

**2020 MHSAA PRE-REGIONAL CROSS COUNTRY CHAMPIONSHIPS 14-1**

**Date:** Friday, October 23, 2020

**Place:** \*Clintonwood Park, 6000 Clarkston Rd., Clarkston, MI 48346

\*directions from the south(best route):

I-75 North to Sashabaw Rd. north, go to Clarkston Rd., turn left, the park is .75 miles down on the right

**Entry Deadline:** Saturday, October 17th no later than 6:00pm on athletic.net

**Time Schedule:**

4:00pm Boys Varsity

5:00pm Girls Varsity

**Please do not arrive before 2:30pm.**

**Busses:** Will be directed to drop off teams by the north pavilion. They will then go to Clarkston High School for parking. No busses will be allowed to stay in the park.

**Preview:** There is a course map on the meet website. The course will be re-lined the week of the pre-regional race. You may visit the course during normal park hours.

**Course:** The entire course is alley painted (exception is the woods trail). Maps will be available on the day of the meet in your team packets. We are asking spectators to NOT go into the wooded trails. Those trails should be for athletes and coaches only.

**Competing teams:** Avondale Birmingham Groves Birmingham Seaholm Brother Rice (boys only),

Clarkston Lake Orion Oxford Rochester Adams

TEAMS WILL BE ASSIGNED TEAM CAMP AREAS. THE INFORMATION WILL POSTED ON THE MEET WEBSITE.

**Uniforms rules:** M.H.S.A.A. rules regarding these issues will be strictly enforced.

### **Qualification from Pre-Regional to Regional:**

Five runners must finish a Pre-Regional race for a school to receive a team score. The **top four teams** will qualify from the Pre-Regional race to the Regional race. There is no opportunity for a fifth place team to qualify from the Pre-Regional to the Regional in 2020. THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A PRE-REGIONAL TO A REGIONAL CANNOT EXCEED FOUR. The maximum number of runners to represent a team at the Pre-Regional Meet is seven. Individual Qualifiers, Pre-Regional to Regional Meet – The **top seven individuals who are not members of one of the four qualifying teams** will qualify to the Regional meet. For a school that advances five or more individuals, but finishes outside of the top four teams, those competitors will NOT be considered a team but 5 or more individuals who would compete individually at the Regional meet.

**Other Rules:** DOGS\_(even on leashes) *unless* they are a leader dog or a therapy dog are STRICTLY prohibited. Coaches, please ensure your parents know about this rule.

**Misc:** Be sure to arrive at the course for packet pick up, review of the course, and roster changes in “plenty of time.” Any roster changes must be in accordance with all MHSAA rules and regulations. **All legal roster changes “*must be*” completed with our computer operator at the finish line.**

### **Games Committee:**

1. Kevin Breen, Clarkston Girls Head Coach
2. Eric Lohr, Rochester Adams Girls Head Coach
3. Stan Ford, Lake Orion Boys Head Coach
4. Lou Miramonti, Meet Referee

### **MHSAA/State of Michigan Social Distancing guidelines:**

**Please adhere to the all Clarkston/MHSAA/State of Michigan Social Distancing guidelines while in attendance at the meet. Parents, spectators should not be near team camps at any time. The start and finish lines areas will be roped off.**

**SPECTATORS: PLEASE WEAR A MASK AT ALL TIMES**

### **Questions:**

**If you have any questions, please feel free to contact me at [ladams1980@gmail.com](mailto:ladams1980@gmail.com) or 248-760-3090**

**Larry Adams, Clarkston Head Boys Cross Country coach**