

Cross Country Bulletin

STATE CHAMPIONSHIPS – NOVEMBER 9, 2024 – HEREFORD HIGH SCHOOL

DATE	EVENT	DATE	EVENT
August 14	First Practice Date	October 31	Region Meets
September 6	First Play Date	November 3	State Meet Organizational Meeting
October 21	Deadline for Region Meet Entry	November 9	State Championship Meets
October 28	Deadline for Final Region Meet Qualifiers		

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. All participants, coaches, officials, administrators, spectators, and any other individual present at any interscholastic athletic practice or competition must adhere to the local educational agency policies pertaining to health and safety policies.

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 21, 2024.
 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 10/28) 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.

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 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 3rd, 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	Teams Advancing	Region Meet Teams	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

- i. 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 21st.
 - ii. Official entry application must be submitted by the established deadline.
 - iii. Boys and girls will be counted separately.
 - iv. First year schools may compete.
 - v. 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 2024 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.

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

Class	Date and Time	Region Meet Site	Regional Meet Director
Class 4A West	October 31 (2:30 p.m.)	Lakelands Park	Seann Pelkey
Class 4A North	October 31 (2:30 p.m.)	Baltimore Co. Agricultural Center	Eric Benjamin
Class 4A South	October 31 (2:30 p.m.)	Fort Washington	Kenneth Washington
Class 4A East	October 31 (2:30 p.m.)	Chesapeake-AA HS	Kristi Starr
Class 3A West	October 31 (2:30 p.m.)	Utica Park	Brian Dempsey
Class 3A North	October 31 (2:30 p.m.)	Baltimore Co. Agricultural Center	Gil Stange
Class 3A South	October 31 (2:30 p.m.)	River Hill HS	Chad Boothe
Class 3A East	October 31 (2:30 p.m.)	Chesapeake-AA HS	Kristi Starr
Class 2A West	October 31 (2:30 p.m.)	Utica Park	Kevin McCoy
Class 2A North	October 31 (2:30 p.m.)	Randallstown HS	Adam Hittner
Class 2A South	October 31 (2:30 p.m.)	Oak Ridge Park	Pam Thorton-Miller
Class 2A East	October 31 (2:30 p.m.)	Fair Hill	Evan Cohn
Class 1A West	October 31 (2:30 p.m.)	Clear Spring HS	Jaime Mason-Lego
Class 1A North	October 31 (2:30 p.m.)	Herring Run Park	Joseph Edwards
Class 1A South	October 31 (2:30 p.m.)	Fort Washington	Kenneth Washington
Class 1A East	October 31 (2:30 p.m.)	Fair Hill	Evan Cohn

Additional information can be found on the Cross Country State Championship Central page at www.mpsaa.org

Projected MPSSAA Cross Country Championship Dates					
2025	November 8	2026	November 14	2027	November 13

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

2024 Cross Country Classification Alignment

Class 4A West			Class 4A North			Class 4A South			Class 4A East		
1.	Frederick	Fre	1.	Dundalk	BCo	1.	Bladensburg	PG	1.	Annapolis	AA
2.	Thomas Johnson	Fre	2.	Kenwood	BCo	2.	Dr. Henry A. Wise	PG	2.	Broadneck	AA
3.	Urbana	Fre	3.	Parkville	BCo	3.	Duval	PG	3.	Crofton	AA
4.	Clarksburg	Mtg	4.	Perry Hall	BCo	4.	Eleanor Roosevelt	PG	4.	Glen Burnie	AA
5.	Gaithersburg	Mtg	5.	Woodlawn	BCo	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.	North Point	Cha
8.	Seneca Valley	Mtg	8.	Paint Branch	Mtg	8.	Northwestern	PG	8.	Leonardtwn	StM
9.	Walt Whitman	Mtg	9.	Wheaton	Mtg	9.	Parkdale	PG	9.	Bowie	PG
10.	Walter Johnson	Mtg	10.	Springbrook	Mtg	10.	Bethesda-CC	Mtg	10.	Suitland	PG
11.	Winston Churchill	Mtg	11.	Albert Einstein	Mtg	11.	Montgomery Blair	Mtg			
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	BCo	1.	City College	Balt	1.	Severna Park	AA
2.	Oakdale	Fre	2.	Catonsville	BCo	2.	Polytechnic	Balt	2.	South River	AA
3.	Linganore	Fre	3.	Towson	BCo	3.	Digital Harbor	Balt	3.	Arundel	AA
4.	Thomas S. Wootton	Mtg	4.	Lansdowne	BCo	4.	Patterson	Balt	4.	Chesapeake	AA
5.	Watkins Mill	Mtg	5.	Franklin	BCo	5.	Atholton	How	5.	Northeast	AA
6.	James H. Blake	Mtg	6.	Overlea	BCo	6.	Howard	How	6.	Old Mill	AA
7.	Damascus	Mtg	7.	Westminster	Car	7.	Long Reach	How	7.	Severn Run	AA
8.	Col. Zadok Magruder	Mtg	8.	Manchester Valley	Car	8.	Marriotts Ridge	How	8.	Northern	Cal
9.	Sherwood	Mtg	9.	Aberdeen	Har	9.	Mount Hebron	How	9.	St. Charles	Cha
10.	Rockville	Mtg	10.	Bel Air	Har	10.	Oakland Mills	How	10.	Oxon Hill	PG
11.	South Hagerstown	Was	11.	Edgewood	Har	11.	Reservoir	How	11.	Great Mills	StM
12.	North Hagerstown	Was				12.	River Hill	How	12.	Chopticon	StM
						13.	Guilford Park	How	13.	James M. Bennett	Wic
									14.	Stephen Decatur	Wor

Class 2A West			Class 2A North			Class 2A South			Class 2A East		
1.	Southern	AA	1.	Chesapeake	BCo	1.	Patuxent	Cal	1.	Rising Sun	Cec
2.	Century	Car	2.	Eastern Tech	BCo	2.	Huntingtown	Cal	2.	North East	Cec
3.	Winters Mill	Car	3.	Hereford	BCo	3.	Calvert	Cal	3.	Elkton	Cec
4.	Middletown	Fre	4.	Milford Mill	BCo	4.	Westlake	Cha	4.	North Caroline	Cin
5.	Walkersville	Fre	5.	New Town	BCo	5.	Thomas Stone	Cha	5.	Fallston	Har
6.	Centennial	How	6.	Owings Mills	BCo	6.	McDonough	Cha	6.	North Harford	Har
7.	Glenelg	How	7.	Patapsco	BCo	7.	La Plata	Cha	7.	C. Milton Wright	Har
8.	Hammond	How	8.	Randallstown	BCo	8.	Henry E. Lackey	Cha	8.	Queen Anne's	QA
9.	Wilde Lake	How	9.	Sparrows Point	BCo	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	BCo	1.	Perryville	Cec
2.	Allegany	All	2.	Benjamin Franklin	Balt	2.	Western Tech	BCo	2.	Bohemia Manor	Cec
3.	Fort Hill	All	3.	Coppin Academy	Balt	3.	Loch Raven	BCo	3.	Cambridge-SD	Dor
4.	Brunswick	Fre	4.	Edmondson-Westside	Balt	4.	Pikesville	BCo	4.	North Dorchester	Dor
5.	Catoctin	Fre	5.	Forest Park	Balt	5.	Largo	PG	5.	Harford Tech	Har
6.	Monocacy Valley	Fre	6.	Frederick Douglass	Balt	6.	Friendly	PG	6.	Havre de Grace	Har
7.	Southern	Gar	7.	Lake Clifton	Balt	7.	Central	PG	7.	Patterson Mill	Har
8.	Northern	Gar	8.	Reginald Lewis	Balt	8.	College Park Acad.	PG	8.	Kent County	K
9.	Boonsboro	Was	9.	Francis Scott Key	Car	9.	Surrattsville	PG	9.	Washington	Som
10.	Smithsburg	Was	10.	Liberty	Car	10.	Intern. at Largo	PG	10.	Crisfield	Som
11.	Clear Spring	Was	11.	South Carroll	Car	11.	Int. at Langley Park	PG	11.	Mardela	Wic
			12.	Joppatowne	Har				12.	Snow Hill	Wor
			13.	SEED School	MD				13.	Pocomoke	Wor