



MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 12, 2022

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 24, 2022.
- 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 10/31) 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

2022 CROSS COUNTRY TIME LINE		
Aug. 10....First practice date	REGION MEETS	STATE MEETS
Sept. 2First play date		
Oct. 24Application deadline for Region Meet entry	Nov. 3Region Meets	Nov. 12State Meets
Oct. 31Deadline for final Region Meet qualifiers	Nov. 6Organization meeting for State Meets	Dec. 15Reimbursement request due

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 24th. 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 31st.
2. Schools will have until Monday, October 31st 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 31st. The entry system will close at 10 a.m. on October 31st 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 6th, 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	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 are on the active roster of the school team as of October 24th.**
- (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: **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 2022 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. Tentative schedule: Times could be altered, subject to conditions.

8:30 a.m.— 1st walk of course	12:30 p.m. — 2nd walk of course
8:35 a.m.— Coaches' meeting (Class 4A & 3A)	12:35 p.m. — Coaches' meeting (Class 1A & 2A)
9:00 a.m. — Meeting for officials	1:30 p.m. — Class 2A Girls
10:00 a.m. — Class 4A Girls	2:00 p.m. — Class 2A Boys
10:30 a.m. — Class 4A Boys	2:30 p.m. — Class 2A Awards
11:00 a.m. — Class 4A Awards	3:00 p.m. — Class 1A Girls
11:30 a.m. — Class 3A Girls	3:30 p.m. — Class 1A Boys
12:00 p.m. — Class 3A Boys	4:00 p.m. — Class 1A Awards
12:30 p.m. — Class 3A 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.

Region Meet Schedule

4A West High Point Farm November 3 (2:30 p.m.) Contact.....Seann Pelke SchoolQuince Orchard Phone240-740-3595	4A North Dulaney HS November 3 (2:30 p.m.) ContactEric Benjamin SchoolDulaney Phone.....443-655-0973	4A South Fort Washington November 3 (2:30 p.m.) Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851	4A East Arundel November 3 (2:30 p.m.) ContactBriana Bostic School.....Magothy River MS Phone.....410-294-2369
3A West Gov. Thomas Johnson HS November 3 (2:30 p.m.) Contact.....Lawrence O'Hara School....Gov. Thos. Johnson Phone.....301-788-9296	3A North Dulaney HS November 3 (2:30 p.m.) ContactGil Stange School.....Towson Phone.....443-809-3608	3A South Chesapeake-AA November 3 (2:30 p.m.) Contact.....DeWitt Kneass SchoolNorthern-Calvert Phone.....443-944-7432	3A East Centennial HS November 3 (2:30 p.m.) ContactKevin McCoy SchoolCentennial Phone443-690-1374
2A West Liberty HS November 3 (3:00 p.m.) ContactDanny Jones SchoolLiberty Phone443-745-2983	2A North Randallstown HS November 3 (2:30 p.m.) ContactAndrew Parker SchoolLansdowne Phone.....301-503-8841	2A South Oak Ridge Park November 3 (2:30 p.m.) Contact ..Pam Thorton-Miller SchoolMcDonough Phone.....301-535-7036	2A East Fair Hill November 3 (2:30 p.m.) ContactSteve Pizzulli SchoolBo Manor Phone410-885-2075
1A West Smithsburg November 3 (3:00 p.m.) Contact.....Ray Shriver SchoolSmithsburg Phone240-236-8331	1A North Herring Run November 3 (2:30 p.m.) Contact.....Joseph Edwards SchoolFrederick Douglass Phone240-818-1347	1A South Fort Washington November 3 (2:30 p.m.) Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851	1A East Fair Hill November 3 (2:30 p.m.) ContactSteve Pizzulli SchoolBo Manor Phone410-885-2075
Email addresses for regional directors can be found on the Cross Country page of mpssaa.org.			

PROJECTED MPSSAA CROSS COUNTRY CHAMPIONSHIP DATES

2023 - November 11

2024 - November 9

2025 - November 8

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

2022 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. Clarksburg	Mtg	3. Dundalk	B Co	3. C H Flowers	PG	3. Broadneck	AA
4. Gaithersburg	Mtg	4. Parkville	B Co	4. Dr. Henry A Wise Jr	PG	4. Glen Burnie	AA
5. Northwest	Mtg	5. Perry Hall	B Co	5. Duval	PG	5. Meade	AA
6. Quince Orchard	Mtg	6. Western	Balt	6. Eleanor Roosevelt	PG	6. North County	AA
7. Richard Montgomery	Mtg	7. Albert Einstein	Mtg	7. High Point	PG	7. Old Mill	AA
8. Seneca Valley	Mtg	8. James Blake	Mtg	8. Laurel	PG	8. Severna Park	AA
9. Thomas S. Wootton	Mtg	9. Montgomery Blair	Mtg	9. Northwestern (PG)	PG	9. South River	AA
10. Walt Whitman	Mtg	10. Northwood	Mtg	10. Parkdale	PG	10. North Point	Cha
11. Walter Johnson	Mtg	11. Paint Branch	Mtg	11. Suitland	PG	11. Leonardtown	StM
12. Winston Churchill	Mtg	12. Sherwood	Mtg				
		13. Wheaton	Mtg				
CLASS 3A-WEST		CLASS 3A-NORTH		CLASS 3A-SOUTH		CLASS 3A-EAST	
1. Frederick	Fre	1. Franklin	B Co	1. Chesapeake	AA	1. Manchester Valley	Car
2. Linganore	Fre	2. Kenwood	B Co	2. Crofton	AA	2. Westminster	Car
3. Oakdale	Fre	3. Patapsco	B Co	3. Huntingtown	Cal	3. Atholton	How
4. Thomas Johnson	Fre	4. Towson	B Co	4. Northern (Cal.)	Cal	4. Centennial	How
5. Tuscarora	Fre	5. Woodlawn	B Co	5. St. Charles	Cha	5. Howard	How
6. Col. Zadok Magruder	Mtg	6. Mergenthaler	Balt	6. Oxon Hill	PG	6. Long Reach	How
7. Damascus	Mtg	7. City	Balt	7. Chopticon	StM	7. Marriotts Ridge	How
8. John F. Kennedy	Mtg	8. Digital Harbor	Balt	8. Great Mills	StM	8. Mt. Hebron	How
9. Rockville	Mtg	9. Poly	Balt	9. J. M. Bennett	Wic	9. Reservoir	How
10. Springbrook	Mtg	10. Aberdeen	Hfd	10. Stephen Decatur	Wor	10. River Hill	How
11. Watkins Mill	Mtg	11. Bel Air	Hfd			11. Wilde Lake	How
12. North Hagerstown	Was	12. C. Milton Wright	Hfd				
13. South Hagerstown	Was	13. Edgewood	Hfd				
CLASS 2A-WEST		CLASS 2A-NORTH		CLASS 2A-SOUTH		CLASS 2A-EAST	
1. Northeast (AA)	AA	1. Carver A&T	B Co	1. Calvert	Cal	1. Elkton	Cec
2. Southern (AA)	AA	2. Chesapeake	B Co	2. Patuxent	Cal	2. North East (Cecil)	Cec
3. Century	Car	3. Eastern Technical	B Co	3. La Plata	Cha	3. Rising Sun	Cec
4. Liberty	Car	4. Hereford	B Co	4. Lackey	Cha	4. North Caroline	Cin
5. Winters Mill	Car	5. Lansdowne	B Co	5. McDonough	Cha	5. Harford Tech	Hfd
6. Middletown	Fre	6. Milford Mill Academy	B Co	6. Thomas Stone	Cha	6. North Harford	Hfd
7. Walkersville	Fre	7. New Town	B Co	7. Westlake	Cha	7. Kent Island	Qa
8. Poolesville	Mtg	8. Overlea	B Co	8. Fairmont Heights	PG	8. Queen Anne's	Qa
9. Glenelg	How	9. Owings Mills	B Co	9. Frederick Douglass	PG	9. Easton	Tal
10. Hammond	How	10. Randallstown	B Co	10. Friendly	PG	10. Parkside	Wic
11. Oakland Mills	How	11. Sparrows Point	B Co	11. Gwynn Park	PG	11. Wicomico	Wic
		12. Carver Vo-Tech	Balt	12. Potomac	PG		
		13. Patterson	Balt				
		14. Southwestern	Balt				
CLASS 1A-WEST		CLASS 1A-NORTH		CLASS 1A-SOUTH		CLASS 1A-EAST	
1. Allegany	All	1. ACCE	Balt	1. Loch Raven	B Co	1. Bohemia Manor	Cec
2. Fort Hill	All	2. Benjamin Franklin	Balt	2. Pikesville	B Co	2. Perryville	Cec
3. Mountain Ridge	All	3. Coppin Academy	Balt	3. Western STES	B Co	3. Cambridge-SD	Dor
4. Brunswick	Fre	4. Dunbar	Balt	4. Francis Scott Key	Car	4. North Dorchester	Dor
5. Catocin	Fre	5. Edmondson/Westside	Balt	5. South Carroll	Car	5. Fallston	Hfd
6. Northern (Gar.)	G	6. Forest Park	Balt	6. Central	PG	6. Havre de Grace	Hfd
7. Southern (Gar.)	G	7. Frederick Douglass-B	Balt	7. Croom Vocational	PG	7. Joppatowne	Hfd
8. Boonsboro	Was	8. Lake Clifton	Balt	8. Crossland	PG	8. Patterson Mill	Hfd
9. Clear Spring	Was	9. National Academy (NAF)	Balt	9. Int. School at Langley Park	PG	9. Kent County	K
10. Smithsburg	Was	10. New Era Academy	Balt	10. Largo	PG	10. Crisfield	Som
11. Williamsport	Was	11. Reginald Lewis	Balt	11. Surrattsville	PG	11. Washington	Som
		12. Seed School of Maryland	MD			12. Mardela	Wic
						13. Pocomoke	Wor
						14. Snow Hill	Wor