

***2021 CROWN CONFERENCE CROSS COUNTRY
CHAMPIONSHIPS***



SATURDAY, OCTOBER 16, 2021

Notre Dame-Cathedral Latin School



COACHES PACKET

OVERVIEW

Host School: Notre Dame-Cathedral Latin School
1300 Auburn Road
Chardon, Ohio 44024
Jim Clark – Athletic Director
(440) 279-1071 – Office Phone
Nick Carillon – Associate Athletic Director
(440) 279-1072 – Office Phone

Date: October 16, 2021 – 10:00 AM

Coaches Meeting: NDCL Cross Country Pavilion – 9:30 AM

Race Times: Girls – 10:00 AM
Boys – 10:45 AM
Open (Boys) – 11:20 AM
Open (Girls) – 11:50 AM
Awards Presentation – 12:30 PM

Important Information:

- All registration will be on Baum's Page. (baumspage.com)
- **Window Opens:** Wednesday, October 6th - 7:00 AM
- **Window Closes:** Wednesday, October 13th – 7:00 PM
- Teams can come out and walk the course from 3:00 PM – 7:00 PM on Wednesday, October 13th and Thursday, October 14th. Please contact Associate AD Nick Carillon when you will come out: nick.carillon@ndcl.org
- Coaches – Packet and Course Map will be posted on BaumsPage



CROWN CONFERENCE PROCEDURES FOR CROSS COUNTRY

ELIGIBILITY:

- 1) All participants must meet the eligibility requirements established by the OHSAA.
- 2) If a member school does not sponsor a team, an individual from that school may participate as long as the participant meets the OHSAA requirements and his eligibility is recorded with the OHSAA.

CONTEST RULES:

- National Federation Rules (contained in Track Rule Book) shall be in effect.
 - If a school is unable to field a complete team, they may enter participants so they are eligible for All-League honors, however, “bump rule” will be in effect for scoring purposes.
 - Separate races for both boys and girls shall be run in both Varsity
1. For scoring purposes if five (5) runners begin the race and fewer complete it, the team will receive an “incomplete” for the meet.
 2. Uniforms must comply with OHSAA and National Federation regulations. Failure to comply will result in a participant's disqualification from racing.
 3. A draw for lane assignments will be held during the coaches' meeting.
 4. No signs may be displayed on course.
 5. Schools can enter up to 8 runners in the Varsity races (boys and girls)



COURSE MAP



- TRUE Cross Country Course, Rugged
- Several Hills, including a 600 Meter incline
- 1200 meters of running in wooded area