

2015 District Cross Country Tournament
Lorain County Community College (LCCC)
Elyria, Ohio

IMPORTANT INFORMATION - PLEASE READ CAREFULLY

Athletic Directors- Please forward this information to your cross country coaches

ENTRY INFORMATION

The following **TWO** items must be submitted before their respective deadlines in order to compete in this year's District Cross Country Meet at LCCC:

ELIGIBILITY CERTIFICATE

Must be received by **Friday, October 16th at 5 PM**. The Eligibility Certificate can be emailed as an attachment to nmolnar5960@yahoo.com, faxed to (440) 871-8663 or mailed to my home address at 4346 Jenee Dr., Lorain, 44053. If you mail the certificate, it must be received by Friday at 5 PM. Please submit this as early as possible. If needed it can be amended up until Tuesday, October 20th. **LATE ENTRIES WILL NOT BE ACCEPTED WITHOUT OHSAA APPROVAL**

ON-LINE ENTRY

On-line entry will be used for this year's meet. Please follow the enclosed instructions to enter your participants. Deadline for on-line entry is **Monday, October 19th at 11AM**. Please submit your team entry as early as possible. You can make changes to your line-up anytime before the deadline, and if needed, on October 24th. **LATE ENTRIES WILL NOT BE ACCEPTED WITHOUT OHSAA APPROVAL**

CHECK IN ON RACE DAY

Coaches can pick up their team packet containing race information, box assignments, substitution forms, etc. in the P.E. building office.

SUBSTITUTIONS AND SCRATCHES

Substitution Forms will be provided in the coaches' packet. **Any changes MUST be turned in at the Physical Education Office at least (1) hour before the scheduled start of your race. NO SUBSTITUTIONS WILL BE PERMITTED AFTER THIS DEADLINE**

TIME SCHEDULE

Division II Girls	1:00 PM.	Division II Boys	2:30 PM
Division I Girls	1:45 PM.	Division I Boys	3:15 PM

QUALIFIERS TO REGIONAL

Div. I Boys/Girls, Div. II Boys/Girls: The first **FOUR (4) TEAMS PLUS** any individual finishing in the **top 16** places will qualify to the **REGIONAL** meet at **TIFFIN**.

COURSE DESCRIPTION

LCCC provides a 5K (3.1 mile) course that has been accurately measured and the distance certified. A course map is enclosed.

COURSE INSPECTION

Participating teams and individuals may inspect the course during the week prior to the district meet. Due to classes being conducted on campus, please do not allow your athletes to enter any buildings. On Saturday, October 24th, the course may be inspected from 10:30 AM to 12:55 PM., and between races. The course must be cleared 5 minutes prior to each race, and remain clear until the last runner has passed. Failure to comply with this regulation could result in disqualification of contestants.

SCHOOL REPRESENTATIVE

No team or individual will be allowed to compete in the District Tournament unless a coach or person authorized by the Board of Education is present throughout the Tournament. Team and individual entries unaccompanied by such a school representative will be disqualified.

COMMUNICATION DEVICES

No wireless communication devices may be used during the meet.

UNIFORM NUMBERS

All competitors are required to wear a school uniform with the meet number assigned to the athlete attached to the **FRONT** of each runner's jersey.

SPECTATORS/RESTRICTED AREAS/RECREATION EQUIPMENT/PETS

More than 80% of the course is visible from the central plateau. We will restrict access to the hill to **coaches only** during the race. Also, please remind parents and athletes to stay behind cones/tape/ropes in the finishing straight and chute areas. Also, please inform your athletes and parents that the use of **recreation equipment** (footballs, Frisbees, etc.) is **not permitted** under **OHSAA** regulation. This regulation also includes bringing **pets** to the meet.

OTHER INFORMATION

Spikes - Most athletes are wearing one-half inch spikes.

Locker rooms - We advise dressing at home. There is limited locker room space.

Scoring - We will be using the COMPUTOSCORE program for scoring.

Awards - Team trophy awarded to champion and runner-up teams. No individual awards.

Results - Results will be posted on the windows outside the P.E. office and outside near the T-shirt tent (weather permitting) within 30 minutes after each race is completed.

Coaches can pick up a set of results in the P.E. office after they become official.

Parking - Parking for cars and busses will be in the lots northeast of the P.E. building.

Additional car parking will be available in the lot west of the P.E. building.

Hospitality room - Room 102 will be used as a hospitality room for coaches and the media following the conclusion of the officials' meeting at 12:15 PM.

T-shirts - District T-shirts will be on sale near the tennis courts (weather permitting), or in the lobby of the P.E. building from 11AM to 4 PM.

I will contact you if any information changes regarding the meet. If you have any questions regarding this information, or the meet, please feel free to contact me.

Nick Molnar

Meet Manager

4346 Jenee Dr.

Lorain, OH 44053

Phone: 440-282-7001

Email: nmolnar5960@yahoo.com

Entry information faxed to 440-871-8663 should be addressed to Bill Buttermore.