

2016 North Coast League **Cross Country Meet**

Host School: Notre Dame – Cathedral Latin High School
13000 Auburn Road
Chardon, Ohio 44024

frank.platzar@ndcl.org Email
440-279-1072 Athletic Office
440-286-7199 FAX
440-339-5211 Coach Karl Weinfurtner

Date: October 15, 2016 - 10:00 A.M.

Location: Notre Dame – Cathedral Latin High School

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

Race Times:

Girls.....	10:00 A.M.
Boys.....	10:45 A.M.
Open (Girls).....	11:20 A.M.
Open (Boys).....	11:50 A.M.
Awards Presentation.....	12:30 P.M.

Timing System: Runner's Edge Race Timing – Ipico Sportag timing equipment

Important Information:

- **All registration will be on Baum's Page. (baumspage.com)
Window Opens Tuesday, 9/20/16 at 1:00 AM
Window Closes Wednesday 10/12/16 at 7:00 PM**
- All OHSAA individual and team rules apply
- Please email a copy of your OHSAA eligibility list to NDCL by 10/1/16. frank.platzar@ndcl.org
- The Blue and White Division races will be run as one race for individual awards but scored separately for the team championship. Individually - 1st in each division MVP, 2nd to 9th or 10th – First Team, 10th or 11th to 18th – Second Team. Top 20 will receive medals.
- Coaches information and the course map will be posted on Baumspage. The course consists of approximately 2 kilometers on the athletic field areas, then a hill climb to the upper part of the property, a loop around an open athletic field, then downhill along the campus road, behind the stadium, along the north end of the property and back to finish in the NDCL athletic field area. The course may be previewed the week of the meet or on the morning of the meet. Please inform Frank Platzar and myself if you desire to preview the course during the week.
- Unreturned Shoe Tags will result in a \$10.00 fee per tag assessed to the individual team.
- Three certified officials will work the NCL meet.
- NCL volunteers will be filled by the NDCL cross country parents.