



GREAT LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS
Saturday, October 15, 2016
Cahoon Park, 303 Cahoon Rd, Bay Village, OH
10 am

September 29, 2016

GLC Cross Country Coaches:

Welcome back to the Cahoon Park cross country course! We are excited to once again host your school for the Great Lakes Conference Cross Country Championships. 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.

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

The online entry window for the Championship is now open on Baumspage. If you have any questions, feel free to contact me at matt.spellman@bayschoolsohio.org or 440- 617-7430(work) or 440-465-9265(cell). Recall, the GLC athletic directors voted to run an open coed race this year. This race will NOT be scored but times will be communicated to athletic directors and coaches.

Parking

Cahoon Road will be blocked off on race day. **If your buses arrive before 9am, they will be able to park in the RTA lot on the east side of Cahoon Rd. If they arrive after 9am, they WILL NOT BE ABLE TO PARK IN THE RTA LOT OR AT BAY MIDDLE SCHOOL THIS TIME DUE TO THE GLC 8TH GRADE VOLLEYBALL TOURNAMENT.** We recommend if you drop off your athletes after 9am, you should park at the overflow lot across from Huntington Beach, 28649 Lake Rd, Bay Village. This is approximately ½ mile west of the course. Make sure to have your bus drivers' cell phone number so that you can contact them to pick you up. When you arrive, pick up your packet at the pavilion (marked on the map).

Shirts

GLC Championship shirts will be for sale at the shelter so please share this with your runners. Prices may range from \$15-\$20 for the shirts.

Awards

Awards presentations will take place near the gazebo, just east of the main part of the course and will take place at the conclusion of the high school races and middle school races. For the high school varsity races, the first-team runners (top 7) will receive a plaque and t-shirt. The second-team runners (8-14) will receive certificates from their home school. For the middle school races, the top 7 runners will receive an award along with a t-shirt.

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,

Matthew Spellman

Matt Spellman
Athletic Director

RACE SCHEDULE:

10am HS Boys

1045am HS Girls

1130am Open Race (HS Boys and Girls)

1215pm HS awards

115pm MS Boys

145pm MS Girls

215pm MS awards