



Coaches:

Welcome to the Cross Country Regional (Div. 26-3, Div. 16-2, & Div. 9-1) at Goodells County Park. The park address for directions is 8345 County Park Dr, Goodells, MI 48027. Three regionals will be hosted by Algonac High School at the park on **Saturday, October 25**. There are three exhibition barns made available for all teams to set up camp (see site map). The schedule is as follows:

**INSPECTION OF COURSE:**

The course and park will be open for review at **8:30 a.m.**

**MEETING FOR COACHES:**

9:00 a.m. Divisions 3 & 2 @ Visitor's Center  
11:15 a.m. Division 1 @ Visitor's Center

**RACE SCHEDULE:**

10:00 a.m. Division 3 Boys  
10:30 a.m. Division 2 Boys  
11:00 a.m. Division 3 Girls  
11:30 a.m. Division 2 Girls  
Noon Division 1 Boys  
12:30 p.m. Division 1 Girls  
1:15 p.m. Boys' Open Race  
1:45 p.m. Girls' Open Race

**\$3 charge per individual with a maximum \$20 a team (boys & girls separate teams) will be charged for open races. Fees may be paid by check or cash at the visitor's center any time prior to the open races. Medals awarded to the top 25 finishers in each race.**

**AWARDS:**

12:35 p.m. Division 3 & 2 Boys & Girls  
2:30 p.m. Division 1 Boys & Girls

1 Trophy to Winning Team

7 Team Medals to Winning Team Members

15 Medals for Top 15 individuals in each race

Awards will take place at the stage which is located west of the Visitor's Center.

## **PACKETS**

The coach's packet will include bib numbers for your runners, safety pins, substitution form, appeal form, course map, and program. Packets will be available in the Visitor's Center. Remember after the races, to get a **MHSAA state packet** for those teams/runners moving on to state finals at **MIS**. Packets will be available in the visitor's center after results are published.

## **RESULTS:**

Results will be provided for all coaches shortly after races are completed at the Visitor's Center. Large copies of all results will also be posted on the visitor center windows for spectators and athletes. Results will also be available after the meet on *speedyraces.net*, *athletic.net* and *mhsaa.com*. **Coaches, the open race will have a running clock, but you are responsible for your runners' times.**

## **TRAINER:**

A medical trainer (Tom Pemberton) will be available for all racers. He will be set up near the end of the finish line chute.

## **UNIFORMS:**

All MHSAA rules will be in affect. Watches and jewelry allowed.

## **PARKING:**

All **buses and team vans** are to enter and park from the **north gate** located off Lapeer Road ("old M-21"). All **spectators** are to enter the **south gates** of the park by taking either Goodells Rd. or Castor Rd. to County Park Drive. There is also handicapped parking available at the parking lot near the splash park area west of the main lot. Overflow parking will be directed across the street to the southern side of the park.

## **DIRECTIONS:**

Take I-69 to the Wales Center Rd exit (189). Go north to Lapeer Rd. ("old M-21"). Make a right on Lapeer heading east. Spectators should turn right on Goodells Road and follow the signs to the parking lots. Participants will find the north entry gate to park ¼ mile further on the right.

## **ADMISSION:**

MHSAA rates are **\$5 per person, maximum \$10 per vehicle**, for entry to the meet.

***NOTE:*** To all Spectators, **NO PETS ALLOWED** at the park, VIA MHSAA rules.

## **MHSAA SOUVENIRS:**

MHSAA Souvenirs will be available from vendors -. T-shirts, sweatshirts and other apparel will also be sold. These items will be on sale in the middle exhibition barn across from the concession stand.

### CONCESSIONS/RESTROOMS:

Two concession stands will be available throughout the meet – one in the middle exhibition building, the other south of the Visitor's Center (follow signs). There are no hotels and only one restaurant (*a bar with food*) located in Goodells. There will be restrooms available on each side of the Visitor's Center, and near the spectator parking lot.

### ENTRY REGISTRATION:

All entries must be submitted electronically starting Monday, October 6 and no later than 4 p.m. on Friday, October 17. Entries are submitted online at ***athletic.net***. Enter your seven varsity athletes. As directed by the MHSAA, a \$50 late fee will be assessed to schools not registering by the October 19 deadline. Changes may be made the day of the meet in the Visitor's Center using the form in your packet – please include bib number of each athlete you are replacing.

### ELIGIBILITY SHEETS

A copy your Eligibility Sheets for both boys and girls must be on file with Algonac High School before the regional date. Email copies to Mitch Landrum at ***mitchell.landrum@algonac.k12.mi.us*** or mail to him at Algonac High School, 5200 Taft Road, Algonac MI 48001. Eligibility Sheets may also be faxed to 810-794-0040.

### COMPETING TEAMS

#### DIVISION 1 (9-1) 15 Teams

Fair Haven - Anchor Bay  
Lake Orion  
Lapeer  
Macomb - Dakota  
Oxford  
Port Huron  
Port Huron Northern  
Rochester Hills - Rochester  
Rochester Hills - Stoney Creek  
Rochester - Adams  
Romeo  
Shelby Township - Utica Eisenhower  
Sterling Heights - Utica Ford II  
Sterling Heights - Utica Stevenson  
Utica

#### DIVISION 2 (16-2) 14 Teams

Algonac  
Armada  
Auburn Hills - Avondale  
Croswell - Lexington  
Goodrich  
Imlay City  
Marine City  
Marysville  
North Branch  
Ortonville - Brandon  
Pontiac - Notre Dame Preparatory School  
Richmond  
St. Clair  
Yale

#### DIVISION (26-3) 18 Teams

Almont  
Byron Area  
Capac  
Dearborn - Advanced Technology Academy  
Dearborn - Henry Ford Academy  
Dearborn - Riverside Academy-West  
Detroit Community  
Detroit - Central Collegiate Academy  
Detroit - Consortium College Prep

Detroit - University Prep Academy  
Detroit - West Side Academy  
Durand Area  
Macomb - Lutheran North  
Madison heights - Bishop Foley  
Memphis  
Pontiac Academy for Excellence  
Southfield - Bradford Academy  
Warren - Michigan Collegiate

## **OFFICIALS**

Meet Starter: Paul Matson I.D. #61704  
Asst. Starter - Mike Taylor I.D. # 656785  
Meet Referee: Jim Cleverly I.D. # # 16807  
Meet Finish Line: Mark Brochu I.D. #171197  
Meet Manager: Mitch Landrum  
Meet Director: Dan Shafer  
Games Committee: TBA

## **COURSE PREVIEW**

The course will be lined and ready for preview at any time **starting Wednesday**, , October 17. The St. Clair County Park in Goodells is open from 8 a.m. to dusk seven days a week with free admission. Teams are welcome to preview the course during park hours. The course map is a separate file on this entry.

If you have any questions or concerns, please contact Dan Shafer (810-329-9406) or **[coachdshafer@aol.com](mailto:coachdshafer@aol.com)**. Hope your season is going well.

Dan Shafer  
Algonac CC  
Meet Director

Goodells County Park

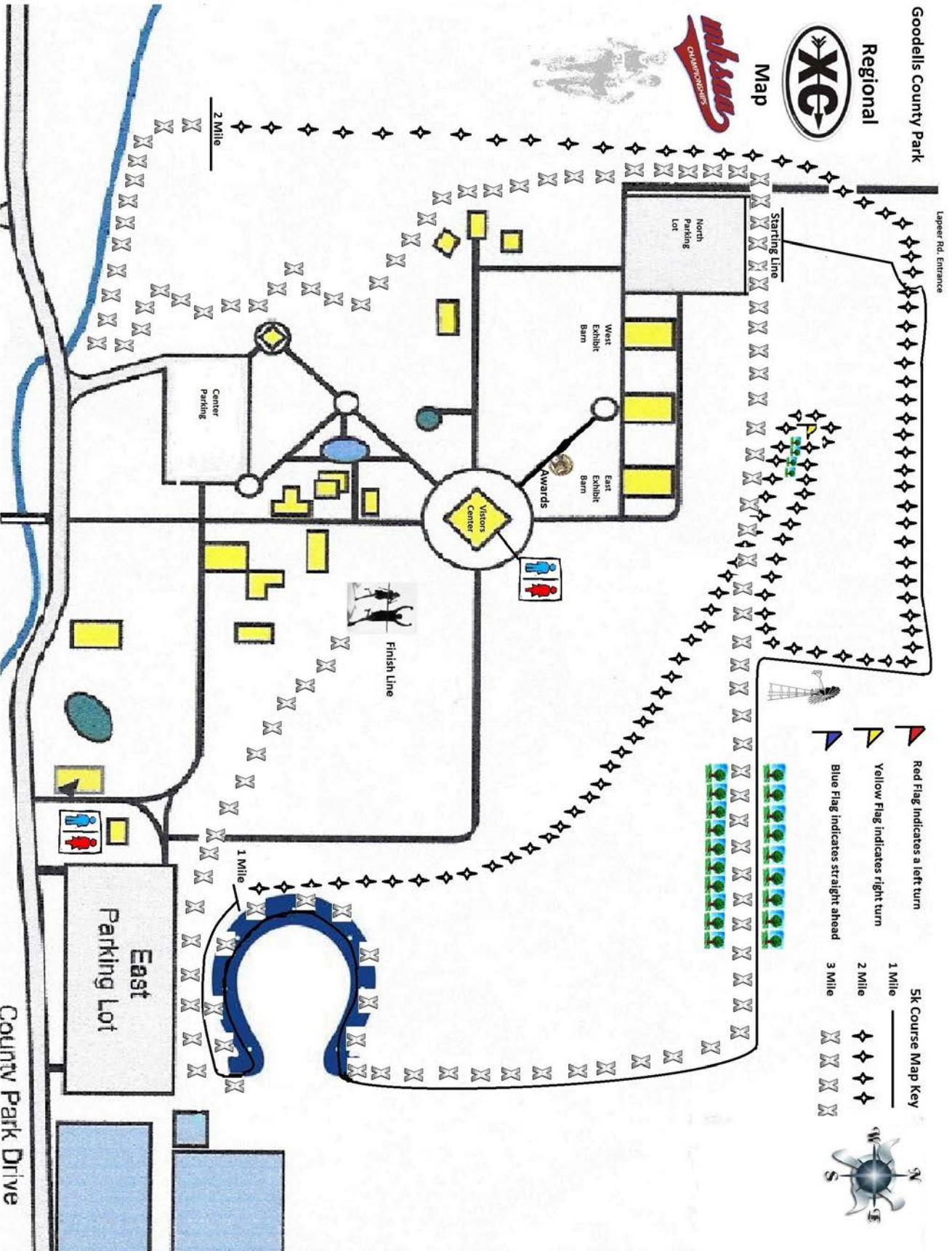
Regional



Map



Lapeer Rd. Entrance



Red Flag indicates a left turn

Yellow Flag indicates right turn

Blue Flag indicates straight ahead

5K Course Map Key

1 Mile

2 Mile

3 Mile



