



2024

Cross Country

Information

CROSS COUNTRY SPORTS PAGE

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2024 Cross Country Tournament

Athletic.net Process:

1. Each school must have a user name and password for Cross Country, Indoor Track, and Outdoor Track. Schools have the option of setting up one account for all three seasons, or separate accounts for each season. Athletic Directors with input from their coaches should make this decision. If you already have a Athletic.net account for your team/school, you do not need to create a new one.
2. Contact information: The coach must be listed as the contact. Each tournament director will have access to this information. Please do not list the school Athletic Assistant or Secretary, as this will delay the process when an issue arises or last minute information is needed. Information should include current e-mail and phone number(s), the number should be accessible beyond school hours, since most meets occur on weekends.
3. Rosters need to be updated as the season goes along, this will make the entry process go smoother at the deadline time.
4. **Entry Deadline -Monday, November 4, 2024** for Cross Country. **NO LATE ENTRIES WILL BE ACCEPTED.** Once your entries are completed you must print out a copy of your entries and check for accuracy. You will make updates and be able to edit changes up to the deadline.
5. Cross Country – Each school only has to enter maximum of 10 names (you can enter less); you do not have to declare which 7 will run.

Order of the Races

DIVISION 1

SATURDAY, NOVEMBER 9, 2024 @ NORTHFIELD MOUNTAIN		
11:00 a.m. Girls Division 1A	12:30 p.m. Girls Division 1B	2:00 p.m. Girls Division 1C
11:45 a.m. Boys Division 1A	1:15 p.m. Boys Division 1B	2:45 p.m. Boys Division 1C
12:45 Award Ceremony	2:15 Award Ceremony	3:45 Award Ceremony

DIVISION 2

SATURDAY, NOVEMBER 9, 2024 @ FORT DEVENS		
11:00 a.m. Girls Division 2A	12:30 p.m. Girls Division 2B	2:00 p.m. Girls Division 2C
11:45 a.m. Boys Division 2A	1:15 p.m. Boys Division 2B	2:45 p.m. Boys Division 2C
12:45 Award Ceremony	2:15 Award Ceremony	3:45 Award Ceremony

DIVISION 3

SATURDAY, NOVEMBER 9, 2024 @ WRENTHAM DEVELOPMENT CENTER		
11:00 a.m. Girls Division 3A	12:30 p.m. Girls Division 3B	2:00 p.m. Girls Division 3C
11:45 a.m. Boys Division 3A	1:15 p.m. Boys Division 3B	2:45 p.m. Boys Division 3C
12:45 Award Ceremony	2:15 Award Ceremony	3:45 Award Ceremony

2. Each school may list ten (10) boys/girls, seven (7) of whom will be allowed to compete. The first five (5) boys/girls to finish will score for their schools. Five (5) boys/girls must leave starting box and finish for a team to score.
3. **Divisional Placement** - See MIAA Fall Tournament Alignments for 2023-24 through 2024-25. Divisional Class Waves (A, B and C) are created to equalize numbers within each division. The Divisional Class A, B and C waves are available on the MIAA Cross Country tournament webpage.
4. Athletes should come dressed in proper school uniform, (school colors - jersey and shorts) ready to compete. The Uniform Rule will be strictly enforced. In case of inclement weather the Tournament Director MAY modify the Uniform Rule.



2024 Cross Country Tournament

5. **Entries:** ALL ENTRIES WILL BE DONE VIA ATHLETIC.NET. Entries must be received by the Tournament Director by end of day on November 4, 2024. **NO LATE ENTRIES WILL BE ACCEPTED.**
6. Numbers should be distributed only to the seven (7) actually competing. All numbers should be pinned securely on the front of the jersey. The tear-off tags should not be pinned. All will have a chip attached to number.
7. Medals will be awarded to the first fifteen (15) individual finishers in each race. Trophies will be awarded to each team Class Champion and Class Runner-Up.
8. All teams must have adult representation in control of participants at all times. Such representation must be an employee or designated representative of the school district. If not the coach, representative must have written designation from the school principal.
9. The meet shall be run under the rules of the National Federation Track & Field Rule Book except as modified by the MIAA.
10. **Finality of Decisions** - The referee's decision in all matters shall be final and without appeal except in those meets for which a Jury of Appeals has been established for that special purpose. The Jury of Appeals (3 officials and 2 coaches) then will have the final authority. In order to have an appeal processed a coach must submit the appeal in writing to the referee within thirty (30) minutes after the results are announced.
11. **Medical Coverage** – Medical coverage will follow local guidelines and policies. At least one licensed athletic trainer and at least one of the following: physician, physician's assistant, certified EMT, or nurse practitioner will be available at the MIAA Divisional Class Meet and MIAA State Championship Meet. The MIAA will compensate for this coverage at these sites.
12. **Awards Ceremonies** – See time schedule above.
13. **Divisional Championship Meet** – Teams qualifying will be posted on MIAA website. If listed, you are in, no further information will be sent. The performance list will be declared final 24 hours after being released.
14. Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying 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.
15. **MIAA Drone Policy - Prohibiting the Use of Drones (Unmanned Aircraft Systems or UAS's)**
The use of drones (UAS), for any purpose, is not permitted at any MIAA tournament event. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the MIAA event, including the spectator stands and parking areas.
16. **CHIPS ARE IN THE BIBS – STUDENT-ATHLETE MUST CROSS FINISH LINE. REMIND THEM NOT TO STOP AND CHECK THEIR WATCH. COULD AFFECT THEIR TIME.**
17. Officials will be assigned by the Tournament Directors.
18. Bikes or Dogs **ARE NOT ALLOWED** at any of the facilities.



2024 Cross Country Tournament

State Championships

SATURDAY, NOVEMBER 16, 2024 @ FORT DEVENS

BIKES & DOGS **ARE NOT** ALLOWED.

Three Divisions of Boys

Three Divisions of Girls

In each division - 23 teams and 30 individuals from non-qualifying teams will compete.

Divisional State Championships Qualifications:

- Top seven (7) teams from wave A, B & C
- Top ten (10) individuals from wave A, B & C - not on one of the qualifying teams
- Wildcard #1 - The fastest 8th place team from wave A, B & C
- Wildcard #2 - Will be the next fastest team from the remaining two 8th place teams and the 9th place team finishing immediately behind Wildcard #1 (Fastest: cumulative time of the top 5 finishers from a team).

Starting Times:

SATURDAY, NOVEMBER 16, 2024 @ FORT DEVENS		
11:00 a.m. Girls Division 1	12:30 p.m. Boys Division 2	2:00 p.m. Boys Division 3
11:45 a.m. Boys Division 1	1:15 p.m. Girls Division 2	2:45 p.m. Girls Division 3
12:45 Award Ceremony	2:15 Award Ceremony	3:45 Award Ceremony

A trophy and medals will be presented to the winning Team Champion and Team Runner Up in each division. Medals will be awarded to the first fifteen- (15) finishers in each race.

Responsibility of Participating Schools - All schools are responsible before, during and after a contest for the proper conduct of their coaches, students and spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred.

Non-Discrimination Statement

MIAA does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, sex or gender, gender identity and/or expression, sexual orientation, military or veteran status, genetic information, or any other characteristic protected under applicable federal, state or local law. Retaliation is also prohibited.