



MPSSAA CROSS COUNTRY BULLETIN

State Championships - November 11, 2023

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 23, 2023.
- 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 10/30) 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

2023 CROSS COUNTRY TIME LINE		
Aug. 9First practice date	REGION MEETS	STATE MEETS
Sept. 1First play date		
Oct. 23Application deadline for Region Meet entry	Nov. 2Region Meets	Nov. 11.....State Meets
Oct. 30Deadline for final Region Meet qualifiers	Nov. 5Organization meeting for State Meets	Dec. 14Reimbursement 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 23rd. 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 30th.
2. Schools will have until Monday, October 30th 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 30th. The entry system will close at 10 a.m. on October 30th 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 5th, 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 23rd.
 - (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 2023 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 1A Girls
10:00 a.m. — Class 3A Girls	2:00 p.m. — Class 1A Boys
10:30 a.m. — Class 3A Boys	2:30 p.m. — Class 1A Awards
11:00 a.m. — Class 3A Awards	3:00 p.m. — Class 2A Girls
11:30 a.m. — Class 4A Girls	3:30 p.m. — Class 2A Boys
12:00 p.m. — Class 4A Boys	4:00 p.m. — Class 2A Awards
12:30 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 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

<p style="text-align: center;">4A West Quince Orchard HS November 2 (2:30 p.m.)</p> <p>ContactChad Young SchoolQuince Orchard Phone.....267-254-4275</p>	<p style="text-align: center;">4A North Dulaney HS November 2 (2:30 p.m.)</p> <p>ContactEric Benjamin SchoolDulaney Phone.....443-655-0973</p>	<p style="text-align: center;">4A South Fort Washington November 2 (2:30 p.m.)</p> <p>Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851</p>	<p style="text-align: center;">4A East Chesapeake November 2 (TBA)</p> <p>ContactBriana Bostic SchoolBroadneck Phone.....410-294-2369</p>
<p style="text-align: center;">3A West Utica Park November 2 (2:30 p.m.)</p> <p>ContactZach Lesieur SchoolOakdale PhoneTBA</p>	<p style="text-align: center;">3A North Dulaney HS November 2 (2:30 p.m.)</p> <p>ContactGil Stange School.....Towson Phone443-809-3608</p>	<p style="text-align: center;">3A South River Hill HS November 2 (2:30 p.m.)</p> <p>ContactChad Boothe SchoolRiver Hill Phone.....410-707-1348</p>	<p style="text-align: center;">3A East Chesapeake HS November 2 (TBA)</p> <p>ContactBriana Bostic SchoolBroadneck Phone.....410-294-2369</p>
<p style="text-align: center;">2A West Middletown HS November 2 (3:00 p.m.)</p> <p>ContactPaul Spurrier SchoolMiddletown PhoneTBA</p>	<p style="text-align: center;">2A North Randallstown HS November 2 (2:30 p.m.)</p> <p>ContactAndrew Parker SchoolLansdowne Phone.....301-503-8841</p>	<p style="text-align: center;">2A South Oak Ridge Park November 2 (2:30 p.m.)</p> <p>Contact ..Pam Thorton-Miller School.....McDonough Phone301-535-7036</p>	<p style="text-align: center;">2A East TBA November 2 (2:30 p.m.)</p> <p>ContactTBA School Phone</p>
<p style="text-align: center;">1A West TBA November 2 (3:00 p.m.)</p> <p>ContactTBA School Phone</p>	<p style="text-align: center;">1A North Herring Run November 2 (2:30 p.m.)</p> <p>ContactJoseph Edwards SchoolFrederick Douglass Phone240-818-1347</p>	<p style="text-align: center;">1A South Fort Washington November 2 (2:30 p.m.)</p> <p>Contact ..Kenneth Washington School.....Northwestern-PG Phone.....301-404-3851</p>	<p style="text-align: center;">1A East TBA November 2 (2:30 p.m.)</p> <p>ContactTBA School Phone</p>
<p>Email addresses for regional directors can be found on the Cross Country page of mpssaa.org.</p>			

PROJECTED MPSSAA CROSS COUNTRY CHAMPIONSHIP DATES		
2024 - November 9	2025 - November 8	2026 - November 14

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

2023 ALIGNMENT FOR CROSS COUNTRY

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

CROSS COUNTRY