

2010-2011 MPA CROSS COUNTRY BULLETIN

(Revised 6/11/10)

CROSS COUNTRY SEASON

August 2 - August 15 – Hands-off Period (Sport Season Policy)

August 16 - First Practice

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

October 18 – Hy-Tek Roster and Regional Entry Roster Due Date (6 p.m.)

October 20 – 12:00 Noon – Deadline for Changes to Regional Roster

October 23 – Regional Championships

October 30 - State Championships

November 13 - New England Championships, TBD

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.

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 1 or fourteen (14) days prior to the beginning of the fall sport season, whichever occurs later. 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 23, 2010

EAST

October 23

Troy Howard Middle School, Belfast

Dave Jeffrey, Director (Brewer H.S.,

989-4140) - djeffrey@breweredu.org

B - Boys - 11:00, Girls - 11:35

C - Boys - 12:10, Girls - 12:45

A - Boys - 1:20, Girls - 1:55

WEST

October 23

Twin Brook, Cumberland

George Mendros, Director

george.mendros@thorntonacademy.org

B - Boys - 10:00, Girls - 10:35

C - Boys - 11:10, Girls - 11:45

A - Boys - 12:20, Girls - 12:55

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. 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 2010-2011 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.
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 2010 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 2010-2011 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. **The following guidelines will be enforced for the restrictive jewelry rule.** The interpretation of rule 4-6-1 is that no jewelry is allowed. This includes rubber bands, cloth bracelets, beaded necklaces, etc. Medi-alert and religious jewelry must be taped

to the body. (Beads woven or braided into hair will be allowed. Rubber bands or cloth headbands are also allowed to hold hair back.)

- a) Prior to the event, the coach and captain will verify with meet officials that all uniforms and expectations of National Federation rules are being met.
- b) When athletes come to the line, if they are seen wearing jewelry, they will be asked to remove it as a courtesy.
- c) If jewelry is seen being worn by an athlete during a race or event by a race official, it must be reported by an official at the conclusion of that event and the rule enforced.
- d) Rule 4-6-1 governs the end of a race. Once the runner's information is recorded at the end of the chute and the runner leaves the chute, no disqualifications may occur.

8. Entries for the Regional Championships **must be emailed using Hy-Tek Team Manager to the appropriate meet director and on the online regional entry roster to the MPA.**

East and West: Dave Jeffrey – e-mail: djeffrey@breweredu.org

- October 18, 2010 – Deadline for the Hy-Tek Entry by computer to Dave Jeffrey and online regional entry roster provided to the MPA. The ten names submitted by Hy-Tek should be identical to the ten names submitted on the regional entry roster. There is a \$35 fine for each entry or form not sent by the deadline. Entries will be posted on the www.sub5.com website by October 18.
- October 20, 2010 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 20, 2010.**

9. 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.

10. 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.

11. 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.

12. 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 20 individual finishers in Class A and Class B and the top 30 finishers in Class C in each region will qualify for the State Meet.

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 – OCTOBER 30, 2010

Site: Troy Howard Middle School, Belfast
Meet Director: Dave Jeffrey, 989-4140

- 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 2010 State Cross Country Meet schedule is as follows:
 - Class B Boys - 11:00 A.M., Girls - 11:45 A.M.
 - Class C Boys - 12:30 P.M., Girls - 1:15 P.M.
 - Class A Boys - 2:00 P.M., Girls - 2:45 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:

2011 – C, A, B 2012 – A, B, C 2013 – B, C, A

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 athletes **and teams must contact George Mendros at 282-5065 or e-mail: george.mendros@thorntonacademy.org to verify their participation.**

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 rescored. The teams, regardless of class, with the three best scores, not including the state champions, will qualify.

New England regulations only allow nine entries per team. If your team qualifies, please submit only nine names for the New England meet.

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 will **not** be allowed to compete.

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

<u>CLASS A</u> <u>760+</u>	<u>CLASS B</u> <u>450 -759</u>	<u>CLASS C</u> <u>0 – 449</u>
<u>EAST</u>	<u>EAST</u>	<u>EAST</u>
Bangor Brewer Brunswick Cony Edward Little Lawrence Lewiston Messalonskee Morse (11) Mt. Ararat Mt. Blue Oxford hills Skowhegan	Belfast Camden Hills Caribou Ellsworth Erskine Hampden Hermon John Bapst Maine Central Institute Medomak Mt. Desert Old Town Presque Isle Rockland (13) Waterville Winslow	Bangor Christian Bucksport Calais Carrabec Central Fort Kent Foxcroft George Stevens Greater Houlton Greenville Islesboro Lee Limestone/MSSM Machias Mattanawcook Narraguagus Orono Penobscot Valley Penquis Valley* Piscataquis Schenck Searsport Shed Stearns Sumner Washington Woodland
<u>WEST</u>	<u>WEST</u>	<u>WEST</u>
Biddeford Bonny Eagle Cheverus (11) Deering Gorham Kennebunk Marshwood Massabesic McAuley (13) Noble Portland Sanford Scarborough South Portland Thornton Westbrook Windham	Cape Elizabeth Falmouth Fryeburg Gardiner Gray-New Gloucester Greely Lake Region Leavitt Lincoln Maranacook Poland Wells Yarmouth York	Boothbay Dirigo Elan Freeport Gould (Arthur R.) Hall-Dale Jay (G) Lisbon Madison Merriconeag Waldorf Monmouth North Haven/Vinalhaven North Yarmouth Richmond St. Dominic Telstar Traip Valley Waynflete Winthrop Wiscasset

B – Boys' team only

G – Girls' team only

Version 2009