

MIAA CROSS COUNTRY SCHEDULE - 2008

Boys and Girls AAA - A-AA

(AAA)			(A-AA)
<u>American</u>	<u>Capitol</u>	<u>National</u>	<u>Delta</u>
Cordova	Central	BTW	Hillcrest
Craigmont	East	Carver	Middle College
Kirby	Fairley	Frayser	Mitchell
Overton	Hamilton	Manassas	Oakhaven
Ral-Egypt	Kingsbury	Treadwell	Sheffield
Ridgeway	Melrose	Trezevant	Westwood
White Station	Northside	Douglass	MASE
Wooddale	Whitehaven		

MEET DIRECTORS

I.J.Graham (743-2906) – **Shelby Farms**

Ron King (233-4334) -**Frayser**

CROSS COUNTRY INFORMATION

1. General Regulations

The Cross Country courses will be 5k meters in distance for boys and girls. Rules governing Cross Country shall be those as published by the National Federation of High School Associations in the Track and Field Rulebook.

2. Teams

A team will consist of a minimum of five and a maximum of seven runners. However, if a school does not have a team it may enter less than five runners in the individual division of the meet. No school shall enter more than seven participants in the regional cross-country meet. Three alternates may be listed on the entrance form.

3. Regional Meets

Regional cross country meets shall be completed by October 25, 2008. At the regional cross country meets each year, the coaches involved shall select the site of the following year's regional cross country meet and the director. The Class AAA teams and Class A-AA teams (as determined by classification) will be scored as two separate cross country meets.

4. Entrance Forms

The standard entrance form must be in the hands of the meet director and in the state office not later than October 20th. Schools that do not file the entry form with the meet director by or on October 20th shall be charged \$25.00 for each day they are late in order to enter the meet. The penalty check shall go to the meet director in order to cover meet expenses. Directors will forward entrance forms for all contestants that qualify to the state director.

5. Eligibility List

Should be sent to TSSAA and MIAA at least one week before your first meet.

6. Practice

The first date for practice is the Monday, July 28, 2008 you must have physicals on file at your school prior to your first practice.

7. Length of Track

The suggested length of an MIAA cross country track will be 5k meters.

8. Uniforms

All students competing in any event must wear complete cross country uniforms including shorts, shirts and shoes. Failure to comply with this rule disqualifies the offender from that event. Jewelry will not be allowed.

9. Coaches Assignments

MIAA coaches will be assigned duties at the Cross Country meet. MIAA coaches must remain at assigned area and administer duties until the completion of each race.

10. Date of 1st meet

First contest Tuesday, September 2, 2008

Fitness Trails

Park	Meters	Address	Location
Shelby Farms	5k	7171 Mullins Station Rd	East
Ed Rice	5k	2907 North Watkins	North

MONDAY, AUGUST 18

CROSS COUNTRY MEETING M.I.A.A. OFFICE 3:00 PM

TUESDAY, SEPTEMBER 2

Central, Whitehaven, Kirby, Cordova
Ridgeway, Wooddale, Fairley,
Craigmont, White Station, East, Hamilton,
Kingsbury, Overton, Melrose, (Southwind)

SITE -TIME

Shelby Farms
4:00pm

Middle College, Manassas, Oakhaven, Sheffield,
Raleigh-Egypt, Westwood, Trezevant, Mase
Carver, Frayser, Treadwell, B.T.W
Mitchell, Hillcrest, Northside, Douglass

Ed Rice
4:00 pm

MONDAY, SEPTEMBER 8

Kirby, Craigmont, Ridgeway, Westwood,
Treadwell, Overton, Oakhaven, Douglass
Hamilton, Cordova, Sheffield, Carver,
Northside, Kingsbury, Raleigh-Egypt, (Southwind)

Shelby Farms
4:00 pm

Hillcrest, Whitehaven, Trezevant,
B.T.W., Mitchell, Wooddale, Mase
Melrose, Fairley, Central, Frayser
East, Manassas, Middle College,

Ed Rice
4:00 pm

MONDAY, SEPTEMBER 15

Treadwell, Fairley, Kirby, Frayser
Westwood, Cordova, Whitehaven
Central, Overton, Hillcrest, East, Mase
White Station, Craigmont, Kingsbury

Shelby Farms
4:00 pm

Ridgeway, Oakhaven, B.T.W., Melrose
Wooddale, Raleigh-Egypt, Trezevant, (Fayette Ware)
Middle College, Mitchell, Northside, Manassas,
Hamilton, Carver, Sheffield, Douglass, (Southwind)

Ed Rice
4:00 pm

MONDAY, SEPTEMBER 22

Fairley, East, Wooddale, Hamilton, (Fayette Ware)
White Station, Carver, Cordova, (Southwind)
Sheffield, Ridgeway, Trezevant, Douglass
Mitchell, Oakhaven, Central, Craigmont

Shelby Farms
4:00 pm

Northside, Hillcrest, Kirby, B.T.W.,
Frayser, Melrose, Overton, Mase
Raleigh-Egypt, Treadwell, Kingsbury,
Manassas, Middle College, Whitehaven, Westwood

Ed Rice
4:00 pm

MONDAY, September 29

Kirby, Fairley, Melrose, Treadwell,
Trezevant, Wooddale, Craigmont
Ridgeway, Middle College, (Southwind)
Hamilton, Northside, Whitehaven, Hillcrest

Shelby Farms
4:00 pm

Westwood, Central, East, Carver, Mase
Oakhaven, Overton, Manassas, Douglass
Frayser, Mitchell, B.T.W., Cordova, (Fayette Ware)
Kingsbury, Raleigh-Egypt, Sheffield

Ed Rice
4:00 pm

MIAA LEAGUE

Monday, OCTOBER 6

AA

**Delta
National**

**Boys-3:15 Girls-3:45
Boys-4:15 Girls-4:45**

**Ed Rice
Ed Rice**

AAA

**American
Capitol**

**Boys-3:15 Girls-4:45
Boys-4:15 Girls-4:45**

**Shelby Farms
Shelby Farms**

SCRATCH MEETING

Thursday 10/ 09/2008

M.I.A.A. OFFICE

3:00 PM

M.I.A.A. CITY

Tuesday, OCTOBER 14

**M.I.A.A. A-AA Schools Division Championships
Girls Race 3:15 P.M. – Boys Race 3:45 P.M.**

Ed Rice

**M.I.A.A. AAA Schools Division Championships
Girls Race 4:15 P.M. – Boys Race 4:45 P.M.**

Ed Rice

T.S.S.A.A. REGION

**Region 8A-AA Championships (Fayette Ware)
Region 8AAA Championships Shelby Farms**

**THURSDAY, OCTOBER 23
FRIDAY, OCTOBER 24**

T.S.S.A.A. STATE

SITE -PERCY WARNER PARK Nashville, TN

SATURDAY, NOVEMBER 1