30 p.m.)</p> <p>ContactKevin McCoy SchoolCentennial Phone443-690-1374</p>
<p>2A West Liberty HS October 31 (3:00 p.m.)</p> <p>ContactDanny Jones SchoolLiberty Phone.....443-745-2983</p>	<p>2A North Pikesville HS October 31 (2:30 p.m.)</p> <p>ContactAndrew Parker SchoolLansdowne Phone.....301-503-8841</p>	<p>2A South Oak Ridge Park October 31 (2:30 p.m.)</p> <p>ContactKatie Schubbe SchoolSt. Charles Phone716-208-5716</p>	<p>2A East Cambridge-SD HS October 31 (2:30 p.m.)</p> <p>Contact.....Sean Reincke SchoolCambridge-SD Phone.....443-205-5132</p>
<p>1A West Smithsburg October 31 (3:00 p.m.)</p> <p>Contact.....Ray Shriver SchoolSmithsburg Phone301-766-8336</p>	<p>1A North Pikesville HS October 31 (2:30 p.m.)</p> <p>ContactGreg Hrinda SchoolPikesville Phone814-882-7669</p>	<p>1A South Fort Washington October 31 (2:30 p.m.)</p> <p>Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851</p>	<p>1A East Cambridge-SD HS October 31 (2:30 p.m.)</p> <p>Contact.....Sean Reincke SchoolCambridge-SD Phone.....443-205-5132</p>
<p>Email addresses for regional directors can be found on the Cross Country page of mpssaa.org.</p>			

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 2019 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 1A Girls
10:00 a.m. — Class 3A Girls	2:00 p.m. — Class 2A Girls
10:30 a.m. — Class 4A Girls	2:30 p.m. — Class 1A Boys
11:00 a.m. — Class 3A Boys	3:00 p.m. — Class 2A Boys
11:30 a.m. — Class 4A Boys	4:00 - 4:25 p.m. — Class 1A Awards
12:30 - 12:55 p.m. — Class 3A Awards	4:25 - 4:35 p.m. — Break to clear gym
12:55 - 1:05 p.m. — Break to clear gym	4:35 - 5:00 p.m. — Class 2A Awards
1:05 - 1:30 p.m. — Class 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** 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		
2020 - November 14	2021 - November 13	2022 - November 12

2019-20 STATE CROSS COUNTRY COMMITTEE		
	Office	Other
DIRECTOR Michael Sye	Baltimore County.....443-809-2328	
ASST. STATE		
MEET DIR. Matthew Clever	Randallstown.....443-809-0756	443-676-3891
DISTRICT 1 Lawrence O'Hara.....	Gov. Thomas Johnson.....240-236-5787	301-788-9296
DISTRICT 2 Chad Young	Bethesda-Chevy Chase.....240-740-0400	267-254-4275
DISTRICT 3 Kenneth Washington	Northwestern-PG.....301-860-3901	301-404-3851
DISTRICT 4 Jimmy Ball	North Point	301-753-1759
DISTRICT 5 Brianna Bostic.....	Magothy River MS.....410-544-0926	410-294-2369
	Phil Lang	Howard County.....443-745-6896
DISTRICT 6 Matthew Clever	Randallstown.....443-809-0756	443-676-3891
DISTRICT 7 Steve Pizzulli	Bohemia Manor.....410-885-2075	
DISTRICT 8 Sean Reincke	Cambridge-SD.....410-228-9224	443-205-5132
DISTRICT 9 Keysha Fearon.....	Forest Park	410-396-0753
		443-244-0104
RULES INTERPRETER		
	Steve Smith.....	410-935-1219
<p>Email addresses for committee members can be found on the Cross Country pages of mpssaa.org.</p>		

2019 ALIGNMENT FOR CROSS COUNTRY

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

CROSS COUNTRY