

Firelands Conference Cross Country Championship

Saturday, October 12th, 2024

Hosted by Plymouth High School

400 Trux Street
Plymouth, OH 44865

Schedule:

9:00 AM – High School Varsity Girls
9:40 AM – High School Varsity Boys
10:20 AM – Middle School Girls
10:50 AM – Middle School Boys
11:30 AM – Awards

Awards:

Awards will follow as soon as possible following the last race (Approximately 11:30 am).
Awards will be announced and distributed on the home side bleachers.

Varsity Races – 1st – 7th – First Team Individuals will receive gold medals. 8th – 14th – Second Team Individuals will receive silver medals. Championship team members will receive gold medals.

Middle School Races – 1st – 7th – First Team Individuals will receive red ribbons. 8th – 14th – Second Team Individuals will receive blue ribbons.

Rosters:

Please submit your roster on [Baumspage](#). ***The deadline to submit your roster is Thursday, October 10, 2024 at 6:00 PM.***

Timing/Packets:

Coaches will need to pick up packets at the finish line to distribute racing tags to athletes. We will be using chip timing. All bibs must be returned to the tote and given to the timers at the finish line. Live results will be available on Mid-Ohio Race Management's website <http://www.midohiorm.com>. Results will also be posted on Baumspage following the meet.

Course:

The course will be open and marked the week before the meet if you would like to walk or practice on the course prior to the meet (Monday – Friday). The course is located at the high school, not at Mary Fate Park. ***Please caution parents and athletes not to run between cars in the parking lot during races. There are sidewalks around the parking lot that are a much safer alternative to get to the mile marks and back to the finish line.***

Starting Boxes:

Starting boxes will be assigned to comply with OHSAA regulations. Starting box numbers will be distributed in your team packets. Starting boxes will also be posted to Baumspage the week of the meet.

Spectator Parking:

There is a \$5.00 charge per vehicle to attend the invitational. There is one entrance that will be open into the school campus. The entrance located closest to the elementary school on the East end of the property.

Bus Parking/Drop Off:

Your driver may drop you off by the high school or at the entrance to the football field and track. Bus parking will be available in the loop in front of the high school or the elementary staff parking lot as indicated on the course maps. Please ask your bus drivers to not park in the main lot.

Team Camps:

Team camps may be setup in any location that does not interfere with the course. Please do not setup camps on the football field or in the bleachers.

Concession/Restroom:

Concessions will be available the day of the meet. Restrooms are available to the public at the track/football field.

Inclement Weather:

In the event of inclement weather, please move all athletes to buses. Coaches can report to the field house (if not immediately threatening) or to the high school (in the case of more threatening weather) to meet and find out more information. We will announce where coaches will meet should the situation arise.

Any Questions:

Jay Follett – Plymouth Head Coach – (419) 961-1599 or follett.jay@pioneerctc.edu

Josh Calame – Plymouth Athletic Director - 330-234-0282 or jcalame@plymouthk12.org