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.

<table>
<thead>
<tr>
<th>2019 CROSS COUNTRY TIME LINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 14....First practice date</td>
</tr>
<tr>
<td>Sept. 6 ....First play date</td>
</tr>
<tr>
<td>Oct. 21 ....Application deadline for Region Meet entry</td>
</tr>
<tr>
<td>Oct. 28 ....Deadline for final Region Meet qualifiers</td>
</tr>
<tr>
<td>REGION MEETS</td>
</tr>
<tr>
<td>Oct. 31 ......Region Meets</td>
</tr>
<tr>
<td>Nov. 3 ......Organization meeting for state meets</td>
</tr>
<tr>
<td>STATE MEETS</td>
</tr>
<tr>
<td>Nov. 9 ..........State Meets</td>
</tr>
<tr>
<td>Dec. 15 ..........Reimbursement request due</td>
</tr>
</tbody>
</table>
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:

<table>
<thead>
<tr>
<th>REGION MEET TEAMS</th>
<th>ADVANCING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
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<tr>
<td>3</td>
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<td>12</td>
<td>6</td>
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<tr>
<td>13</td>
<td>7</td>
</tr>
<tr>
<td>14</td>
<td>7</td>
</tr>
</tbody>
</table>

   (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:

<table>
<thead>
<tr>
<th>Region</th>
<th>School</th>
<th>Date</th>
<th>Contact</th>
<th>School</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>4A West</td>
<td>High Point Farm</td>
<td>October 31 (2:30 p.m.)</td>
<td>Eric DaSilva</td>
<td>Albert Einstein</td>
<td>703-298-2912</td>
</tr>
<tr>
<td>4A North</td>
<td>Dulaney HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Eric Benjamin</td>
<td>Dulaney</td>
<td>443-655-0973</td>
</tr>
<tr>
<td>4A South</td>
<td>Fort Washington</td>
<td>October 31 (2:30 p.m.)</td>
<td>Kenneth Washington</td>
<td>Northwestern-PG</td>
<td>301-404-3851</td>
</tr>
<tr>
<td>4A East</td>
<td>Centennial HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Zack Dickerson</td>
<td>Howard</td>
<td>410-302-0807</td>
</tr>
<tr>
<td>3A West</td>
<td>Gov. Thomas Johnson HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Lawrence O’Hara</td>
<td>Gov. Thos. Johnson</td>
<td>301-788-9296</td>
</tr>
<tr>
<td>3A North</td>
<td>Dulaney HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Gil Stange</td>
<td>Towson</td>
<td>443-809-3608</td>
</tr>
<tr>
<td>3A South</td>
<td>Oak Ridge Park</td>
<td>October 31 (2:30 p.m.)</td>
<td>Josh Dawson</td>
<td>Northern-Calvert</td>
<td>443-350-2926</td>
</tr>
<tr>
<td>3A East</td>
<td>Centennial HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Kevin McCoy</td>
<td>Centennial</td>
<td>443-690-1374</td>
</tr>
<tr>
<td>2A West</td>
<td>Liberty HS</td>
<td>October 31 (3:00 p.m.)</td>
<td>Danny Jones</td>
<td>Liberty</td>
<td>443-745-2983</td>
</tr>
<tr>
<td>2A North</td>
<td>Pikesville HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Andrew Parker</td>
<td>Lansdowne</td>
<td>301-503-8841</td>
</tr>
<tr>
<td>2A South</td>
<td>Oak Ridge Park</td>
<td>October 31 (2:30 p.m.)</td>
<td>Katie Schubbe</td>
<td>St. Charles</td>
<td>716-208-5716</td>
</tr>
<tr>
<td>2A East</td>
<td>Cambridge-SD HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Sean Reincke</td>
<td>Cambridge-SD</td>
<td>443-205-5132</td>
</tr>
<tr>
<td>1A West</td>
<td>Smithsburg</td>
<td>October 31 (3:00 p.m.)</td>
<td>Ray Shriver</td>
<td>Smithsburg</td>
<td>301-766-8336</td>
</tr>
<tr>
<td>1A North</td>
<td>Pikesville HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Greg Hrinda</td>
<td>Pikesville</td>
<td>814-882-7669</td>
</tr>
<tr>
<td>1A South</td>
<td>Fort Washington</td>
<td>October 31 (2:30 p.m.)</td>
<td>Kenneth Washington</td>
<td>Northwestern-PG</td>
<td>301-404-3851</td>
</tr>
<tr>
<td>1A East</td>
<td>Cambridge-SD HS</td>
<td>October 31 (2:30 p.m.)</td>
<td>Sean Reincke</td>
<td>Cambridge-SD</td>
<td>443-205-5132</td>
</tr>
</tbody>
</table>

Email addresses for regional directors can be found on the Cross Country page of mpssaa.org.
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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>1st walk of course</td>
</tr>
<tr>
<td>8:35 a.m.</td>
<td>Coaches’ meeting (Class 4A &amp; 3A)</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Meeting for officials</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Class 3A Girls</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Class 4A Girls</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Class 3A Boys</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Class 4A Boys</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Class 3A Awards</td>
</tr>
<tr>
<td>12:55 p.m.</td>
<td>Class 3A Boys</td>
</tr>
<tr>
<td>1:05 p.m.</td>
<td>Break to clear gym</td>
</tr>
</tbody>
</table>

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.

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**PROJECTED MPSSAA CROSS COUNTRY CHAMPIONSHIP DATES**

<table>
<thead>
<tr>
<th>Year</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>2020</td>
<td>November 14</td>
</tr>
<tr>
<td>2021</td>
<td>November 13</td>
</tr>
<tr>
<td>2022</td>
<td>November 12</td>
</tr>
</tbody>
</table>

---

**2019-20 STATE CROSS COUNTRY COMMITTEE**

<table>
<thead>
<tr>
<th>District</th>
<th>Director</th>
<th>Assistant Meet Dir.</th>
<th>Office</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lawrence O'Hara</td>
<td>Gov. Thomas Johnson</td>
<td>240-236-5787</td>
<td>301-788-9296</td>
</tr>
<tr>
<td>2</td>
<td>Chad Young</td>
<td>Bethesda-Chey Chase</td>
<td>240-740-0400</td>
<td>267-254-4275</td>
</tr>
<tr>
<td>3</td>
<td>Kenneth Washington</td>
<td>Northwestern-PG</td>
<td>301-860-3901</td>
<td>301-404-3851</td>
</tr>
<tr>
<td>4</td>
<td>Jimmy Ball</td>
<td>North Point</td>
<td>301-753-1759</td>
<td>240-427-7972</td>
</tr>
<tr>
<td>5</td>
<td>Brianna Bostic</td>
<td>Magothy River MS</td>
<td>410-544-0926</td>
<td>410-294-2369</td>
</tr>
<tr>
<td></td>
<td>Phil Lang</td>
<td>Howard County</td>
<td></td>
<td>443-745-6896</td>
</tr>
<tr>
<td>6</td>
<td>Matthew Clever</td>
<td>Randallstown</td>
<td>443-809-0756</td>
<td>443-676-3891</td>
</tr>
<tr>
<td>7</td>
<td>Steve Pizzulli</td>
<td>Bohemia Manor</td>
<td>410-885-2075</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sean Reincke</td>
<td>Cambridge-SD</td>
<td>410-228-9224</td>
<td>443-205-5132</td>
</tr>
<tr>
<td>9</td>
<td>Keysha Fearon</td>
<td>Forest Park</td>
<td>410-396-0753</td>
<td>443-244-0104</td>
</tr>
</tbody>
</table>

**RULES INTERPRETER**

Steve Smith............................................................................................................................................410-935-1219

Email addresses for committee members can be found on the Cross Country pages of mpssaa.org.
### 2019 ALIGNMENT FOR CROSS COUNTRY

**CLASS 4A-WEST**
1. Urbana Fre
2. Bethesda-Chevy Chase Mtg
3. Winston Churchill Mtg
4. Clarksburg Mtg
5. Albert Einstein Mtg
6. Gaithersburg Mtg
7. Walter Johnson Mtg
8. Richard Montgomery Mtg
9. Northwest Mtg
10. Quince Orchard Mtg
11. Walt Whitman Mtg
12. Wheaton Mtg
13. Thomas S. Wootton Mtg

**CLASS 4A-NORTH**
1. Catonsville B Co
2. Dulaney B Co
3. Parkville B Co
4. Perry Hall B Co
5. Mergenthaler Balt
6. Western Balt
7. Montgomery Blair Mtg
8. John F. Kennedy Mtg
9. Northwood Mtg
10. Paint Branch Mtg
11. Sherwood Mtg
12. Springbrook Mtg

**CLASS 4A-SOUTH**
1. Bladensburg PG
2. Bowie PG
3. DuVal PG
4. Charles H. Flowers PG
5. High Point PG
6. Laurel PG
7. Northwestern PG
8. Parkdale PG
9. Eleanor Roosevelt PG
10. Suitland PG
11. Dr. Henry A. Wise, Jr. PG

**CLASS 4A-EAST**
1. Annapolis AA
2. Arundel AA
3. Broadneck AA
4. Glen Burnie AA
5. Meade AA
6. North County AA
7. Old Mill AA
8. Severna Park AA
9. South River AA
10. Howard How
11. Leonardtown StM

**CLASS 3A-WEST**
1. Frederick Fre
2. Gov. Thomas Johnson Fre
3. Linganore Fre
4. Tuscarora Fre
5. James Hubert Blake Mtg
6. Damascus Mtg
7. Col. Zadok Magruder Mtg
8. Rockville Mtg
9. Watkins Mill Mtg
10. North Hagerstown Was
11. South Hagerstown Was

**CLASS 3A-NORTH**
1. Dundalk B Co
2. Franklin B Co
3. Hereford B Co
4. Kenwood B Co
5. Patapsco B Co
6. Towson B Co
7. Woodlawn B Co
8. Baltimore City College Balt
9. Baltimore Polytechnic Balt
10. Aberdeen Hfd
11. Bel Air Hfd
12. C. Milton Wright Hfd
13. Edgewood Hfd

**CLASS 3A-SOUTH**
1. Chesapeake AA
2. Northeast AA
3. Huntingtown Cal
4. Northern Cal
5. North Point Cha
6. St. Charles Cha
7. Oxon Hill PG
8. Chopticon StM
9. Great Mills StM
10. Easton Tal
11. James M. Bennett Wic
12. Stephen Decatur Wor

**CLASS 3A-EAST**
1. Manchester Valley Car
2. Westminster Car
3. Atholton How
4. Centennial How
5. Hammond How
6. Long Reach How
7. Marriotts Ridge How
8. Mt. Hebron How
9. Reservoir How
10. River Hill How
11. Wilde Lake How

**CLASS 2A-WEST**
1. Century Car
2. Liberty Car
3. South Carroll Car
4. Winters Mill Car
5. Middletown Fre
6. Oakdale Fre
7. Walkersville Fre
8. Glenelg How
9. Oakland Mills How
10. Poolesville Mtg
11. Seneca Valley Mtg
12. Boonsboro Was

**CLASS 2A-NORTH**
1. Carver A&T B Co
2. Chesapeake B Co
3. Eastern Technical B Co
4. Lansdowne B Co
5. Milford Mill Academy B Co
6. New Town B Co
7. Overlea B Co
8. Owings Mills Hfd
9. Randallstown B Co
10. Sparrows Point B Co
11. Carver Vo-Tech Balt
12. Digital Harbor Balt
13. Patterson Balt

**CLASS 2A-SOUTH**
1. Southern AA
2. Calvert Cal
3. Patuxent Cal
4. La Plata Cha
5. Henry E. Lackey Cha
6. Thomas Stone Cha
7. Westlake Cha
8. Crossland PG
9. Frederick Douglass PG
10. Potomac PG
11. Parkside Wic
12. Wicomico Wic

**CLASS 2A-EAST**
1. Elkton Cec
2. North East Cec
3. Rising Sun Cec
4. North Caroline Cln
5. Fallston Hfd
6. Harford Technical Hfd
7. North Harford Hfd
8. Kent Island QA
9. Queen Anne’s QA
10. Parkside Wic
11. Wicomico Wic

**CLASS 1A-WEST**
1. Allegany All
2. Fort Hill All
3. Mountain Ridge All
4. Francis Scott Key Car
5. Brunswick Fre
6. Catottin Fre
7. Northern G
8. Southern G
9. Clear Spring Was
10. Smithsburg Was
11. Williamsport Was

**CLASS 1A-NORTH**
1. Loch Raven B Co
2. Pikesville B Co
3. Western STES B Co
4. ACCE Balt
5. Benjamin Franklin Balt
6. Coppin Academy Balt
7. Frederick Douglass Balt
8. Edmondson/Westside Balt
9. Forest Park Balt
10. Smithsburg Balt
11. Lake Clifton Balt
12. Reginald Lewis Balt
14. New Era Academy Balt
15. The SEED School of MD MD

**CLASS 1A-SOUTH**
1. Chesapeake Science Point AA
2. Maurice J. McDonough Cha
3. Central PG
4. CMIT North PG
5. CMIT South PG
6. Croom Vocational PG
7. Fairmont Heights PG
8. Friendly PG
9. Gwynn Park PG
10. Intln. HS at Langle Park PG
11. International HS at Largo PG
12. Largo PG
13. Surrattsville PG
14. Tall Oaks PG

**CLASS 1A-EAST**
1. Bohemia Manor Cec
2. Perryville Cec
3. Cambridge-SD Dor
4. North Dorchester Dor
5. Havre de Grace Hfd
6. Joppatowne Hfd
7. Patterson Mill Hfd
8. Kent County K
9. Crisfield Som
10. Washington Som
11. Mardela Wic
12. Pocomoke Wor
13. Snow Hill Wor