

ATOM Past Presidents Committee

| | | |
|------|-----------------|-----------------|
| 1987 | Bob Bloomer | Fenton |
| 1988 | Blake Hagman | Kalamazoo |
| 1989 | Mike Henry | North Muskegon |
| 1990 | Tom Kearney | Troy |
| 1991 | Brian McKenna | West Bloomfield |
| 1992 | Wayne McDonald | Parma |
| 1993 | Kathy Hutfilz | St Louis |
| 1994 | Dale Kutchey | Clarkston |
| 1995 | Bernie Abrams | Cassopolis |
| 1996 | Geri Jackson | Detroit |
| 1997 | Phil Bedford | Midland |
| 1998 | Rudy Godefroidt | Hemlock |
| 1999 | Lew Clingman | Grand Rapids |
| 2000 | Rudy Godefroidt | Hemlock |
| | Phil Bedford | Midland |
| 2001 | Jill Baker | Big Rapids |
| 2002 | Darlene Barber | Detroit |
| 2003 | Jim Gillis | Midland |
| 2004 | Cecil Burch | LeRoy |
| 2005 | Mike Henry | North Muskegon |
| 2006 | Lew Clingman | Grand Rapids |
| 2007 | Jan Burch | LeRoy |
| 2008 | Doug Kelly | Ypsilanti |
| 2009 | Lyle Berry | Rockford |
| 2010 | Dennis Hodges | Grand Ledge |

Kermit Ambrose

Closes on 100!

Birthday Celebration Planned

a note from Bob Stark

**HAPPY
Birthday**

Come celebrate with friends and colleagues the birthday of Michigan's Mr. Track & Field (and XC), Kermit Ambrose.

Date: Thursday, January 6, 2011

Place: San Marino Banquet Center
1685 E. Big Beaver Road, Troy, Michigan

Cost: \$60 per person (includes dinner & gift) -- cash bar.
(Make check payable to Bob Stark.)

Send to: Bob Stark
1020 Chesterfield, Birmingham, Michigan 48009

by: December 1, 2010
Please join us on this happy occasion!

Rule Clarifications For the 2010 Cross Country Season

Uniforms for Cross Country

Each team member shall wear the same color and design school uniform (jersey and trunks). When other apparel is worn under the jersey or the trunks, by more than one team member, that apparel must be the same solid color.

Although members of teams must comply with this rule, boys teams and girls teams, from the same school, are not required to be attired alike. This rule applies equally to team and individual runs.

All team members need not wear undergarments if one team member elects to do so.

A company logo may be no larger than 2¼ by 2¼ in any direction.

The only head attire that may be worn during competition will be knit stocking caps (watch caps), a sweat band not more than two inches wide, or a ski band, all must be unadorned, single-colored cloth. If more than one team member wears either a ski band or knit stocking cap or sweat band they do not have to be the same solid color.

Other issues also include similar solid colored undergarments when worn by two (2) or more team members and that jerseys are to be tucked in both front and back at the start of the competition.

Jewelry

The ATOM Executive Board strongly suggests to all Cross Country Officials that prior to starting EVERY race that Preventive Officiating is done by reminding all competitors that the No Jewelry Rule is in effect and to remove any and all jewelry before the race begins.

Except for traditional wedding bands and Medical Alert necklaces or bracelets, jewelry is prohibited in all competition. This will include, but is not limited to pierced earrings and plastic bracelets.

NOTE: While jewelry is still prohibited in all track and field events under NF Rule 4-3-3, the first violation witnessed by an official will now result in a team warning. The observing official shall report to the meet referee, who will then notify the coach of the offending school. All subsequent violations will result in a disqualification of the athlete(s) from the event. Please know that the penalty for illegal uniforms remains unchanged from past years.

NOTE: NF Rules 4-3-3 and 9-6-7 were amended to allow additional means of hair control. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair. This rule was updated to reflect common practice in some states and achieve consistency throughout the rule's application. These items for hair control are not considered dangerous for the contestant and are not considered jewelry or adornment.

- Multiple ponytail holders do not have to be the same color.
- Elasticized pony-tail holders having metal parts are legal.
- Watches may not be worn during any competition.
- Breathe-Right strips are permitted.
- Sunglasses may be worn in competitions only if they are prescription glasses.
- Competitors may not wear temporary body adornment (painted or fastened) during competition.

Final Instructions at the Starting Line

Once the athletes have been called to the starting line there are to be no more run-outs. Instructions for all runs are to be given 10 minutes before the start of each run. Use of a megaphone is advisable. Runners are to remain in sweats for these instructions. Immediately following the conclusion of instructions, each runner will remove sweat suits and report to the assigned position on the starting line.

Reminder

All contestants are expected to maintain their position in the chute until released. Failure to do so may result in disqualification.

Animals, on leads or not, will not be permitted at MHSAA Regional or Final sites.

Taunting

Taunting includes any actions or comments by coaches, athletes or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist.

In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench person or contestant from the contest or day of competition (and next contest or day of competition). A warning may be given, but is not required before ejection.

Lower Peninsula State Final XC Meet ...

Time Schedule of Races and Items of Interest

The following is general information regarding the cross country finals to be held at the Michigan International Speedway.

Friday, November 5, 2010

3:30 - 5:00pm (might be extended): Packet pick up, T-shirt sales at the **Super 8 Hotel** in Brooklyn, Michigan.

PLEASE NOTE:

MIS will not be open to teams or individuals on Friday

Saturday, November 6, 2010

7:30am MIS Entrance opens
(packet pick up, T-shirt sales and course review)

| | | | | |
|---------|-------|----------------|-------|---------------------|
| 10:00am | | Division 4 | | boys |
| 10:30am | | Division 3 | | boys |
| 11:00am | | Division 4 | | girls |
| 11:30am | | Division 3 | | girls |
| 12:15pm | | Division 3 & 4 | | awards presentation |
| 1:30pm | | Division 2 | | boys |
| 2:00pm | | Division 1 | | boys |
| 2:30pm | | Division 2 | | girls |
| 3:00pm | | Division 1 | | girls |
| 3:45pm | | Division 1 & 2 | | awards presentation |

Admissions:

Schools qualifying individuals to the FINAL MEET will be provided admission for those qualifiers only.

TEAM: 12 athlete passes + 3 others for coach/manager/trainer.

INDIVIDUAL: 1 athlete pass + 2 others for coach/manager/trainer.

Spectators will be charged \$7 each. Free parking.

Visibly worn passes will allow coaches and officials to restricted areas other than infield and course. Programs and results will be on sale throughout the day.

Details:

The entire course will be laid out with a yellow line. If a sharp curve appears on the course, flags will indicate directions: "Red to left", "Yellow to right" and "Blue straight through". Any white lines on the course are simply for crowd control. Athletes do not have to stay between these lines, but must go around all other natural or man-made barriers. Markers and timing clocks will designate the mile, two-mile, and three-mile marks. The finish line will be clearly marked in front of the grandstand.

Also Note:

Charcoal/gas grills are not allowed on the infield parking areas.

Check/credit cards are not accepted for ticket purchases.