Regional 7 & 36 Cross Country Meet Information

Quickstad Park - Royal Oak High School

Saturday, October 31st, 2026

MEET MANAGER

Derek Smith, ROHS Athletic Director
(248) 435-8500 ext. 1045 / derek.smith@royaloakschools.org

OPT OUT POLICIES / ELIGIBILITY LISTS / ROSTERS

Schools must see that tournament managers receive an accurate eligibility list and/or notice if they do not intend to participate by the lower peninsula opt-out date of Friday, October 16th. The necessary forms are available at MHSAA.com. Failure to fulfill these obligations by the specified opt-out date will result in MHSAA penalties as stipulated in the MHSAA handbook. *Send opt out forms and eligibility lists to* ***pam.moore@royaloakschools.org***

LOCATION / PARKING

Royal Oak High School / Quickstad Park

Bus Parking: Busses are to drop teams off in the stadium circle drive off of Lexington Blvd and then relocate to the west Lexington lot until the team is ready to depart (see map).

Spectator Parking: All spectators should enter the parking lots off of Normandy Road and will be directed to parking nearest the start and finish area of the course (see map) - $10 per car.

**** There is no athlete drop off in the parking lots; drop off areas are marked on the map*

**** "Royal Oak High School Track" entered as the destination in Google Maps will guide spectators to the correct parking entrance ****

SCHEDULE

9:00 am - Coaches meeting at finish line
9:20 am - National Anthem
9:30 am - Boys D4 Region 36 race
10:00 am - Boys D1 Region 7 race
10:30 am - Girls D4 Region 36 race
11:10 am - Girls D1 Region 7 race
12:00 pm - Awards (in order that races were run)
12:40 pm - Boys PROM race (region 7 & 36 non-varsity HS athletes only)
1:20 pm - Girls PROM race (region 7 & 36 non-varsity HS athletes only)

** Athletes should be at the starting line 10 minutes prior to the start of their race*

PARTICIPATING SCHOOLS

D1 Region 7 - Berkley, Beverly Hills Groves, Birmingham Seaholm, Bloomfield Hills, Bloomfield HIlls Brother Rice, Detroit Catholic Central, Farmington, Livonia Stevenson, North Farmington, Northville, Novi, Oak Park, Royal Oak, Walled Lake Central, Walled Lake Western, West Bloomfield

D4 Region 36 - Academy of the Sacred Heart, Allen Park Cabrini, Auburn Hills Oakland Christian, Birmingham Roeper, Chesterfield Austin Catholic, Detroit Crockett Midtown, Detroit Davis Aerospace, Detroit Frederick Douglass, Farmington Hills Huda, Lutheran Westland, Marine City Cardinal Mooney Catholic, New Haven Merritt Academy, Plymouth Ivywood Classical Academy, Riverview Gabriel Richard, Royal Oak Shrine Catholic, Southfield Christian, Sterling Heights Parkway Christian

MEET ENTRIES & TIMING

Race will be chip timed by Eastside Racing Company (link). Please have your entries submitted on Athletic.net by Saturday, 10/18, 11:59pm. You are allowed to enter up to 10 athletes with 7 toeing the line on race day. Packets with bibs can be picked up near the finish line when you arrive at the course.

Late entries - A $50 late fee must be paid to the meet manager before a contestant or team will be allowed to participate. The $50 late fee shall be retained by the host school. There can be no late entries after the team box assignments have been determined.

STATE MEET QUALIFICATIONS

The top three teams automatically qualify for the State Finals with a possible 4th place team qualifying if that team has 4 runners in the top 20 places (at least 8 complete teams must finish the race for a 4th place team to qualify). All individual medalists (top 15) qualify for the Finals. Additionally, the top 7 individuals who are not on a qualifying team will qualify. Finals packets will be available after the awards ceremony.

POST REGION OPEN MEET (PROM)

We will be hosting a PROM race to all attending schools - one race for all boys; one race for all girls. These races will take place after the awards ceremony for the varsity races and are open to registered Region 7 & 36 HS athletes only. There will be a $300 entry fee per school ($150 per boys and girls teams; $30 per athlete if less than 5 athletes are participating). These entries are due by Wednesday, 10/28 at 9pm on athletic.net. *Checks should be made out to "Royal Oak High School" attention Athletic Department*.

AWARDS

Varsity awards will be presented on the stadium concourse at 11:55 am, in the order that the races were run.

The top 20 finishers in each PROM (post regional open meet) race will earn a medal but this will not be part of the awards ceremony. PROM medals can be picked up by coaches from the finish line at the conclusion of each race. While team scores will be posted for the PROM races, there will be no team awards.

TEAM CAMP / BOX ASSIGNMENTS

Due to our facility's confined space, we have pre-set, randomly chosen, team camp areas. Your team camp number seconds as your box assignment. These assignments will be released the week of the regional meet.

COURSE PREVIEW

Our course is mostly flat with a few *small* hills, and is a mix of grass, gravel, and dirt trail (course map). Teams can preview the course on the following dates and times: **(1) Saturday 10/24, 8-11am; (2) Friday 10/30, 4-6pm**. Since our course involves the school campus, a city park, a nature preserve, and several locked gates, previewing the course in full is difficult outside of the above dates and times.

APPEALS

The head referee will be the final authority on judgements and interpretations of the rules. If the jury of appeals is called by the head referee, they will meet to make a final decision on any appeal (each coach will have an appeals form in their team packet). The three person jury of appeals for each region (7 & 36) will be communicated at the coaches meeting.

ATHLETIC TRAINER

Our athletic trainer will be on site set up near the finish line.

SPECTATOR FEE

$10 per car - **CASH ONLY!**

RESTROOMS

There are restrooms available at the stadium entrance and underneath the home bleachers. We will also have portable restrooms available near the parking lot for spectators unable to make the walk to the stadium.

CONCESSIONS

A variety of food and beverage options will be offered at our stadium concession stand, along with limited concessions on a cart near the start and finish line area. Cash or credit will be accepted.

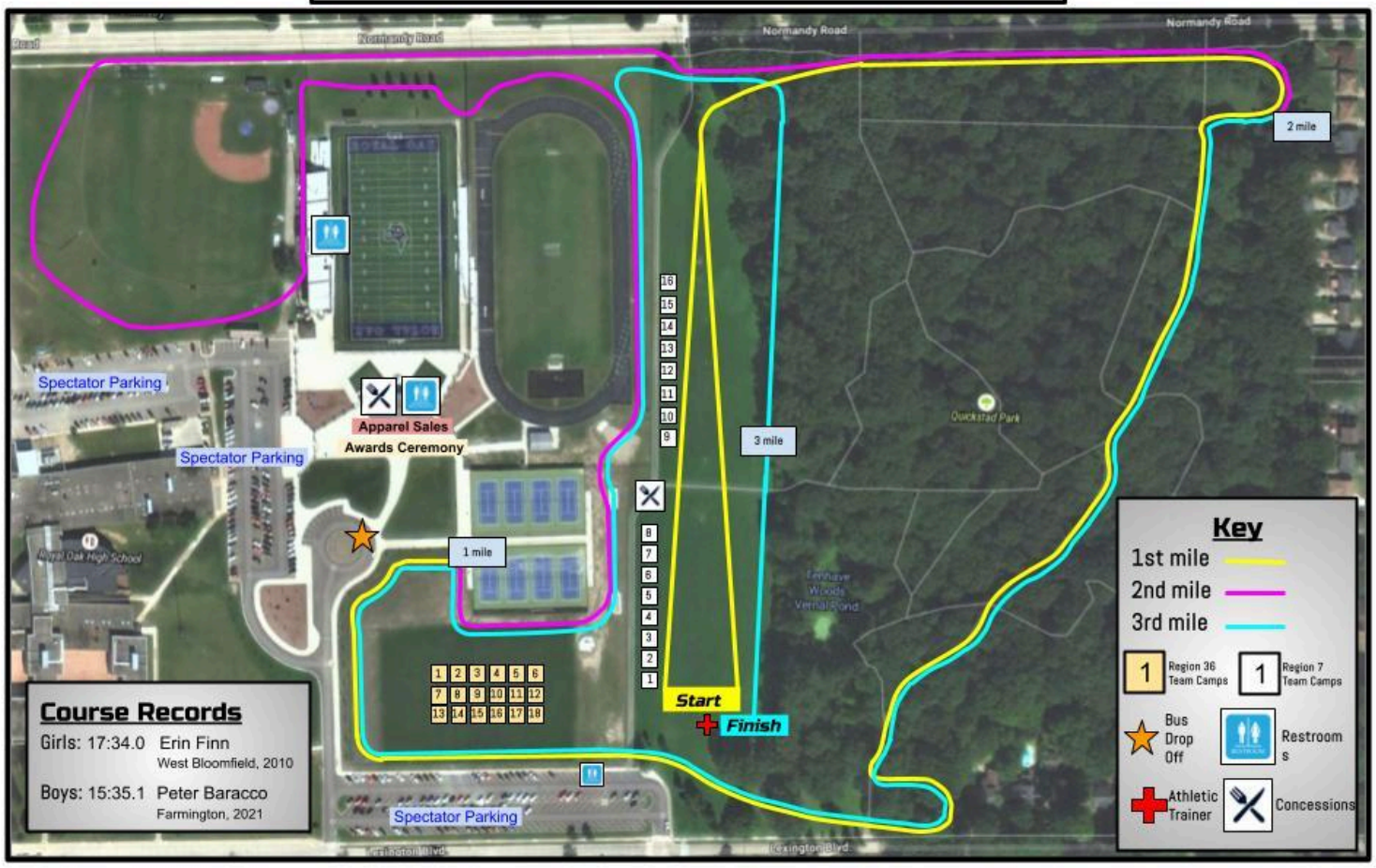
MHSAA CROSS COUNTRY APPAREL

Officially licensed MHSAA apparel from E.A. Graphics will be on sale at the stadium entrance.

VIDEO STREAMING

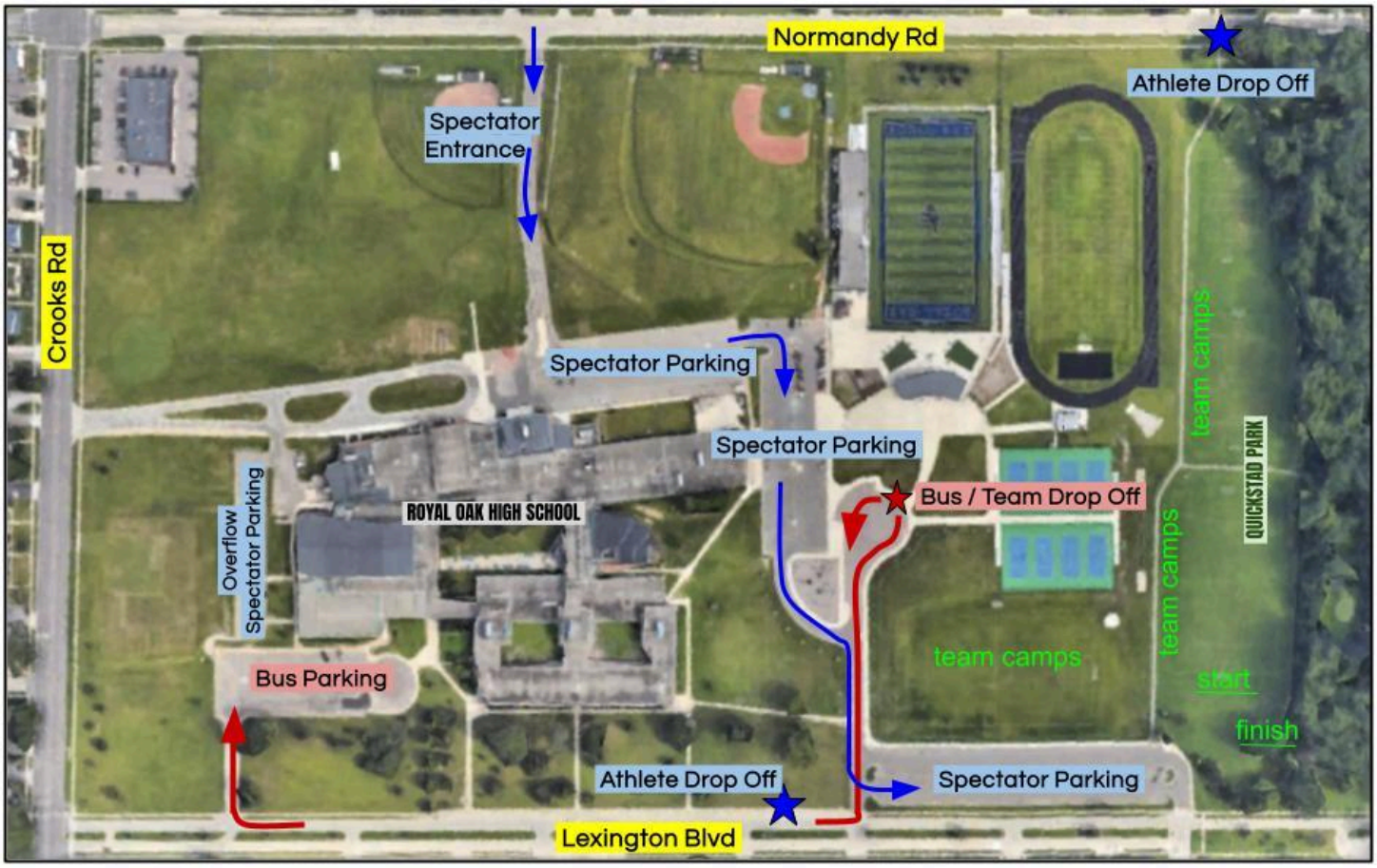
The broadcast and streaming rights of MHSAA post-season tournament events belong exclusively to the NFHS Network, Bally Sports Detroit, the MHSAA, and those media outlets which have pre-arranged to secure those rights. Teams participating in MHSAA tournaments are prohibited from streaming live video of any portion of an event over the internet, including using social media platforms or any other method. Likewise, individual spectators are also prohibited from live streaming video through any means. Participating schools are responsible for informing their students, parents, and other fans of this policy and to assist the MHSAA upon request in enforcing it. Outlets broadcasting tournament games - audio or video - on over-the-air, cable or internet - live or delayed - must receive advance permission from the MHSAA to originate the event. Tournament managers will receive approval by email for each outlet.

Quickstad Park Course Map



COURSE NOTES

- After the initial straightway, the route is marked as an alley with solid white lines. Runners must stay within the alley. The ½ mile, 1 mile, 2 mile, and 3 mile will all be marked.
- Our course follows a trail through Tenhave Woods. Since this is a nature preserve, there will be no painted lines on the trail but it will be clearly marked with cones. Due to the limited trails, entrances, and exits to Tenhave Woods, we ask that no spectators enter the preserve while the races are being competed.
- The exit gate on the south end of Tenhave Woods does not offer much head room (just over 6ft). While it will be brightly marked and have protection, please inform your athletes…especially the tall ones!
- During the race, athletes are ***not*** permitted to run on the track, long jump runway, or sidewalk along Normandy Road.



Royal Oak High School - MHSAA Regional XC Parking

- $10 per car - **CASH ONLY!**
- ***All spectators will enter via Normandy Rd. - no athlete drop off in the lots***
- Parents dropping off athletes should use the areas marked by blue stars
- Buses should drop teams off at the stadium entrance circle drive and then park in the far Lexington lot until teams are ready to be picked up.