

**Good Morning!**

**In an effort to help answer some questions commonly coming to the MHSAA about Cross Country and the return of the sport, please see the below questions and answers. If you have further questions, please check the two MHSAA cross country documents or feel free to reach out as needed.**

**Please be well.**

**Thanks!**

**Cody Inglis**

**MHSAA**

**FREQUENTLY ASKED QUESTIONS REGARDING CROSS COUNTRY RETURN TO RUN GUIDANCE DOCUMENTS**

**Updated 8/6/20** – Please check the following documents for continued updates regarding XC

**Full Return to Cross Country guidance document for Cross Country: \_**

**<https://www.mhsaa.com/portals/0/Documents/AD%20Forms/PACKET%20XC.pdf>**

**Cross Country Race Management Considerations document:**

**<https://www.mhsaa.com/Portals/0/Documents/BXC/2020finals/2020-XC-Considerations.pdf>**

**With only being able to have 70 runners per race, can we have multiple races during a meet?** The regulation allows for 70 competitors per race, a race is considered to be each race at a site, which would include the following: Boys Varsity race, Girls Varsity race and a Boys JV and Girls JV race for example...this setup or a similar set up would not be an issue with the rule or the spirit of the rule, as long as the 70 competitor number per race is followed and as long as those teams would be from the same schools involved. What is not recommended or to be done is to have 6 races of 70 runners throughout the day each with different schools coming in and out of the same site. This defeats the purpose of attempting to slow the spread by mixing together more school communities.

**Does the 70-competitor limit apply to dual meets? I have a very large team and almost hit the 70 mark with my own team.** The 70 competitor limit does not apply to dual meets (with just two schools present). The 70 number is meant to help facilitate small teams with fewer numbers so they are not restricted to duals, but might have a tri or quad meet with less than 70 runners.

**Can we have an invitational AND conduct it the same way that we have done it in the past?** The short answer is NO. Start with a **DUAL MEET** first and build from there. What has helped in answering this question is a mindset switch that needs to occur. We need to operate from the standpoint that we do not have Cross Country at this time. We have nothing, but want to build on that to get to something using common sense, care and caution. Start with a dual meet and build from there, not from an invite working backwards. The spirit and intent of the rule is important to consider when planning. Everyone needs to be responsible in order for us to come back to Cross Country. There is not a specific restriction on invitationals, but the strong recommendation is NOT to conduct them, especially early on in the season. The guidance is very clear that there are to be no large-scale events.

**There is not a mention of the MHSAA Cross Country Regional or Final races in the documents. What is the plan for those events?**

MHSAA tournaments including Regionals and Finals for Cross Country was purposefully left out of this initial document and plan. By design, the focus of these documents is on the start of the regular season for schools, administrators, coaches and athletes. MHSAA Cross Country Regionals and Finals are being planned. What they will look like is still a decision to be made. The desire of the MHSAA is to have these events as a culmination of the season. If we resume our regular season in a safe way and show that Cross Country can be conducted responsibly with care and caution it is much more likely that a postseason will occur.

**We have a race scheduled for Aug. 21. Can we compete in this?**

As of today, this is the plan. August 21<sup>st</sup> is the first allowed date of MHSAA Cross Country competition. Competition is an individual school and team decision made in the best interests of the students involved by the school district. As with all other aspects of our lives during this time, this is contingent on the plan being followed and subject to change including changes to the MHSAA status of sports. The MHSAA Representative Council continues to meet and will continue to provide guidance. Stay tuned to MHSAA.com for further updates.

**How many spectators can come to events and races, and does that number include participants like runners, coaches, workers and officials?** As of this date, this is an unknown. We are seeking clarification from the Governor's office as the current guidance is not clear as to the exact number or who is included in that number (participants, coaches, workers, officials, etc.) Please stay tuned for this important update that will be forthcoming.

**Most of the state is in Phase 4, but some counties are in Phase 5. How will this affect competition in different parts of the state/region?**

The governor's Phase 4/5 designation is not the sole determining factor for starting competition. That will be discussed by the MHSAA Representative Council by Aug. 20.