

Lake Erie League  
Cross Country Championships  
Sat. Oct. 13 2012  
Forest Hills Park, 2370 Lee Rd.  
Cleveland Heights, OH 44118

Greetings Coaches,

I hope you and your teams have had a successful campaign so far this season. As meet director for the LEL CC Championships, I welcome you to our home and plan to give your teams the best experience Cleveland Heights can offer. There were several changes made last year with the meet logistics and you will find this year to be very similar to 2011. I wish you luck with the remainder of your season and look forward to seeing all of you on Saturday, Oct. 13.

Yours in Running,  
Coach Nick Continenza

Details for this year:

- Meet entries will be done on Baumspage (<http://www.baumspage.com/cc/index.php>)
- The entry window on Baumspage will open on Monday Sept. 24 at 8:00am and it will close on Thursday Oct. 11 at 5:00pm. After going to the cross country page, look at the list on the right side under the state tournament info for the LEL page. Please try to get your entries in as soon as possible.
- Achilles Running Shop will be taking care of our finish line, timing, and scoring.
- The results will be compiled and scored via computer and results will be uploaded to Baumspage.
- There will NOT be an open/JV race. We will run two races total. One boys race and one girls race. Due to our manageable numbers collectively as a conference, we will run one division per gender, and there will be unlimited entries for each of those races. The first 5 finishers per squad will be scored, numbers 6 and 7 will be counted as displacers, and any athletes in excess of 7 will not be counted in the team race.
- All-LEL honors will be bestowed upon the top 14 runners from each gender. This award is attainable by the top 7 runners from each team only.
- There will be a light coach's hospitality breakfast prior to the meet.
- Immediately following the presentation of awards, the head coaches will gather for a BRIEF LEL meeting to address any concerns for the following year.
- Race schedule:
  - Boys- 10:00am
  - Girls- 10:45am

Please don't hesitate to contact me directly with any questions/concerns.

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