

34th ANNUAL

**AVON LAKE
EARLYBIRD**

**CROSS COUNTRY
INVITATIONAL**

INFORMATION

2011

TIME SCHEDULE:

8:00 a.m.	Middle School Boys 2M Race
8:30 a.m.	Middle School Girls 2M Race
9:00 a.m.	Maroon Division Boys Varsity Team 5k Race (<u>ALL</u> Division I Teams and Division II & III Teams by request)
9:30 a.m.	Maroon Division Girls Varsity Team 5k Race (<u>ALL</u> Division I Teams and Division II & III Teams by request)
10:00 a.m.	Junior Varsity Division Boys Team 5k Race
10:30 a.m.	Junior Varsity Division Girls Team 5k Race
11:00 a.m.	Gold Division Boys Varsity Team 5k Race (Division II & III Teams only)
11:30 a.m.	Gold Division Girls Varsity Team 5k Race (Division II & III Teams only)
12:00 p.m.	Open Division Boys 5k Race
12:30 p.m.	Open Division Girls 5k Race

FINAL RESULTS WILL BE POSTED ON www.baumspage.com

FINAL RESULTS (AND PHOTOS) WILL ALSO POSTED ON www.gopherarun.com

Please review the following rules for this years' meet:

We will have CERTIFIED officials to monitor the entire course and we will have the course marked so that it is easy to negotiate. Nevertheless, you should plan to arrive early enough to familiarize yourselves with the course.

Our Junior Varsity and Open Divisions will continue to be separated into their own races. We will be running separate boys and girls middle school races, starting with the boy's race at 8:00am. Please refer to the time schedule (attached).

Only ONE TEAM may be entered per school in ANY TEAM RACE. Schools NOT capable of entering a 5 to 7 athlete team will need to be placed in the Open Division ONLY. The Open Division is for all athletes not competing in either the JV or Varsity Division 5 to 7 athlete team competition.

For many of you, this may be the first meet of the season and that for some student athletes this maybe be their first ever competition. Please be aware that there is a **THIRTY MINUTE** time limit for athletes to complete the course. After thirty minutes athletes must immediately vacate the course to allow the start of the next race. This rule is necessary to keep the meet on schedule.

This early in the season, weather can become a major concern. It will be up to the discretion of the officials and the meet manager if all races will go off. Heat and thunderstorms are real possibilities and we are looking out for the welfare of all student athletes. (This meet has only been cancelled once in 33 years).

Note that the course will be in continuous use once the initial race starts at 8:00am. Restroom facilities will be available in the college. There will be no locker rooms or dressing facilities open.

As always, parking close to the race course fills up quickly. There will be ample parking available within walking distance. Plan to arrive early. Please inform your parents that there will be no parking along the roadways or on the grass at LCCC.

Please insure that your athlete's uniforms and jewelry comply with OHSA uniform requirements.

On the morning of September 3rd,

*****Chip Timing will be used with computerized results*****

1.) Pick up your coach's packet at the registration table located near the tennis courts **AFTER** 7:00 AM.

PLEASE NOTE:

- **ALL** student athletes must wear bib # on front of their uniform **AND** a chip **securely tied** to the lace of one shoe. Double knot that shoe.
(See next page)
- Unused chips **MUST** be returned to the registration table. Please make sure that chips are returned for runners not competing or from runners that may not finish a race. Chips will be collected at the finish line for race finishers.

2.) Make sure your runners know the course.

3.) Make sure each individual runner receives their awards at the end of the chute. The top 8 runners will receive medals, 9th through 25th place will receive ribbons (Middle School and Open races will have "Participant" ribbons 26th through 50th). The top two teams in the Middle School and Junior Varsity Divisions and the top three teams in the Varsity Divisions will be presented with plaques. Coaches may pick up the team awards approximately 30 minutes after the completion of the race at the registration table.

- Please be sure to have your athletes report to the starting line **20 Minutes** prior to the start of the race and that they are aware of their assigned position.
- The local and regional media has been invited to cover the event.
- Earlybird T-shirts will be sold at the meet near the registration table.
- There will be a concessions sold near the registration table.
- Water will be provided at the end of the chute area for all athletes.
- We will have our Certified Athletic Trainer and EMS on hand and located at the end of the chute area for those needing any medical assistance.

Should you have any questions, please feel free to contact me.

I look forward to seeing you on race day!

Tom Barone, Athletic Director/Meet Manager, Avon Lake City Schools

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Athletic Dept.: (440) 933-5164 **Athletic Dept. Fax:** (440) 930-2798