

MIAA CROSS COUNTRY SCHEDULE - 2009

Boys and Girls AAA/A-AA



(AAA)

American

Cordova
 Craigmont
 Kirby
 Overton
 Ral-Egypt
 Ridgeway
 White Station
 Wooddale

Capitol

Central
 East
 Hamilton
 Kingsbury
 Melrose
 Mitchell
 Whitehaven

National

BTW
 Carver
 Douglass
 Frayser
 Manassas
 Northside
 Trezevant
 City Univ

(A-AA)

Delta

Hillcrest
 Fairley
 Middle College
 Oakhaven
 Sheffield
 Westwood
 Mase
 MAHS

Fitness Trails

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

MEET DIRECTORS

I.J.Graham **Shelby Farms (901) 743.2906**
 Ron King **Frayser (901) 233.4334**

THURSDAY, AUGUST 20 CROSS COUNTRY MEETING M.I.A.A. OFFICE 3:30 PM

CROSS COUNTRY INFORMATION

General Regulations

The Cross Country courses will be 5k meters 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.

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.

Regional Meets

Regional cross country meets shall be completed by October 31, 2009. 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.

Entrance Forms

The standard entrance form must be in the hands of the meet director and in the state office not later than October 19th. Schools that do not file the entry form with the meet director by or on October 19th 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.

Eligibility List

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

Practice

The first date for practice is the Monday, July 27, 2009 you must have physicals on file at your school prior to your first practice.

Length of Track

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

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.

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.

Date of 1st meet

First contest Monday, August 31, 2009

MONDAY, AUGUST 31

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

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

SITE -TIME
Shelby Farms
4:00pm

Ed Rice
4:00pm

TUESDAY, SEPTEMBER 8

Westwood, Manassas, Middle College,
Overton, Oakhaven, Douglass
Hamilton, Cordova, Sheffield, Carver,
Northside, Kingsbury, Raleigh-Egypt

Hillcrest, Whitehaven, Trezevant, White Station,
B.T.W., Mitchell, Wooddale
Melrose, Fairley, Central, Frayser
East, Kirby, Craigmont, Ridgeway

Shelby Farms
4:00pm

Ed Rice
4:00pm

MONDAY, SEPTEMBER 14

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

Ridgeway, Oakhaven, , B.T.W., Melrose
Wooddale, Ral-Egypt, Trezevant
Middle College, Mitchell, Northside, Manassas,
Hamilton, Carver, Sheffield, Douglass

Shelby Farms
4:00pm

Ed Rice
4:00pm

MONDAY, SEPTEMBER 21

Fairley, East, Wooddale, Hamilton
White Station, Carver, Cordova
Manassas, Ridgeway, Trezevant, Douglass
Mitchell, Oakhaven, Central, Craigmont

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

Shelby Farms
4:00pm

Ed Rice
4:00 pm

MONDAY, SEPTEMBER 28

Kirby, Fairley, Melrose,
Trezevant, Manassas, Craigmont
Ridgeway, Middle College, White Station
Hamilton, Northside, Whitehaven, Hillcrest

Westwood, Central, East, Carver,
Oakhaven, Overton, Wooddale, Douglass
Frayser, Mitchell, B.T.W., Cordova,
Kingsbury, Raleigh-Egypt, Sheffield

Shelby Farms
4:00pm

Ed Rice
4:00pm

MIAA LEAGUE CHAMPIONSHIP A-AA/AAA MONDAY, OCTOBER 5

A-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-3:45 Boys 4:15 Girls-4:45	Shelby Farms Shelby Farms

SCRATCH MEETING THURSDAY, OCTOBER 08 M.I.A.A. OFFICE 3:30 PM

M.I.A.A. CITY A-AA/AAA TUESDAY, OCTOBER 13

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

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

T.S.S.A.A. REGION

Region 8A-AA Championships Ed Rice **THURSDAY, OCTOBER 29**

Region 8AAA Championships Shelby Farms **FRIDAY, OCTOBER 30**

T.S.S.A.A. STATE **SATURDAY, NOVEMBER 7**
SITE -PERCY WARNER PARK Nashville, TN