



CROSS COUNTRY CHAMPIONSHIPS

**October 14, 2023
@ Warren High School**

**Girls Race: 10:00 a.m.
Boys Race: 10:45 a.m.**

TWIN STATE LEAGUE CHAMPIONSHIPS MEET INFORMATION

SCHEDULE OF

EVENTS: 9:30 AM Coaches' Meeting
10:00 AM HS Girls 5K
10:45 AM HS Boys 5K

ENTRIES: Unlimited entries per team. Entries will be done online through www.baumspage.com.
Event Name: Twin State League Championships
Entry Window: Opens at 4:00 pm on Wednesday, October 4, 2023
Closes at 6:00 pm on Thursday, October 12, 2023

COURSE: Beginning on the northwest edge of Warren High School campus, we have a spectator-friendly, scenic course with a small portion in a wooded area, 3 bridge crossings, a combination of open fields and short challenging hills, with a nice finish on the WHS Track. Spikes can be worn.

AWARDS: Medals & All-Conference designation will be awarded to the top 10 individuals in each race. Plaque to "Runner of the Year" (race winner) and "Coach of the Year" (coach of team champion) in both genders.

SCORING: Top 5 runners score, 6th and 7th runners displace. Individuals on incomplete teams and additional runners beyond seven per team excluded.

FACILITIES: Restroom facilities will be available at the Football Stadium.

CONCESSIONS: A full concession stand will be available at the Stadium.

TRAINERS: Athletic trainers will be available throughout the meet. Water and ice will be available.

TEAM CAMPS: Canopies can be set up on top of hill at the north end by the stadium scoreboard.

PARKING: Buses should enter campus at Driveway #2 and drop off athletes/coaches at NW entrance to Football Stadium and proceed to the lots behind the Elementary School. Spectator parking will be available in the lots throughout the campus.

ADMISSION: The cost of admission will be \$10 per car. Please announce to your parents and fans.

RESULTS: Complete results will be available as quickly as possible after the completion of the races and available at the awards presentation. Results will also be posted on www.baumspage.com.

*The awards ceremony will include food and drinks for the participating athletes and coaches under the Pavilion at the South end of the Football Stadium.

FOR MORE INFO: Ryan Werry, Boys/Girls XC Coach
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