

**2014 Ohio Capital Conference – Capital and Ohio Division  
Newark High School, Evans Athletic Complex**

The 2014 Ohio Capital Conference – Capital and Ohio Division Championships will be held at the Evans Athletic Complex, Newark, Ohio on Saturday October 11, 2014.

Coach's instructions

- ✓ Before October 6, 2013 at 6:00 PM register your team(s) online at [www.baumspage.com](http://www.baumspage.com) -- Cross Country page.
- ✓ Pick-up race packets at the finish line.
- ✓ In your packet you will have the following information: roster, timing instructions, IPICO shoe tags (chips), bib numbers and safety pins.
- ✓ Each team may enter up to 10 runners for each varsity race. Open races have unlimited entry.
- ✓ Awards can be picked up at the finish line shortly after results have been announced.

Time Schedule

10:00 AM	Girls Capital Varsity Race
10:30 AM	Boys Capital Varsity Race
11:00 AM	Girls Capital Open Race
11:30 AM	Boys Capital Open Race
12:00 PM	Girls Ohio Varsity Race
12:30 PM	Boys Ohio Varsity Race
1:00 PM	Girls Ohio Open Race
1:30 PM	Boys Ohio Open Race

Timing / Results

Timing First, LLC will be providing Finishlynx / IPICO chip timing at the event. **IPICO chips are NOT DISPOSABLE.** All chips must be returned at the end of each event. Coaches are responsible to make sure that athletes return chips. Missing, lost or damaged chips will result in a \$10 replacement fee billed to your athletic department. Please assist Timing First in making sure all chips are returned.

Results will be posted live at [www.timingfirst.com/results/2014/10-11-NW](http://www.timingfirst.com/results/2014/10-11-NW)

Meet Management

Please feel free to contact Randy Noftz meet manager of the Newark site at [rnoftz@laca.org](mailto:rnoftz@laca.org) if you have questions about the location.