

2016 Ohio Capital Conference Championships - Capital & Ohio Division Hosted by Newark, Evans Athletic Complex

The 2016 Ohio Capital Conference – Capital and Ohio Division Championships will be held at Newark’s Evans Athletic Complex on Saturday October 15, 2016.

Coach’s instructions

- Before Monday, October 10 at 8 PM register your team(s) online at 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

11:00 AM	Girls Capital Race*
11:30 AM	Boys Capital 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

*Capital Division - open races have been cancelled for the 2016 championship

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/2016/10-15-NE

Meet Management

Please feel free to contact Randy Noftz at rnoftz@laca.org if you have questions about the location.