

2016 NORTH COAST LEAGUE CROSS COUNTRY CHAMPIONSHIP

SATURDAY, OCTOBER 15, 2016

At Notre Dame – Cathedral Latin H S

The championship meet is set to take place on Saturday, October 15, 2016, at N.D.C.L., 13000 Auburn Rd., Chardon, OH. Please set up camp only in the designated areas. The course may be previewed the morning of the race or the week of the meet (Oct 10-14). Please inform Frank Platzar, the NDCL AD, at 440-279-1072 or frank.platzar@ndcl.org and myself if you choose to preview during the week.

RACES :

GIRL'S VARSITY – 10:00

BOY'S VARSITY – 10:45

GIRL'S OPEN – 11:20 (will start when the last runner from the previous race finishes)

BOY'S OPEN – 11:50 (will start when the last runner from the previous race finishes)

The course consists of about 2 kilometers in the athletic field area, 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 league has hired a starter and other officials to manage the races. Please have your athletes at the starting line 15 minutes prior to their races. Per NCL procedures, all athletes must meet the eligibility standards established by the OHSAA. Uniforms must comply with OHSAA regulations. No signs or markings may be displayed on the course by anyone. The host school's athletic director will act as the meet director and the meet director will work with the league secretary.

There will be a coach's meeting at 9:30 near the pavilion to draw for lane assignments, go over key points, form a games committee and answer any questions in regards to the meet. Runner's Edge Race Timing will be doing the finish line timing and scoring for the meet. They will use IPICO chips supplemented with race bibs. There will be a \$10 charge for any chip not returned.

AWARDS - Awards will be handed out near the main pavilion as soon as possible after the completion of the last race. Individual awards are as follows for both boys and girls varsity races:

Varsity race winner and top finisher in the other division – league MVP trophy

2nd through 9th or 10th place -- NCL First Team honors

10th or 11th through 18th place -- NCL Second team honors

Medals for 1st to 20th place

To be eligible for individual awards, a runner must compete in the varsity race. Therefore, incomplete teams are allowed in the varsity race. For the team results, the finishers will be split by the blue and white divisions and re-ranked. This re-ranking will be used to score each division's team race. Each team will name an athlete for honorable mention honors (to be given out on your awards night). We will also vote for the boy's and girl's coach of the year. Results will be posted on Baumspage and will be sent to the Plain Dealer, News-Herald, & Akron Star Beacon.

Please feel free to call or E-mail myself or Frank Platzar if you have any questions that need to be addressed prior to the coaches meeting (Karl Weinfurtner 440-339-5211 or Wein840@yahoo.com) We look forward to seeing you on the 15th.