

Lake Erie League Cross Country Championships  
Heights Middle School Invitational  
Sat. Oct. 15, 2016  
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, Cleveland Heights would like to welcome you to our home and plan to give your teams the best experience Cleveland Heights can offer.

This will be the fourth year hosting middle school races and we will again have those races 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. 15<sup>th</sup>.

Yours in Running,

Scott Gay, Cleveland Heights Cross Country Coach

Details for this year  
Meet entries will be done on Baumspage.com

The entry window on Baumspage will open on Monday Sept. 25<sup>th</sup> at 7:00am and it will close on Thursday Oct. 13<sup>th</sup> at 7:00pm.

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.

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 boy's race and one girl's 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.

Our parent organization will be selling coffee, hot chocolate, burgers and other concession stand items.

This is my second year running the meet I am still getting my feet wet and we are trying to build the meet up where it is A GREAT EVENT for the LEL and the Cleveland Heights Community.

I am working to assure that all awards are at the meet and that the FAT System is in place.

If you have any concerns or suggestions they are more than welcome and you can reach me at 216-392-1789 Scott Gay.

Look forward to seeing you all at the CHAMPIONSHIPS!

Please make sure each runner is wearing the correct number, pinned to the front of their uniform.

There will be only one race per gender/age group; there is no open/JV race.

The course is completely marked with a white line. There are a couple differences between the high school and middle school courses; please make sure you reference the appropriate course map.

The top 7 finishers from each team will count for the team race.

For high school, the first 10 finishers in each race will earn All-LEL honors. Only the first 7 finishers from each team are eligible.

Please make sure all athletes are at the start line 10 minutes before the scheduled start of the race.

There are no assigned starting positions. You may choose your own spot on the starting line.

Remind your athletes that all OHSAA uniform and jewelry rules will be observed and enforced.

All results will be posted on [Baumspage.com](http://Baumspage.com) after the meet.