**MSCCA 2016 SEASON**

1. **Voyles Classic-August 27th** Each team may 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 Race and all others will run in the JV Race.

**Registration for the Voyles Classic will be at tn.milesplit.com**

2) Each team may run seven runners in the Varsity Race at the **Mid-State Championship Meet** (10/15). All others may run in the JV race. The starting time for this meet will be at Teams will compete in either the AAA or A-AA/Div II race. Awards will be given based on the division that each team races in.

**Registration for the MSCCA Championship meet will be at tn.milesplit.com**

3) 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.

4) The MSCCA also sponsors races on Tuesday’s for middle school teams. 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. This form can be found at [www.midstatexc.org](http://www.midstatexc.org)

5) For the 2016 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. Download the Excel file and email it back to ehickerson@dcbe.org 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 we can help in any way, let us know. 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.**

Co-Directors MSCCA, Eric Hickerson midstatexc@gmail.com

 Stephen Williams williamsst@rcschools.net

**MIDSTATE ASSOCIATION XC MEET INFORMATION**

**VOYLES CLASSIC**: **Saturday, August 27, 2016**

**Sharp Springs Park - Smyrna**

**8:00 am – Girl’s Varsity Division AAA (awards at the finish line) Medals to Top 30 Runners
8:30 am – Boy’s Varsity Division AAA (awards at the finish line) Medals to Top 30 Runners
9:00 am - Girl’s Varsity Division A-AA & DII (awards at the finish line) Medals to Top 25 Runners
9:30 am – Boy’s Varsity Division A-AA & DII (awards at the finish line) Medals to Top 25 Runners
10:00 am – Awards for Team Varsity Divisions AAA-Top 4 teams, A-AA Top 3 teams
10:45 am – Girl’s Combined Divisions JV (awards at the finish line) Medals to Top 3 Runners Ribbons 4-30
11:15 am – Boy’s Combined Divisions JV (awards at the finish line) Medals to Top 3 Runners Ribbons 4-30
If a team chooses to "run up" a division, then that team is awarded and placed with the upper division. Make sure to enter the division you are racing in: AAA, A-AA and DII, or the AAA if you are A-AA or DII running up.**

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

**MSCCA CHAMPIONSHIPS Saturday, October 15, 2016**

**Buckner Park, Dickson TN**

 **DIRECTOR: Eric Hickerson – Dickson County High School**

**11:00AM-Boys A-AA/Div II Race Trophies Top 25**

**11:40PM–Girls A-AA Race/Div II Race Trophies Top 25**

 **A-AA Top 3 Teams Receive Awards**

**12:20PM Boys JV Race All Divisions (Awards at finish line) Medals to Top 3 Ribbons 4-30**

**12:35PM Girls JV Race All Divisions (Awards at finish line) Medals to Top 3 Ribbons 4-30**

**1:20PM – Boys AAA Race Trophies to Top 30 Runners**

**2:00PM – Girls AAA Races Trophies to Top 30 Runners**

 **Team Awards AAA-Top 4 Teams**

**If a A-AA/Div. II team chooses to "run up" in the AAA division, then that team is awarded and placed with the AAA division. Make sure to enter the division you are racing in: AAA, A-AA and DII, or the AAA if you are A-AA or DII running up.**

**No entry fee (covered by MSCCA 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. **Twenty-one (21)** 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 all divisions. 2 AAA Coaches of the Year, and 2 A-AA/Division Coaches of the Year. 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 7, 2016. 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** **midstatexc@gmail.com**