

Midwest Athletic Conference Cross Country Championships
Saturday, October 14, 2023 at 9 a.m.

Enclosed is the information for the Midwest Athletic Conference Cross Country Championships held on 10/14/2023.

THANKS TO THOSE WHO HAVE ALREADY PUT IN YOUR ENTRIES!

If there are any problems, please call me at school at 419-678-3331, ext 4117 or cell 419-953-0529 or Eric Goodwin, A.D., at 419-678-4821.

Thanks,
Connie May
Meet Manager

Midwest Athletic Conference Cross Country Championships

Dear Coach:

The MAC League Cross Country Meet will be held at Coldwater on Saturday, October 14th. 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.

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:

1. Runners need to report 10 minutes prior to race time.
2. Coaches will need to follow the officials expectations at the start of the race.
3. Runners will be disqualified for cutting the course, flipping the flags, and wearing anything over 1/4" spikes.
4. Results should be available on www.baumspage.com shortly after the completion of each race.

Course Records:

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

League Records:

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

Thanks,

Connie May
Meet Manager
419-678-3331 (school)
419-953-0529 (cell)

Marty Schoenherr/Jenny Alig
CC Coaches
419-678-3331 (school)

OTHER REMINDERS:

Couple of Race Day Notes:

1. TEAM CAMPS - Please set up your camp in an area in the park.

2. Runners need to report 10 minutes prior to race time.

***ATHLETE NUMBERS & TIMING CHIPS :

3. We will be using a finish chip system. Coaches should collect the CHIPS (TAGS) OUTSIDE of the FINISH AREA!

→ CHIPS (TAGS): Coaches must collect all of the chips(tags) from the athletes and return them in the provided envelope into the crate located along the white building closest to the finish line. There will be a crate that says "Please Place Tags Here." YOU WILL BE CHARGED \$5 for every chip (\$10/athlete as we will double tag the participants) that is not returned! Do not return the bib; just return the chip.

◆ For the race, chips should be attached to the side of the athlete's shorts.. **Just make sure that the chip is visible and that the pin only goes through the hole on the tag itself. ONE ON EACH SHORT LEG. Also, make sure the chip is not covered by the jersey; nothing should cover the chip (tag).**

4. Mile and 2-mile times will be shouted out at each point.

5. Runners will be disqualified for cutting the course, flipping the flags, and wearing anything over ¼" spikes

6. No spectators or coaches are permitted on the track in the finish area. Only volunteer workers and race personnel will be allowed on the track at the finish line. As the athletes finish, they must get away from the finish line to allow other competitors to finish without interference.

7. Results should be available on www.baumspage.com shortly after the completion of each race.

Best of luck!

2023 Midwest Athletic Conference
Cross Country Championships
ATHLETE COUNT AND BOX ASSIGNMENTS

Box #		Varsity Boys 9:00am	Varsity Girls 9:45am	JH Boys 10:30am	JH Girls 11:00am	
7	Coldwater	22	9	10	12	
8	St. Johns	14	13	8	6	
4	Ft. Recovery	7	9	9	5	
3	Marion Local	13	9	3	3	
2	Minster	12	20	7	12	
10	New Bremen	17	16	8	11	
1	New Knoxville	4	2	3	3	
5	Parkway	10	12	6	4	
9	St. Henry	9	14	8	7	
6	Versailles	25	24	16	14	
	TOTAL	133	128	78	77	416