

**2019 NORTH COAST LEAGUE CROSS COUNTRY CHAMPIONSHIP**  
**SATURDAY, OCTOBER 12, 2019**

At Notre Dame – Cathedral Latin H S

The championship meet is set to take place on Saturday, October 12, 2019, at N.D.C.L., 13000 Auburn Rd., Chardon, OH – see attached map for bus directions and parking. Please set up camp only in the designated areas. The course may be previewed the morning of the race or Thursday, October 10 between 3 to 6 PM). Please inform Jim Clark, the NDCL AD, at 440-279-1071 or [jim.clark@ndcl.org](mailto:jim.clark@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 map is attached to Baumspage. The course was revised last year to eliminate the long hill climb and descent to the upper campus. Adjustments to the course this year include crossing the road and going straight behind the stadium avoiding the downhill turn at the fence and adding distance by going behind the start line toward the athletic fields thus eliminating going too far into the trees at the top of the hill.

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 cross country pavilion to draw for lane assignments, go over key points, form a games committee and answer any questions in regards to the meet.

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

Medals for 1<sup>st</sup> to 20<sup>th</sup> place

The 1st finisher– league MVP trophy

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

10th through 17th place -- NCL Second team honors

Each team will name an athlete for honorable mention honors (to be given out on your awards night). Results will be posted on Baumspage and on Greater Cleveland Cross Country.

Please feel free to call or E-mail myself or Jim Clark if you have any questions that need to be addressed prior to the coaches meeting (Karl Weinfurtner 440-339-5211 or [karl.weinfurtner@ndcl.org](mailto:karl.weinfurtner@ndcl.org)) We look forward to seeing you on the 12<sup>th</sup>.