

# **2019-2020 MPA CROSS COUNTRY BULLETIN**

(5/14/19)

## **CROSS COUNTRY SEASON**

August 5 - August 18, 2019 – Hands-off Period (Sport Season Policy)

August 19, 2019 - First Practice

September 6, 2019 - First Regular Season Meet (After 3:00 p.m.)

October 21, 2019 – Hy-Tek Roster due to Dave Jeffrey from the Coach

Regional Entry Backup Form due from the Athletic Administrator

(Ten names by 7:00 P.M.)

**The \$50 entry fee per school competing in the MPA tournaments regardless of the number of runners will be invoiced by the MPA following the submission of the Regional Entry Backup form which is due on October 21.**

October 21-25, 2019 – Online voting for Sportsmanship Banner (One week to vote)

October 23, 2019 – 12:00 Noon – Deadline for Changes to Regional Roster

October 26, 2019 – Regional Championships

November 2, 2019 - State Championships

November 9, 2019 - New England Championships at TBA

\*Each coach must complete the NFHS “*Concussion in Sport*” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com)).

\*Each coach must complete the NFHS “Heat Illness Prevention” video that is available at the NFHS website ([www.nfhslearn.com](http://www.nfhslearn.com))

Each school will be assessed a \$50 entry for Teams (regardless the number of runners) competing in the MPA Tournament competition.

**The cross country season for member schools in the Aroostook League may be adjusted to begin earlier, up to the number of weeks the school is expected to be closed for potato harvest.**

**SWEEPER** - It is a strong recommendation that all schools and leagues have a “sweeper” at all cross country meets. This should be a part of each school’s Emergency Plan. For the safety and security of all participants – Coaches should alert officials immediately if a student athlete doesn’t complete the race, the next race should not start until all competitors are accounted for. Sweepers will be MANDATORY at Conference, Regional and State Championships. (2014)

## **HANDS-OFF PERIOD**

In order to provide a window of personal time similar to the time available prior to the winter and spring sports seasons, summer recess is defined as the time period between the last day of the spring sport season to August 5, which is fourteen (14) days prior to the beginning of the fall sport season. This does not exclude individual students from attending camps during this two-week period of personal time as long as all other Sport Season Policy requirements are met. Individuals choosing to attend camps during this two-week period may use school protective gear or track and field implements.

Please refer to the questions and answers which appear on the MPA website used to clarify the policy and questions you may have.

## REGIONAL INVITATIONAL CROSS COUNTRY MEETS - **OCTOBER 26, 2019**

### North

**October 26**

Troy Howard Middle School, Belfast  
Dave Jeffrey, Director (Brewer H.S.,  
989-4140) - [djeffrey@breweredu.org](mailto:djeffrey@breweredu.org)

**B - Girls – 11:00, – Boys 11:35**  
**C – Girls – 12:10, - Boys 12:45**  
**A – Girls – 1:20, - Boys 1:55**

### South

**October 26**

Twin Brook, Cumberland  
Mike Griffin, Director  
[mgriffin@msad15.org](mailto:mgriffin@msad15.org)

**B – Girls – 11:00, – Boys 11:40**  
**C – Girls – 12:20, - Boys 1:00**  
**A – Girls – 1:40, - Boys 2:20**

### WEATHER CONDITIONS

The safety of athletes (*participants*), spectators, coaches/directors, school personnel, and all others present at an athletic contest must be the first and foremost concern to the contest officials and building administrators.

1. When an interscholastic contest has been scheduled and dangerous playing conditions exist, or severe weather is anticipated, the following should be considered:
  - a. Prior to beginning an athletic contest, when severe weather is anticipated, the head contest official and the principals of each school, or their designees, will meet to review the suspension and/or postponement procedures. This would include any playing rule book coverage.
  - b. The host school administrator will be responsible for informing contest officials, visiting school administrators and, if applicable, the individual responsible for public address announcements of designated shelter areas.
  - c. When lightning is observed in the vicinity of a contest conducted outdoors, play should be suspended.
  - d. If any other life-threatening condition occurs, play should be suspended immediately, and predetermined directions to safe locations will be announced.
2. When a suspension of a contest occurs, the following should be considered:
  - a. If the suspension is forty-five minutes or greater, resuming at a later date should be considered.
  - b. Play shall not be resumed until **30 minutes** after the last flash of lightning.
  - c. When it appears that weather conditions are no longer a threat to the safety of participants, spectators, or contest officials, administrators from all schools involved will meet with the head contest official to determine if play will continue.
  - d. If play is to be resumed, contestants will be given at least a fifteen-minute warm-up period prior to competition.
3. If evacuation is necessary, the following should be considered:
  - a. If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.
  - b. All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches the facility. A list of the closest safe structures should be announced. The person in authority must be aware of the amount of time it takes to get to each structure and the number of persons each

structure can safely hold. For large events, time needed for evacuation is increased and there must be a method (i.e., announcement over loud speaker) for communicating the need for evacuation and directing both athletes and spectators to the appropriate safe shelters.

- c. The most ideal structure is a fully enclosed, substantial building with plumbing, electrical wiring and telephone service, which aids in grounding the structure. A fully enclosed automobile with a hard metal roof and rolled up windows is also a reasonable choice. School buses are an excellent lightning shelter that can be utilized for large groups of people. However, it is important to avoid contact with any metal while inside the vehicle.

Avoid using shower facilities for safe shelter and do not use showers or plumbing facilities during a thunderstorm as the current from a local lightning strike can enter the building via the plumbing pipelines or electrical connections. It is also considered unsafe to stand near utilities, use corded telephones or headsets during a thunderstorm, due to the danger of electrical current traveling through the telephone line. Cellular and cordless telephones are considered reasonably safe and can be used to summon help during a thunderstorm.

When caught in a thunderstorm without availability or time to reach safe structures, you can minimize the risk of lightning-related injury by following a few basic guidelines:

- Avoid being the highest object. Seek a thick grove of small trees or bushes surrounded by taller trees or a dry ditch.
- Avoid contact with anything that would be attractive to lightning. Stay away from freestanding trees, poles, antennas, towers, bleachers, baseball dugouts, metal fences, standing pools of water, and golf carts.
- Crouch down with legs together, the weight on the balls of the feet, arms wrapped around knees, and head down with ears covered.

### **TERMS AND CONDITIONS**

1. The terms and conditions in this bulletin shall govern all regular season, regional, and state competition as indicated, in addition to the 2019-2020 National Federation Track and Field Rule Book.
2. Teams and individual runners from schools in Class A, B and C must qualify for participation in the State Meet by participating in the Regional Meet. Individual runners from schools that do not have a cross country team may enter the regional tournament only if they have been attached to another school's team by a cooperative agreement.
3. Each school may compete in no more than nine (9) meets including its league meet. Not including Regionals or State Meets!
4. The length of course shall be the same for both boys and girls. The length of the regional and state cross country meets will be 2.9-3.1 miles.
5. The cross country uniform must be consistent with Rule 4.3, Articles 1-6, of the Track and Field Rule Book and appropriate situation rulings. Please note the following under Article 1:  
b.6. – Bare midriff tops are not allowed.

b.7. – The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

c.3. – The waistband of a competitor's bottom shall be worn above the hips.

6. The following guidelines from the **2019-2020** NFHS Track & Field and Cross Country Rules Book will be followed concerning inhalers.

“The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.”

7. Entries for the Regional Championships **must be emailed using Hy-Tek Team Manager to Dave Jeffrey (By the Coach) and on the online Regional Eligibility Declaration Form to the MPA (By the athletic administrator).**

North and South: Dave Jeffrey – e-mail: [djeffrey@breweredu.org](mailto:djeffrey@breweredu.org)

- **October 21, 2019** – Deadline for the Hy-Tek Entry by computer due to Dave Jeffrey by 7:00 P.M. Entries will be posted on the [www.sub5.com](http://www.sub5.com) website by **October 22, 2019**. If it is necessary to make a change after **October 21**, contact the MPA with a new eligibility roster and contact Dave Jeffrey with an email notifying him of the change.
  - **October 21, 2019** – Deadline for the Regional Eligibility Declaration Form submitted by the athletic administrator should go directly to the MPA.
  - There is a \$35 fine for each entry not sent by the deadline.
  - **October 23, 2019** at 12:00 noon – Deadline for any changes to the regional entry roster. **NO CHANGES TO THE REGIONAL ENTRY ROSTER WILL BE ALLOWED AFTER NOON ON WEDNESDAY, OCTOBER 23, 2019.** Your Regional Entry WILL SERVE as your State Entry.
8. Schools may enter ten competitors, any seven of which may compete. A team is defined as five or more competitors. Schools may enter fewer than five competitors with the understanding that those entered will compete as individuals.
9. To determine the team score, the places won by those individuals not representing a team are disregarded and the order of finish re-ranked. Five team members must finish to establish a team score.
10. Jury of Appeals-Each meet director shall appoint a jury of appeals which shall serve as the final authority in appeals that fall within the jurisdiction as defined by the National Federation Rules. The Jury of Appeals will be comprised of 3-5 members drawn from those officials or coaches who are supervising the meet. The referee shall not be a member. Coaches who wish to appeal a ruling must do so in writing with a \$35 fee included within 30 minutes of the announcement of the meet result. The fee will be returned to the school in the advent that the appeal is successful. NFHS guidelines will be followed in determining whether an appeal is allowable.
11. The number of teams qualifying for the State Meet in each class will be one-half of the teams that start the race at the Regionals. The top 30 individual finishers in Class A, B and **C** in each region will qualify for the State Meet.

12. Schools that qualify at the regionals for the state meet are expected to compete in the state meet. Qualifying schools that do not intend to participate in the state meet must notify the cross country committee chair by the Monday following the regional meet of their intention not to participate. Qualifying schools that do not participate in the state meet and do not notify the cross country committee chair by the deadline of their intention to not participate will not be allowed to participate in the cross country regional championships for two years.
13. For each team sent to a Regional or State Meet, a school must send at least one adult to supervise the team members. The adult supervising a team may be a coach or an adult who has met the coaches' eligibility standards. If a runner participates in a race and is not listed on the regional eligibility roster, his/her team will be disqualified.
14. All designated Regional and State cross country sites are closed to all coaches and participants for inspection or practice seven (7) days prior to the meet, except that teams may inspect the course from 1:00 p.m. to 6:00 p.m. on the Friday afternoon immediately preceding the Saturday Regional or State Meet. Teams or individuals who violate this rule will be **disqualified**. Teams who wish to view the courses before the course is closed must call the appropriate course supervisor to make the arrangements.
15. Race results will be given to coaches for review ten minutes prior to the awards presentation.

### **SIGHT-IMPAIRED ATHLETES**

The Maine Principals' Association recognizes the special needs of sight-impaired athletes in cross country and encourages their participation in MPA competition. In cases where sight-impaired athletes are participating in a competition, some modification of current NFHS track and field rules regarding cross country may be necessary. Such modification will only be permitted with the prior approval of the MPA in writing. In principle, no rule modification that disadvantages any other competitor will be allowed.

1. A student may run with the use of a guide runner provided:
  - a. There is no light perception in either eye up to light perception but inability to recognize the shape of a hand at any distance or in any direction.
  - b. From ability to recognize the shape of a hand up to visual acuity of 2/60 and/or visual field of less than five degrees.
  - c. The use of a guide runner is approved in advance by the Cross Country Committee.

The student must have an ophthalmologist's eye report. The school will file the report with the Maine Principals' Association.

2. Methods of guidance
  - a. Athletes shall provide their own guide for competition. The guide must be approved by the athlete's school principal.
  - b. Competitor and guide in competition are to be regarded as a team.
  - c. As the sight-impaired runner crosses the finish line, the guide must be behind the athlete
  - d. The method of guidance is the choice of the athlete. He or she may choose to use an elbow lead, or a tether, or to run free. Holding the athlete or the athlete's clothing is not permitted. Strapping or tying the hands of the athlete and guide to one

another is not permitted. The tether used must provide at least 5cm lengths between the respective hands of guide and athlete.

In addition, the runner may receive verbal instruction from the guide. Bicycles or other mechanical means of transportation may not be used by guides.

- e. At no time may the guide pull the athlete or propel the athlete forward by pushing. Infringement of this rule shall lead to disqualification.
- f. Whether or not a tether is being used, the athlete and guide shall be not more than 1m apart at all times and the guide shall not be in front of the athlete.

NOTE: Where extraordinary or accidental circumstances lead to a breach of this rule, it shall be the sole responsibility of the referee to decide for or against disqualification. The principles that will govern such a decision shall include consideration of any danger to or disadvantage suffered by another competitor in the same race.

- g. Guide runners must wear a bright orange running vest, in order that they are clearly distinguished from competitors.

### **STATE INVITATIONAL CROSS COUNTRY MEET – November 2, 2019**

Site: **Twin Brook, Cumberland**

Meet Director: **Mike Griffin**

[mgriffin@msad15.org](mailto:mgriffin@msad15.org)

- 1. The definitions of teams and individual runners used in the Regional Meets will be applied in the State Meet.
- 2. The method of scoring used at the Regional Meets will be used at the State Meet.
- 3. The **2019** State Cross Country Meet schedule is as follows:

**Class B Girls – 11:00 A.M., – Boys 11:40 A.M.**

**Class C Girls – 12:20 P.M., – Boys 1:00 P.M.**

**Class A Girls – 1:40 P.M., – Boys 2:20 P.M**

*This schedule allows for course walks throughout the day, except within 15 minutes from the start of the next race.*

- 4. The order of classes for future State Meets will be as follows:

**2020 – C,A,B (Boys/Girls) 2021 – A,B,C (Girls/Boys) 2022 – B,C,A (Boys/Girls)**

### **NEW ENGLAND COMPETITION**

Individual athletes will be selected based on the results of state competition with the champion of each class and the next 22 finishers as determined by their times in the combined Classes A, B and C being invited to represent the state. Qualifying **teams must contact Dave Jeffrey @ [djeffrey@breweredu.org](mailto:djeffrey@breweredu.org) (825-3403) to verify their participation** by Sunday noon the day directly after the state meet.

Schools do not need to contact Dave Jeffrey about Individuals.

Six teams will qualify for New England Competition. They will be:

1. The state champions from Classes A, B and C will automatically qualify.
2. The state meet will then be rescored as one meet with all schools included in the rescoring. The teams, regardless of class, with the three best scores, not including the state champions, will qualify.

New England regulations only allow seven entries per team. If your team qualifies, please submit only seven names for the New England meet. Any changes in your state team competitors should be made at this time.

The MPA will enter all qualified athletes and teams. Information will be distributed to all coaches in their post-season event championship packets and posted on the MPA web page. It is the parents' or school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The schools, which the qualifying athletes and teams attend, have an automatic waiver of the Sport Season Policy for the athlete and for the qualifying team. A coach may work with the qualifying athlete or team prior to the event and coach the athlete or team at the New England Competition. If a Saturday competition should be postponed to Sunday for any reason, Maine's athletes and teams may now participate with permission from the MPA Executive Director. This decision DOES NOT over rule a school committee decision.

A coach who holds current coach's eligibility status must be present and assume responsibility for a school's athlete(s) at the New England Competition.

## CROSS COUNTRY CLASSIFICATION

CLASS A - 655+	CLASS B -- 400-654	CLASS C -- 0-399
NORTH	NORTH	NORTH
<ol style="list-style-type: none"> <li>1. Lewiston, 1420</li> <li>2. Bangor, 1202</li> <li>3. Oxford Hills, 1021</li> <li>4. Edward Little, 998</li> <li>5. Skowhegan, 782</li> <li>6. Hampden, 770</li> <li>7. Messalonskee, 735</li> <li>8. Brunswick, 714</li> <li>9. Mt. Ararat, 709</li> <li>10. Camden Hills, 693</li> <li>11. Cony, 673</li> <li>12. Brewer, 672</li> <li>13. Mt. Blue, 666</li> </ol>	<ol style="list-style-type: none"> <li>1. Gardiner, 622</li> <li>2. Lawrence, 610</li> <li>3. Nokomis, 583</li> <li>4. Erskine, 581</li> <li>5. Medomak Valley, 559</li> <li>6. Mt. Desert, 531</li> <li>7. Presque Isle, 527</li> <li>8. Waterville, 516</li> <li>9. Hermon, 508</li> <li>10. Belfast, 505</li> <li>11. Old Town, 503</li> <li>12. Caribou, 491</li> <li>13. Oceanside, 474 (B)</li> <li>14. Ellsworth, 463</li> <li>15. John Bapst, 462</li> <li>16. Winslow, 438</li> <li>17. Foxcroft, 415</li> <li>18. Washington, 404</li> </ol>	<ol style="list-style-type: none"> <li>1. Houlton, 347</li> <li>2. Orono, 338</li> <li>3. Bucksport, 314</li> <li>4. Mattanawcook, 306</li> <li>5. George Stevens, 305</li> <li>6. Central, 293</li> <li>7. Dexter, 290 (B)</li> <li>8. Fort Kent, 252</li> <li>9. Sumner, 231</li> <li>10. Calais, 205</li> <li>11. Narraguagus, 199</li> <li>12. Lee, 196</li> <li>13. Searsport, 156</li> <li>14. Madawaska, 153 (B)</li> <li>15. MSSM, 142</li> <li>16. Hodgdon, 136</li> <li>17. Fort Fairfield, 130</li> <li>18. Deer Isle-Stonington, 117</li> <li>19. Machias, 117</li> <li>20. Bangor Christian, 106 (G)</li> <li>21. Shead, 94</li> <li>22. Washburn, 90</li> <li>23. Wisdom*, 90 (B)</li> <li>24. Jonesport-Beals*, 77 (B)</li> <li>25. Greater Houlton, 33</li> <li>26. Islesboro, 29</li> </ol>
SOUTH	SOUTH	SOUTH
<ol style="list-style-type: none"> <li>1. Thornton, 1476</li> <li>2. Bonny Eagle, 1094</li> <li>3. Sanford, 982</li> <li>4. Scarborough, 973</li> <li>5. Windham, 941</li> <li>6. Deering, 929</li> <li>7. Massabesic, 927</li> <li>8. South Portland, 898</li> <li>9. Noble, 894</li> <li>10. Gorham, 819</li> <li>11. Marshwood, 784</li> <li>12. Biddeford, 764</li> <li>13. Portland, 757</li> <li>14. Westbrook, 748</li> <li>15. Kennebunk, 717</li> <li>16. Falmouth, 710</li> <li>17. Cheverus, 394</li> </ol>	<ol style="list-style-type: none"> <li>1. Greely, 638</li> <li>2. Gardiner, 622</li> <li>3. Gray-New Gloucester, 596</li> <li>4. Morse, 583</li> <li>5. Fryeburg, 575</li> <li>6. York, 553</li> <li>7. Leavitt, 551</li> <li>8. Lincoln, 545</li> <li>9. Lake Region, 535</li> <li>10. Freeport, 525</li> <li>11. Cape Elizabeth, 514</li> <li>12. Yarmouth, 509</li> <li>13. Poland, 463</li> <li>14. Wells, 422</li> <li>15. Spruce Mountain, 402</li> </ol>	<ol style="list-style-type: none"> <li>1. Oak Hill, 399</li> <li>2. Mountain Valley, 375</li> <li>3. Maranacook, 361</li> <li>4. Lisbon, 339</li> <li>5. Sacopee Valley, 310</li> <li>6. Hall-Dale, 295</li> <li>7. Waynflete, 267</li> <li>8. Boothbay/Wiscasset, 258 G, 242 B</li> <li>9. Traip, 255</li> <li>10. Old Orchard, 243 (B)</li> <li>11. Winthrop, 231</li> <li>12. Monmouth, 222</li> <li>13. Dirigo, 219</li> <li>14. Madison, 212</li> <li>15. Telstar, 199</li> <li>16. Carrabec, 191</li> <li>17. St. Dominic, 162</li> <li>18. Richmond, 134</li> <li>19. North Yarmouth, 124</li> <li>20. Maine Coast Waldorf, 65</li> <li>21. Forest Hills, 40</li> <li>22. North Haven, 18</li> </ol>



