

**2012 NORTH COAST LEAGUE CROSS COUNTRY CHAMPIONSHIP**

**SATURDAY, OCTOBER 13, 2012**

At CWRU – Squire Valleevue Farm

To: All NCL Boys & Girls Cross Country Coaches

From: Karl Weinfurtner – Notre Dame – Cathedral Latin HS Head Cross Country Coach

Re: The NCL Cross Country Championship Meet

You should have received some summary information in regards this meet previously via your A.D. More detail is included here.

The championship meet is set to take place on Saturday, October 13, 2012, at C.W.R.U. – Squire Valleevue Farm, 37125 Fairmount Rd., Hunting Valley, OH – see attached map. The farm will open at 8:00 for course inspection / warm-ups. Please do not arrive before 8:00. Also, as in the past, all are cautioned that no individual or team is to practice on the property at any time prior to the day of the meet. This is C.W.R.U.'s rule, not ours.

Upon arriving at the facility, your busses will be directed to a parking area nearer the main road. Fans will be directed to park their vehicles in another area nearer to the start line. There will be volunteers to direct you to the appropriate parking area.

Please be sure the following is done prior to the Wednesday, October 10<sup>th</sup> 5:00 PM deadline:

Register on Baumspage. Most teams have completed this task.

That your AD has Faxed or E-mail a copy of your OHSAA Eligibility Certificate and the C.W.R.U. Release form (attached) to the NDCL Athletic office – (fax 440-286-7199) ([frankplatzar@ndcl.org](mailto:frankplatzar@ndcl.org))

**RACES:**

**GIRL'S VARSITY – 10:00**

**BOY'S VARSITY – 10:45**

**GIRL'S OPEN – 11:15** (will start when the last runner from the previous race finishes)

**BOY'S OPEN – 11:45** (will start when the last runner from the previous race finishes)

The course is on a lined, continuous, grassy trail (see attached course map). Since the course crosses access roads on several occasions, for safety reasons, everyone is discouraged from leaving this championship event until all the races have been completed. The league has hired a starter and other officials to manage the races. Please have your athletes at the starting line 15 minutes prior to their races. Per NCL procedures, all athletes must meet the eligibility standards established by the OHSAA. Uniforms must comply with OHSAA regulations. No signs or

markings may be displayed on the course by anyone. The host school's athletic director will act as the meet director and the meet director will work with the league secretary.

There will be a coach's meeting at 9:30 near the main pavilion by the finish chute to draw for lane assignments, go over key points, form a games committee and answer any questions in regards to the meet. We will use bibs with bar coded tear offs to manage the scoring. A finish place card system will be used as a backup (please turn your cards in in the envelope provided to the finish line personnel).

**AWARDS** - Awards will be handed out near the main pavilion as soon as possible after the completion of the boy's open race. Individual awards are as follows for both boys and girls varsity races:

Varsity race winner and top finisher in the other division – league MVP trophy

2<sup>nd</sup> through 9<sup>th</sup> or 10<sup>th</sup> place -- NCL First Team honors

10<sup>th</sup> or 11<sup>th</sup> through 18<sup>th</sup> place -- NCL Second team honors

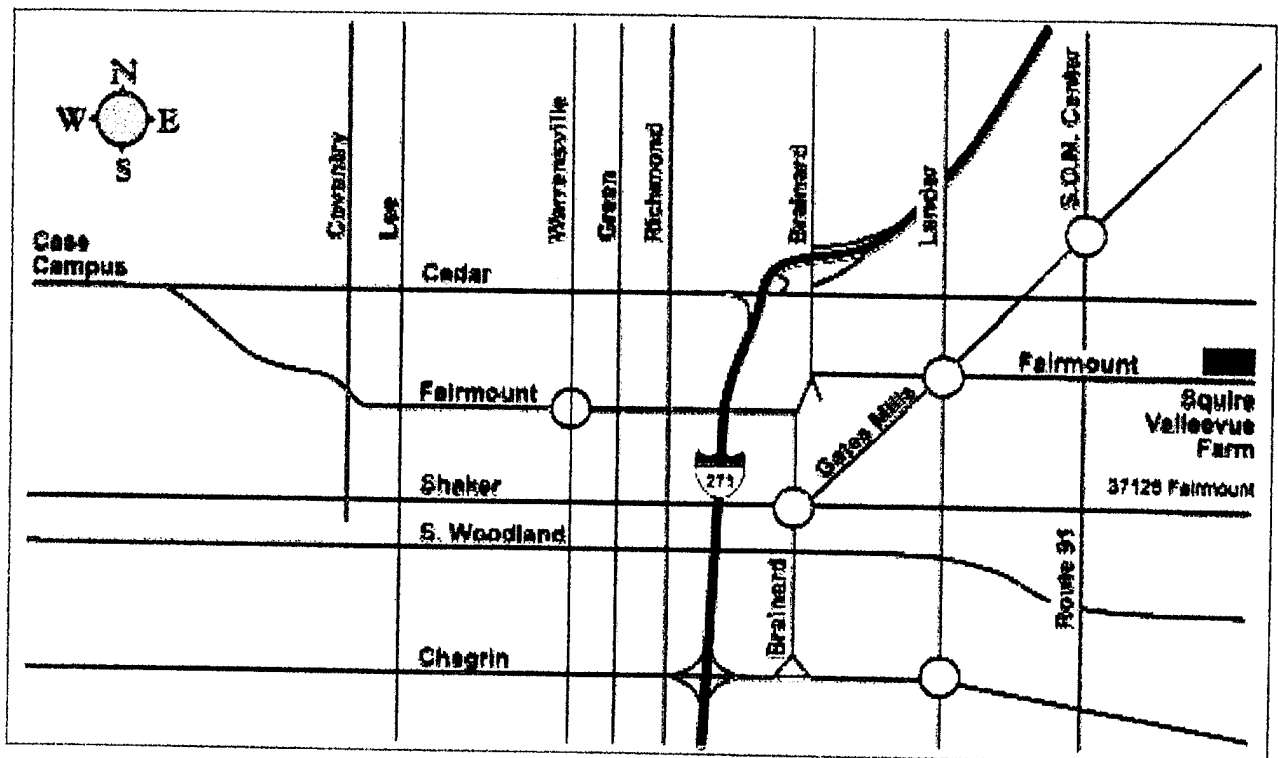
Medals for 1<sup>st</sup> to 20<sup>th</sup> place

To be eligible for individual awards, a runner must compete in the varsity race. Therefore, incomplete teams are allowed in the varsity race. For the team results, the finishers will be split by the blue and white divisions and re-ranked. This re-ranking will be used to score each division's team race. Each team will name an athlete for honorable mention honors (to be given out on your awards night). We will also vote for the boy's and girl's coach of the year. Results will be posted on Baumspage and will be sent to the Plain Dealer, News-Herald, & Akron Star Beacon.

Please fee free to call or E-mail myself or Frank Platzar if you have any questions that need to be addressed prior to the coaches meeting (karl Weinfurtner 440-339-5211 or [WEIN840@Yahoo.com](mailto:WEIN840@Yahoo.com) ) We look forward to seeing you on the 13<sup>th</sup>.



## Map to University Farm: Squire Valleevue and Valley Ridge Farms



### How to Reach The University Farm

#### From the West

The Farm is located at 37125 Fairmount Boulevard in Hunting Valley, approximately 10 miles from the main campus. The easiest way to reach us from Case main campus and points west is to follow Cedar Avenue east to SOM Center Road (Route 91). (Fairmount is more direct, but has tricky turns). Turn right on SOM Center and go south to the next traffic light, which is Fairmount Boulevard. Turn left. The Farm is about  $\frac{3}{4}$  mile on the left. Look for the "Hidden Drive" sign and be prepared for the turn.

#### From the North and East

Take I-90 to I-271 south and exit at Mayfield Road, eastbound. Proceed a few hundred yards to SOM Center Road (Route 91) and turn right. Drive south on SOM Center until you come to Fairmount Boulevard (3<sup>rd</sup> traffic light). Turn left. The Farm is about  $\frac{3}{4}$  mile on the left. Look for the "Hidden Drive" sign and be prepared for the turn.

#### From the South

Take I-480 to I-271 north and exit at Chagrin Boulevard, eastbound. Proceed eastbound to Lander Circle. Take Lander Road north to Fairmount Circle. Take Fairmount Boulevard eastbound. Once you cross SOM Center Road (Route 91), the Farm is about  $\frac{3}{4}$  mile on the left. Look for the "Hidden Drive" sign and be prepared for the turn.



**CASE**

CASE WESTERN RESERVE UNIVERSITY

**RELEASE FORM**

The undersigned Group (hereafter 'Group') desires to use the facility of Case Western Reserve University known as University Farm: Squire Valleevue and Valley Ridge Farms, for the following activity on the date(s) specified:

ACTIVITY \_\_\_\_\_

DATE(S) \_\_\_\_\_

The 'Group' understands that the University Farm is a facility of Case Western Reserve University used for education, research and recreational activities of the Case Western Reserve University community. Case Western Reserve University makes no representations of warranties of any kind regarding the condition of the premises.

The 'Group' acknowledges that there is a risk to persons and property in the activity and the use of the premises, and hereby agrees to assume all such risk. The "Group" will be responsible for inspecting the premises prior to the activity and for ascertaining that each person engaged in the activity is physically capable of doing so and for providing whatever emergency care facilities it deems appropriate.

In consideration of being granted the opportunity of holding the activity at the University Farm, the 'Group' hereby releases Case Western Reserve University from any and all liability whatsoever arising out of the activity.

\_\_\_\_\_  
Name of Group

\_\_\_\_\_  
Authorized Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date

**Return by mail or fax to:**

Ana Locci, Ph.D.  
University Farms  
Case Western Reserve University  
37125 Fairmount Blvd.  
Hunting Valley, OH 44022

216-368-0274 (office)  
216-368-0273 (fax)