Good Morning Coaches!

Welcome to the 2023 Michigan District State Cross Country Championships! Below you will find information and instructions regarding this year's meet. Below are a few reminders for the day, team packet instructions, warm-up instructions, starting line instructions, as well as information regarding awards and results. God's blessings on your day and on each of your athlete's races today!

Included in this Team Packet:
- Rosters with corresponding bib numbers and safety pins. Please pin the designated bib number on the front of each runner's jersey.
- 7th-8th graders: Please go to the table near the fence line to get a colored notecard to pin to your back to designate which runners are 7/8th graders.
- Box Assignments for each race
- 2 Course Maps
- Today's Race Schedule

Team Camp Area:
- There will be a sign to indicate the designated spot for each school's team camp. It is in the throws area surrounding the track.

Course Maps:
- There are 2 course maps located in this packet.
- The first .25 mile is a gradual uphill, followed by .25 miles of a wooded trail. The remaining portion of the loop is primarily flat, open, and on grass.

Starting Line:
- The starting line will be divided into boxes. Each school will have a box assignment (located in this packet).

Individual and Team Awards:
- Top 8 runners in each division will receive medals [Boys A (7th/8th), Boys B (4th-6th), Girls A (7th-8th), Girls B (4th-6th)]
- All girls, regardless of grade, run together in the first race. All boys, regardless of grade, run together in the second race. Each boys and girls top 5 runners, regardless of grade, will make up their boys and girls team scores, respectively. The Champion and Runner-up teams on both the boy's and girl's side will receive a trophy.

Reminders from CUAA:
- NO DOGS ALLOWED
- Parking will be available in the lot next to the football stadium. If that lot fills up, overflow parking will be by Concordia's gym on the South side of Geddes or up the road at St. Paul, Ann Arbor.