

MEMORANDUM

To: 2020 State Meets – Cross Country Coaches and Schools
From: Mike Bisson, Assistant Executive Director
Subject: 2020 MPA Cross Country Championship Meets
Date: October 16, 2020

Qualifier: With the limits on mass gatherings at 100 the MPA will not be hosting Regionals. Leagues should host a qualifying race at any time prior to November 8 and details regarding qualifying teams and individuals are included below. The number of teams and individuals qualifying from a league is subject to change depending on the number of teams participating.

State Meet: Wednesday, November 11, 2020 Boys Class C/A/B
Saturday, November 14, 2020 Girls Class C/A/B
Troy Howard Middle School, Belfast

Welcome to the schools and individuals that will be competing in the upcoming State Cross Country Championships! Below please find some general information that should help answer some questions about this year's meet. More information can be found in the 2020 Cross Country Bulletin. Please share this information with coaches and parents and if you have any questions, please don't hesitate to contact Mike Bisson at the MPA office (622-0217, Ext. 141).

Rules: All championship meets are governed by the 2018-2019 NFHS Track and Field rules as well as those outlined in the 2020 Cross Country Bulletin.

All Covid-19 related guidelines are in the MPA Return to Play document.

Sportsmanship: All competitors and coaches are expected to conduct themselves in a respectful and sportsmanlike manner. Swearing or other unsportsmanlike behavior will cause a competitor to be disqualified.

Reminder: Due to access to the facility, schools may walk the course on Saturday, November 7 only. Course inspection may also occur on race day one hour prior to the race.

Entries: All entries are due to Dave Jeffrey via a Hy-Tek Advancers File by Sunday, November 8. David Jeffrey, Meet Director (Phone #: W: 989-4140, H: 825-3403, djeffrey@breweredu.org).

Race Schedule for Boys on November 11 and Girls on November 14

State:	<u>Wednesday, Nov. 11, 2020</u>	<u>Saturday, Nov. 14, 2020</u>
	C – Boys 9:30 a.m.	C - Girls 9:30 a.m.
	A – Boys 12:00 p.m.	A - Girls 12:00 p.m.
	B – Boys 2:30 p.m.	B - Girls 2:30 p.m.

Teams should arrive on site at Troy Howard Middle School no earlier than one hour before their race. Following the race teams should leave immediately following the awards ceremony.

Personnel on Site: Athletes, coaches, and meet personnel will be the only people allowed on site on each day of the state meets to comply with the gathering requirements from the Governor's Executive Order of 100 people. Fans and Athletic Directors will not be able to enter the facility on race day. Any press requests must be approved ahead of time by the MPA.

Live-streaming: The MPA is working to provide a live-stream of all state championship races through WHOU.

Valuables: All coaches and athletes are responsible for valuables at all times.

Athletic Trainer will be on-site. Please bring school wrap/tape for your athletes.

**** Water at finish** for medical reasons only. Athletes should not congregate in the finish corral and should move to their team area immediately following the race.

Awards: The awards ceremonies will take place at the conclusion of each race in each class. Trophies and medals will be presented to the 1st and 2nd place teams. Medals will be presented to the top 10 finishers in each class.

Qualifications for State Meet:

Team – Qualifying for the state meet will be done at the league level. Each league and the classes within the league will have a limited number of qualifying teams and individuals (individuals not on qualifying teams).

*Adjustments to qualifying for teams and individuals is subject to change due to the number of teams participating in the league qualifier.

Class A

If York County is eligible to compete, the SMAA will qualify 5 teams and the qualifying individuals for both leagues would be reduced to 2 each.

KVAC top 4 qualify for State meet + top 4 individuals.

SMAA – top 4 qualify for State meet + top 4 individuals.

Class B

PVC Top 3 qualify for State meet + top 2 individuals.

KVAC Top 3 qualify for State meet + top 2 individuals.

WMC Top 3 qualify for State meet + top 2 individuals.

Class C

PVC Top 3 schools (including DAC) qualify for State meet + top 2 individuals.

WMC Top 2 schools qualify for State meet + top 2 individuals.

MVC Top 3 schools qualify for State meet + top 2 individuals.

Aroostook Top 1 schools qualify for State meet + top 2 individuals.

General Information:

- 1) Teams should arrive no earlier than one hour prior to their race at Troy Howard Middle School.
- 2) No locker rooms or indoor bathrooms are available. Porta-Potties on field.
- 3) Buses should drop off athletes and park per instructions of parking guide at the YMCA.
- 4) Races will be run according to the time schedule. Teams are expected to be at the starting line **15 minutes** before the scheduled start time.

- 5) There will be a Coaches/ Captains (1 per team) meeting at the starting line 20 minutes before the start of each race. All teams must be represented.
- 6) Teams may inspect the course no earlier than one hour prior to their race time.
- 7) To get to the Troy Howard Middle school, go to only light on Route 1 (just past/before MBNA) and turn on to route 52 heading west. The school is about one-half mile down on right, a large brick building with a green roof.
- 8) Course inspection will be permitted on Saturday, November 7 only, but teams should not plan on practicing on the course pending course conditions due to weather.

Directions to Troy Howard Middle School

From the south heading north from NH into ME on I-95:

- Follow I-95 North
- Take exit 44 from I-95 North to I-295 North
- Follow I-295 North until it returns to I-95 North
- Take exit 113 from I-95 N to ME-3 East/State Highway 3 East in Augusta.
- Follow for about 44 miles as you enter Belfast
- Turn right onto Edgecomb Road and follow until it ends (for 1 mi)
- Turn left onto Lincolnville Ave (for 0.5 mi)
- School will be on your left

From the west heading east from NH into ME on US-2 East:

- From US-2 East turn right onto Parkway Road
- Turn left onto ME-26 East (for 15 mi)
- Turn left onto ME-219 East near Trap Corner (for 13 mi)
- Turn right to stay on ME-219 East (for 6.5 mi)
- Continue straight to stay on ME-219 East (for 9.5 mi)
- Turn right onto ME-133 South (for 6 mi)
- Continue straight onto ME-133 South/ME-41 South (for 1.5 mi)
- Slight left onto ME-133 South (for 0.3 mi)
- Continue straight onto US-202 East (for 9 mi)
- Use the right lane to merge onto I-95 North vis the ramp to Bangor (for 3.5 mi)
- Take exit 113 for ME-3 toward Augusta/Belfast (for 0.2 mi)
- Keep right at the fork, follow signs for State Hwy 3 and merge onto ME-3 East/State Hwy 3 East (for 13 mi)
- Keep right to continue on ME-3 East (for 30 mi)
- Turn right onto Edgecomb Rd (for 1 mi)
- Turn left onto Lincolnville Ave (0.5 mi)
- School will be on your left

Troy Howard Middle School Cross Country High School level course map — Belfast, Maine.
3.1 miles: 5k

