**MSCCA 2015 SEASON**

In this letter you will find information on the 2015 cross country season, and the All Mid-State Team selection process.

1) **Pre-Season Meet (Voyles Classic)** There will be no divisions this year. Each team can run 7 runners in the Varsity race and unlimited runners in the JV Race. You may enter all of your runners online, but only 7 may run in the Varsity Meet and all others will run in the JV Meet. **You may enter your athletes starting Sunday August 3rd. Tuesday, August 25th Midnight will be the closeout. Registration for this meet will be at Tennessee Runner.com**

3) Each team may run seven runners in the Varsity Race at the **Mid-State Championship Meet** (10/17). All others may run in the JV race. The starting time for this meet will be at 2:00pm. You will use **Tennessee Runner** to register athletes and see results from this meet. All teams will compete in the championship race together and then be separated into the AAA and A-AA divisions for scoring and awards.

4) Other invitational meets sponsored by Association member schools are listed on the website. Entry forms (paper or online) for these meets have been included as provided by the meet directors.

5) The MSCCA also sponsors races on Tuesday’s for middle school teams. We ask that middle schools that participate in these races pay an annual fee of $50.00 to help pay for the awards that are given at these races.

6) For the 2015 Season, all of the Tuesday MSCCA Members Meets will have online registration at the MSCCA website. Each coach will go to [www.midstatexc.org](http://www.midstatexc.org) and register their runners for the meet. This process must be done so that the directors of these meets have accurate information on your teams and this will allow them to post accurate and timely results.

**Important Note-Coaches, if you do not register your team for a Tuesday meet and show up with your team to compete, you will be allowed to run in the JV races only.**

If you have any questions, or if I can help in any way, let me know. My telephone number at school is (615) 904-3780 or (615) 618-6739. You may e-mail me at **evansa@rcs.k12.tn.us**, and you can view all of the information in this booklet along with the latest news, AMS standings, and the most recent race results on the MSCCA homepage at**:** [**http://www.midstatexc.org**](http://www.midstatexc.org) **or Google MSCCA, then save in your favorites.**

Hope the best for your team this season,

 Al Evans

2015 MSCCA Fee Form-High School

School Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2015 MSCCA Fees-Select One

\_\_\_\_ A-AA $180.00

\_\_\_\_ AAA $220.00

\_\_\_\_ Teams with less than 5 runners $10 per runner

Please make checks to:

Mid State Cross Country Association

Please mail MSCCA fees to:

Al Evans

809 Emily Drive

Smyrna TN 37167

2015 MSCCA Fee Form-Middle School

School Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Middle Schools 2014

$50.00

Please make checks to:

Mid State Cross Country Association

Please mail MSCCA fees to:

Al Evans

809 Emily Drive

Smyrna TN 37167

**MIDSTATE ASSOCIATION XC MEET INFORMATION**

**VOYLES CLASSIC**: **Saturday, August 29, 2015**

 **Sharp Springs Park - Smyrna**

**DIRECTOR: Al Evans – Oakland High School**

 **8:30 AM – Boys Varsity Division**

 **9:15 AM – Girls Varsity Division**

**10:00/10:15AM – Combined JV Race- Staggered**(Awards at the finish line)

 **No entry fee (covered by Mid-State dues)**

**MSCCA CHAMPIONSHIPS Saturday, October 17, 2015**

**Sharp Springs Park - Smyrna**

 **DIRECTOR: Al Evans – Oakland High School**

**2:00PM - Girls Championship Race**

**2:45PM - Boys Championship Race**

**3:30/3:45 – Combined JV Race- Staggered(**Awards at the finish line)

 **AWARDS: Trophies to top 35 in the Championship Races**

**No entry fee (covered by Mid-State dues)**

**MIDSTATE XC ASSOCIATION ALL-MIDSTATE (AMS) TEAMS**

The Mid-State Association each year names an All-Mid-State team for both boys and girls in both A-AA and AAA classifications. **Fifteen** athletes are named to each team on the basis of their composite performances throughout the season in selected meets. Each team is permitted to have a maximum of 7 runners on the ALL-MSCCA team.

The selection of the All-Mid-State team is made on the basis of two times which are combined into a single composite time for each runner. The two times used are taken from the following meets:

 **1) VOYLES CLASSIC PRE-SEASON MEET + 2) MID-STATE CHAMPIONSHIPS**

The top **twenty-one (21)** runners with the lowest composite times in each division are named to the All-Mid-State team. The Top 7 will be designated as All-Midstate First Team, 8-14 Second Team, and 15-21 Third Team. In addition, the runner with the lowest composite time is named Mid-State Most Valuable Runner.

**Coaches of the Year**

The MSCCA will name a "Coach of the Year" in both boys and girls divisions. These coaches will be selected by a committee and honored at the MSCCA banquet at the end of the year.

 **All Mid-State Banquet**

The members of the All Mid-State teams and the honored coaches are recognized each year at a banquet. The date for this year’s banquet is tentatively set for November 9, 2015. It will be held at Brentwood Academy with dinner beginning at 6:00pm

**MIDSTATE CROSS COUNTRY ASSOCIATION WEBSITE**

[**www.midstatexc.org**](http://www.midstatexc.org) **Webmaster - Eric Hickerson** **ehickerson@dcbe.org**