

Cross Country

2022-2023 Bulletin



Coach Responsibilities:

1. Know and follow all AACPS policies, procedures, rules and regulations as described throughout the AACPS Athletic Handbook.
2. Know and follow the sport bulletins of the specific sport.
3. Know and follow the “Bylaws” and “Rules and Interpretation” sections of the MPSSAA handbook.
4. Follow the procedures in the MPSSAA bulletin.
5. Follow sport-specific rules in the appropriate rule book.
 - a. Rule Changes:
<https://www.nfhs.org/sports-resource-content/track-field-and-cross-country-rules-changes-2022/>

Contact Information:

1. Questions should initially be directed to local school athletic directors.
2. Then, questions should be directed to:
 - a. County sport commissioner - Brianna Bostic, Broadneck High School, bbostic@aacps.org, 410-294-2369
 - b. District V Representative - Phil Lang, Howard County, coachlang@hotmail.com, 443-294-6896
3. Regional Tournament Directors:
 - a. 4A East Region Director- Brianna Bostic, Broadneck School, bbostic@aacps.org, 410-294-2369
 - b. 3A South Region Director- Joe Hatcher, Chesapeake High School, ajhatcher@aacps.org 410-491-8695
 - c. 2A West Region Director- Danny Jones, Liberty High School, coachj13@comcast.net, 443-745-2983

Divisions:

4A East Region (Arundel)	3A South Region (Chesapeake)	2A West Region (Liberty)
Annapolis Arundel Broadneck Glen Burnie Meade North County Old Mill Severna Park South River	Chesapeake Crofton	Southern Northeast
		1A

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Important Dates:

August

- Monday, August 8 at 4:00 pm - Fall Coaches Meeting, Glen Burnie High School
- Wednesday August 10 - First day of tryouts
- Tuesday August 16 - First scrimmage day
- Friday, August 26, 2022 - Academic assistance sessions start date
- Saturday, August 27, 2022- SAT Testing - No Mandatory Practice or Contests before 2:00 PM

September

- Friday, September 2, 2022 - MPSSAA start date for contests (except golf)
- Monday, September 5, 2022 - Labor Day- All Schools Closed- Practices still allowed
- Thursday, September 15, 2022 - Academic assistance sessions end date and **Grade Check**
- Monday, September 26 - Rosh Hashanah- All schools closed- No practices or contests

October

- Saturday, October 1- SAT testing - No mandatory practice or contests before 2:00 pm
- Tuesday, October 4, 2022 - Yom Kippur, No practices or Contests after Sundown
- Wednesday, October 5, 2022 - Yom Kippur, No practices or Contests
- Wednesday, October 19, 2022 - Two-hour early dismissal for all students
- Thursday, October 20, 2022 - Two-hour early dismissal for all students

November

- Thursday, November 3, 2022 - Two-hour early dismissal for all students
- Friday, November 4, 2022 - Two-hour early dismissal for all students
- Saturday, November 5, 2022 - SAT testing- No mandatory practices or contests before 2pm
- Tuesday, November 8, 2022 - Election Day- Schools Closed- No Practices Allowed
- Thursday, November 17, 2022 - Check Ineligibility Lists
- Monday-Friday, November 21-25, 2022 - No School, only football allowed to practice on Thanksgiving

Contests:

- Ten contest maximum, not including County Championship, Regionals, or State Championship
- Must participate in in-county regular season meets
- Must participate in one county invitational meet
- Limit two races in a calendar week
- Three meets in one week may be scheduled once during the season
- Host Site Expectations:
 - Consult with the Sport Commissioner and Office of Athletics on weather-related issues
 - Provide the following supplies at the finish area the day of:
 - Well marked course including knowledge of the 1 and 2 mile locations
 - 3 staff to assist with finish line; payable on blue/green sheets
 - Trainer area near the finish
 - Water station for all runners to access near finish
 - Access to a gator 2 hours before the meet starts
 - 4 walkie talkies (head coach, timing table, AD, and one extra)
 - 2 tables and 4 chairs
 - Knowledge of the closest power source (may be needed in emergencies)

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County Championship and Awards:

- Wednesday, October 26, 2022 – South River HS
- Each team will participate in the County Championship; the winning team at the County Championship Meet will be County Champion.
- 20 Individual medals for 1st - 20th place. 11 team medals for the 1st place team. County Championship Plaque/Head Coach Plaque

Regional and State Information:

<https://www.mpssaa.org/state-championships/cross-country/mpssaa-cross-country-state-championships-central/>

- October 24, 2022 Application deadline for Region Meet entry
- October 31, 2022 Deadline for final Region Meet qualifiers
- November 3, 2022 Region Meets
- November 6, 2022 Organization meeting for State Meets
- November 12, 2022 State Meets