



## WEST SHORE CONFERENCE CROSS COUNTRY PREVIEW

8-25-12

Cahoon Park, Bay Village, OH

August 14, 2012

WSC Cross Country Coaches:

Welcome to the Cahoon Park cross country course. As cross country coaches & runners, we have tried to create a course that is spectator-friendly, convenient for coaches and, most importantly, challenging yet fair for the runners. The accompanying map & chalk lines on the course itself are designed to make the course easy to follow.

We estimate that 75% of the course is easily visible to spectators. The start, the 1-mile mark, the 2-mile mark and the finish are all in close proximity. The course is a mix of flat, open-field running, some trail running in the woods and one significant hill. It's impossible to avoid crossing some roads (unless we run laps around the soccer field), so there are brief sections of running on asphalt. We suggest that runners use short spikes.

As on all cross country courses, a few imperfections exist. We will place cones over drainage grates and we have removed most obstacles from the trail. Roots have been spray painted to make them readily visible. Still, have your runners familiarize themselves with the course.

Online entries for the preview will take place on Baumspage. We have attached a cheat sheet for your convenience. If you have any questions, feel free to contact Matt Spellman, Bay Athletic Director, at 617-7430.

Cahoon Road will be blocked off on race day. Please have your bus & all spectators park at the Huntington Beach overflow lot (on Lake Road across from Huntington Beach on the south side of the street). When you arrive, pick up your packet at the shelter (marked on the map).

Again, we welcome you to Cahoon Park. If you have any questions, feel free to contact us. We hope you enjoy our race and best of luck for the season!

Sincerely,

Matt Spellman  
Athletic Director

**RACE SCHEDULE:**

H.S. Boys: 9:00 am

H.S. Girls: 9:45 am

M.S. Boys: 10:30 am

M.S. Girls: 11:00 am

# 2012 West Shore Conference Cross Country Preview

Cahoon Park, Bay Village, OH – August 25, 2012 - 9:00 AM

High School Boys 9:00 AM

High School Girls 9:45 AM

Middle School Boys 10:30 AM

Middle School Girls 11:00 AM

Entry Window has opened at 8:00 AM on Sunday, August 12, 2012

Entry Window will close precisely at 8:00 AM on Thursday, August 23, 2012

1. Rosters must be submitted through Baum's Page Online Entry System before the entry deadline.
  - a. Late entries will not be accepted! Or if accepted, they will be subject to a Late Entry Penalty.
2. Go to [www.baumspage.com](http://www.baumspage.com), browse to **Cross Country**, the specific meet, and the **Online Entry Form**.
  - a. Click the **Help** link and print **Online Entry Instructions for CC** if you need detailed instructions.
  - b. **All User Accounts are deleted every summer so everyone will need to Apply/Re-Apply for an account for the current school year.**
  - c. Use **Apply** to create your account. Select **School** and one **Sport** from the drop-down menus.
  - d. Use **Add/Drop Teams** after login to add additional teams to the same account.
3. Use **Add/Modify Athletes** to enter your athletes and **Submit Event Rosters** to enter them in a meet.
  - a. **Include everybody that could possibly compete!** Submit a complete roster before entry deadline!
  - b. If an athlete on your roster is definitely going to miss the meet, check the **Not Participating** box before you submit. Do not delete the athlete from your roster if the athlete will participate in other meets.
  - c. Click **Save/Submit and Print Roster** to save entries and **Printable Roster and Confirmation Form** button to print a copy for you records. \*Only the athletes listed are entered in the event!
4. **If there are any problems with the Online Form**, click the **Help** link and submit a **Help Request**.
  - a. Please allow up to 24 hours for a response! \*Most responses will be in less than 8 hours.
  - b. Send e-mail to [help@baumspage.com](mailto:help@baumspage.com) or call Gary Baumgartner at 513-424-6201 or Terry Young at 740-753-0561 if you need immediate help.

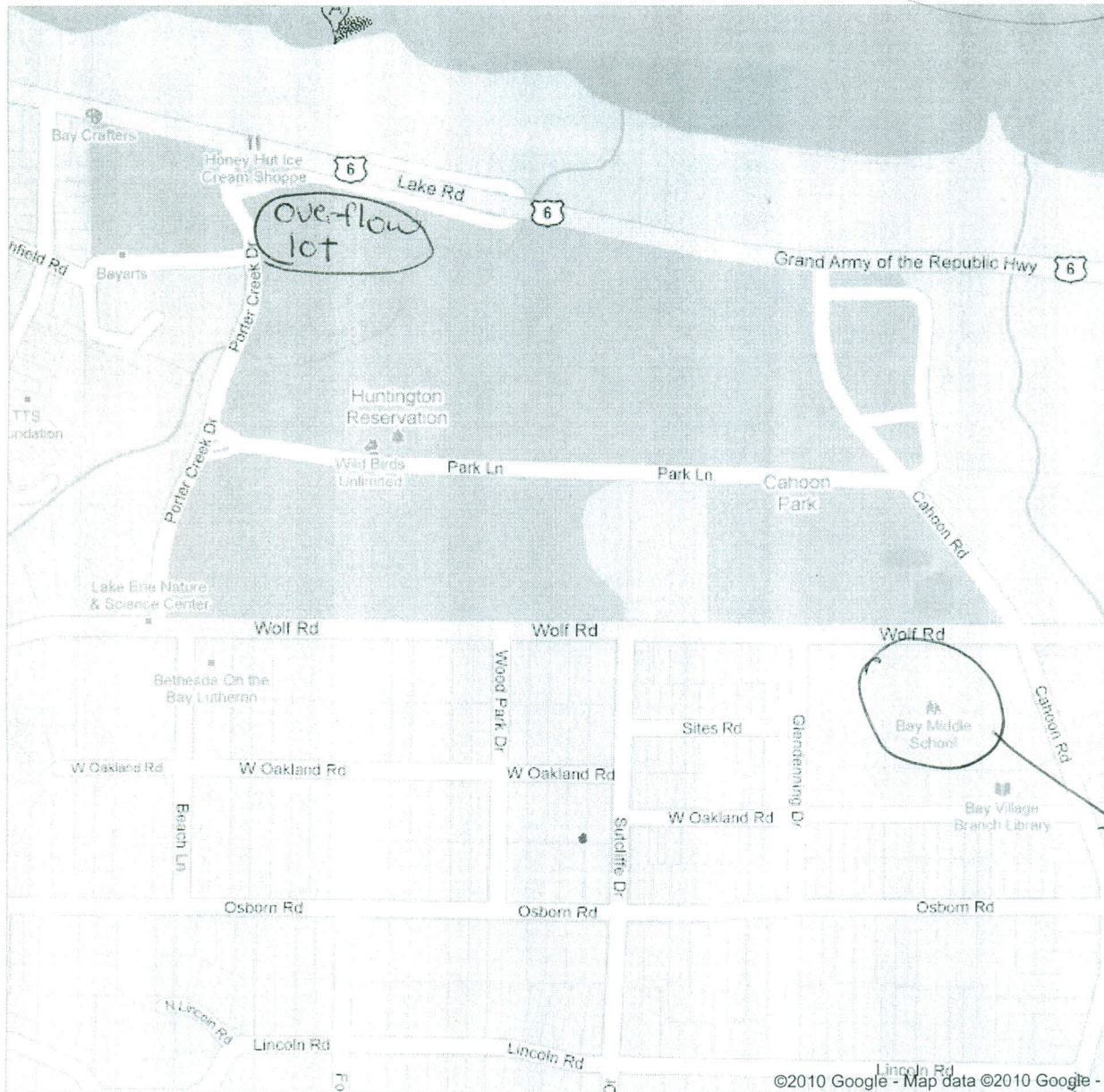
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**Create your account early and submit a complete roster online before the entry deadline!**

**Include everyone that could possibly compete!**

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Notes Drop off students at Bay Middle School and park buses at overflow lot across from Huntington Beach parking



We do not want buses parking at the Bay Middle School lot.  
Please pass this on to your transportation office.

Thanks

Matt