

Lake Erie League Cross Country Championships Heights Middle School Invitational Sat. Oct. 12 2013

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. We made a major addition to the championship meet this year: we will host middle school race which is open to all schools in addition to those in the LEL. There will be no charge for middle school teams to participate and we would like to invite as many teams as possible to make this a great experience for our young runners. I wish you luck with the remainder of your season and look forward to seeing all of you on Saturday, Oct. 12.

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. 23 at 8:00am and it will close on Thursday Oct. 10 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 any open/JV races. We will run four races total. One boys race and one girls race for high school and middle school. 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 for the high school will be bestowed upon the top 10 runners from each gender. This award is attainable by the top 7 runners from each team only.
- Middle school awards: Top team, top 10 individuals
- 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:
 - MS Girls- 9:30am
 - MS Boys- 10:00am
 - HS Girls- 10:30am
 - HS Boys- 11:15am
 - Awards- 11:45am

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

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