

**Mid-State Cross Country Awards Dinner**  
**Monday, November 7<sup>th</sup> @ 6:30 pm**  
**Brentwood Academy**  
**High School**

**Brentwood Academy is located at 219 Granny White Pike, Brentwood, TN 37027**

**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.

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

**MID-STATE PRE-SEASON MEET + MID-STATE CHAMPIONSHIPS + TSSAA STATE CHAMPIONSHIPS\***

\*Any runner not competing in the TSSAA State Championships can substitute a time from either the Tennessee Classic or A.F. Bridges Invitational. In order to be eligible for the All-Mid-State Teams runners must compete in the MSCCA Pre-Season and Championship meets.

The fifteen runners with the lowest composite times in each division are named to the All-Mid-State team. In addition, the runner with the lowest composite time is named Mid-State Most Valuable Runner. Runners must also have run in the varsity division of all races.

**Last year six girls and two guys from Sovereign Grace qualified for this team. You can see the complete results [here](#). The dinner is free for the runners that qualify. Parents that attend must pay a nominal fee.**