

M.I.A.A MIDDLE SCHOOL CROSS COUNTRY

A.Maceo Walker	Amerian Way	Cordova
Craigmont	Douglas	Hickory Ridge
Ida .B. Wells	Kingsbury	Kirby
White Station	Wooddale	

CROSS COUNTRY INFORMATION

1. General Regulations

The Cross Country courses will be 2 miles in distance for boys and girl. 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. Length of Track

The suggested length of an MIAA cross country tracks will be 2 miles.

4. 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.

5. 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.

6.. Date of 1st meet

First contest Monday, September 14, 2009

Fitness Trails

Park	Miles	Address	Location
Shelby Farms	2	7171 Mullins Station Rd	East
Ed Rice	2	2907North Watkins	North

MONDAY, SEPTEMBER 14

Kirby, American Way, Wooddale	Shelby Farms
Cordova, Douglas, White Station	4:45pm
A Maceo Walker, Craigmont,, I. B. Well	Ed Rice
Hickory Ridge, Kingsbury	4:45pm

MONDAY, SEPTTEMBER 21

Kingsbury, Cordova, Craigmont	Shelby Farms
Kirby, A Maceo Walker, Douglas	4:45pm
White Station, I.B. Well, Wooddale	Ed Rice
American Way, Hickory Ridge	4:45pm

MONDAY, SEPTEMBER 28

Hickory Ridge, I.B. Well, Wooddale	Shelby Farms
White Station, American Way, Kingsbury	4:45pm
Cordova, A Maceo Walker, Craigmont	Ed Rice
Kirby, Douglas	4:45pm