

Midwest Athletic Conference Cross Country Championships
Saturday, October 12, 2019 at 9 a.m.

Enclosed is the information for the Midwest Athletic Conference Cross Country Championships held on 10/12/2019.

**THANKS TO MANY FOR ALREADY GETTING YOUR ENTRIES IN! YOU'RE
THE BEST!**

If there are any problems, please call us at school at 419-678-3331 or Eric Goodwin, A.D., at 419-678-4821.

Thanks,
Connie May/Erica Oh
Meet Managers

Midwest Athletic Conference Cross Country Championships

Dear Coach:

The MAC League Cross Country Meet will be held at Coldwater on Saturday, October 12. All schools in the league are invited. There is no limit on the number of entries. You may enter all your runners in all the races, but only your top seven score.

TIME SCHEDULE: 9:00 a.m. Varsity Boys
 9:45 a.m. Varsity Girls
 10:30 a.m. Jr. High Boys
 11:00 a.m. Jr. High Girls

LEAGUE AWARDS: Meet trophy awarded to winning team in boys and girls. We must have at least 5 teams for a team championship. Top 7 only eligible for awards. 1-12 League Conference plaques. The preceding awards will be presented at the League Banquet. If we have at least 5 teams or more in either junior high race, we will award a team trophy, sponsored by the League. The following awards will be presented the day of the meet:

JH Boys and Girls Team Championship Trophies (passed out in the chute)
13-30 Boys Varsity Ribbons
13-30 Girls Varsity Ribbons
1-15 Jr. High Boys Ribbons
1-15 Jr. High Girls Ribbons

Team scores will be kept for all races. Results will be available at www.baumspage.com shortly after each race.

We will be using www.baumspage.com for the entry process again this year. PLEASE FOLLOW THE ENCLOSED INSTRUCTIONS AND DEADLINE. Those of you who are participating in the Lions' Invite will have to submit your rosters for the Midwest Athletic Championships on www.baumspage.com as well.

The course is flat and grassy except for the 300 meters on the track. Athletes wearing spikes are **NOT** permitted to wear more than 1/4" spikes. No needlepoint please.

CONCESSIONS and LEAGUE SHIRTS WILL BE AVAILABLE.

Coaches:

The day of the meet:

1. Runners are to report 10 minutes prior to race time.
2. Numbers will be worn on a bib that will need to remain on all of the athletes until they have completely cleared the chute.
3. Back-up sheets are to be returned to the end of the chute ASAP after the race.
4. Mile and 2-mile times will be on the pace clocks at each mile.
5. Runners are disqualified for cutting the course, flipping the flags, and wearing anything over 1/4" spikes. Please no needle-points.

Course Records:

VG, Sunni Olding, Minster, 17:39, 2003
VB, Samuel Prakes, Versailles, 15:36, 2010
JHB, Steve Johns, Wapakoneta, 10:17, 1984
JHG, Sunni Olding, Minster, 11:08, 1999

League Records:

VB, Samuel Prakes, Versailles, 15:36, 2010
VG, Sunni Olding, Minster, 17:39, 2003
JHB, Sam Prakes, Versailles, 10:18, 2009
JHG, Sunni Olding, Minster, 11:08, 1999

Thanks,
Connie May/Erica Oh
Meet Managers
419-678-3331 (school)

Marty Schoenherr/Pete Lisi
CC Coaches
419-678-3331 (school)

2019 MAC Cross Country Championships

Coldwater H.S. - September 30, 2019 – 3 p.m..

The entry window is open.

Entry window will close precisely at 3 p.m. on Monday, September 30.

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 may be subject to a Late Entry Penalty.
2. **Please note the following changes on baumspage.com!**
 - a. **All User Accounts from 2017-2018 were retained, but the associations with the schools and teams were deleted.**
 - b. After login, the coach will be able to add multiple teams/sports/genders to the same account!
3. Go to www.baumspage.com and use Online Entries or Login to access your account.
 - a. Click the **Help** link and print **Online Entry Instructions for CC** if you need detailed instructions.
 - b. **If you did not have an account last year, use Apply** to create your account.
 - c. **If you had an account last year, you can login using that e-mail address and password.**
4. Use **My Sports | Select Teams** to select your **School**.
 - a. Click **Get available teams** and then **Make me the Coach**.
 - b. Note: after selecting your teams, you may need to refresh your screen or Logout and Login again!
5. Use **My Sports | Cross Country | Modify Athletes** to enter your athletes on your alphabetic roster.
 - a. You may enter athletes one at a time by filling in name and grade, then **Add Athlete**.
 - b. Or you **can import your complete roster by pasting them** from an Excel file. Use one row per athlete: First Name, Last Name, and Grade. Highlight and paste into textbox, then click **Import Athletes**.
6. Use **My Sports | Cross Country | Submit 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!
7. **If there are any problems with the Online Form**, click the **Contact Us** link and submit a **Help Request**.
 - a. Please allow up to 8 hours for a response! *Most responses will be in less than 4 hours.
 - b. Call Gary Baumgartner at 513-424-6201 or Terry Young at 740-753-0561 if you need immediate help.

**Create your account early and submit a complete roster online before the entry deadline!
Include everyone that could possibly compete!**
