

Good Morning Coaches!

Welcome to the 2025 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 pin the included colored notecard to your athletes' backs to designate which runners are 7/8th graders. (*NEW to be included in the packets!*)
- Box Assignments for each race
- 2 Course Maps
- Today's Race Schedule

Team Camp Area:

- We recommend tents to be set up either near the finish line area or along the starting line area. Tents CANNOT be set up behind the starting line. Please be mindful of the course, and leave ample space for our runners.

Course Maps:

- There are 2 course maps located in this packet.
- This is a one-loop course with a hill just before the first mile.

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:

- There is a \$10 entry fee for each vehicle. Enter Willow MetroPark and go to the Chestnut Grove area.
- NO DOGS ALLOWED (Do we allow dogs? Is this a District rule or was it a CUAA rule?)