

2013 NORTH COAST LEAGUE CROSS COUNTRY CHAMPIONSHIP

SATURDAY, OCTOBER 12, 2013

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 12, 2013, 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.

RACES:

BOY'S VARSITY – 10:00

GIRLS'S VARSITY – 10:45

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

GIRL'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 OHSA. Uniforms must comply with OHSA 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 girl'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

2nd through 9th or 10th place -- NCL First Team honors

10th or 11th through 18th place -- NCL Second team honors

Medals for 1st to 20th 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 feel 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) We look forward to seeing you on the 12th.