

“The Northern 10 Championships”

October 15, 2016

13343 U.S. 224 Attica, OH 44807

Admission to the event is \$5.00 per vehicle (proceeds to the N10 Conference).

Hello Coaches and Athletic Directors!

This year Seneca East will be hosting the third annual N10 Cross Country Championships. The course runs on the grounds of the school complex and adjoining woods. On the day of the race, the course will be clearly marked and painted as if it's a highway. Attached are course maps for both the junior high and high school courses. The maps also list areas of interest including bus and spectator parking, team camps, restrooms, concessions, and awards. All runners on every team will participate in the meet, and there will not be an open race. There will be an awards ceremony following the races at 12:30 p.m., and everyone is invited to attend!

Teams Participating (9)

Buckeye Central, Bucyrus, Carey, Colonel Crawford, Mohawk, Ridgedale, Seneca East, Upper Sandusky, Wynford

N10 Team Champions, All-League Award Winners, and Coaches of the Year.

Award winners will be recognized on the podium, and will be publicized over a P.A.

- Please report to the awards area by 12:30 p.m.
- The team champion from each race will be recognized on the podium.
- Runners finishing in 1st – 7th in each race will be recognized as first team all-league.
- Runners finishing 8th – 14th in each race will be recognized as second team all-league.
- Runners finishing 15th – 21st in each race will be recognized as honorable mention all-league.
- Coaches please be sure to place your vote for coach of the year before the awards ceremony at 12:30. A voting sheet will be in your packet. Please turn in the sheet to one of the meet managers. Results will be tabulated and announced at the awards ceremony.



“The Northern 10 Championships” Race Schedule

Race	Time	Team Awards	Individual Awards
High School Boys (All Runners Participate)	10:00 a.m.	Team Champion (Trophy & Podium)	Runners 1-7 (1 st Team & Podium) Runners 8-14 (2 nd Team & Podium) Runners 15-21 (H. Mention & Podium)
High School Girls (All Runners Participate)	10:40 a.m.	Team Champion (Trophy & Podium)	Runners 1-7 (1 st Team & Podium) Runners 8-14 (2 nd Team & Podium) Runners 15-21 (H. Mention & Podium)
Junior High Boys (All Runners Participate)	11:20 a.m.	Team Champion (Podium)	Runners 1-7 (1 st Team & Podium) Runners 8-14 (2 nd Team & Podium) Runners 15-21 (H. Mention & Podium)
Junior High Girls (All Runners Participate)	11:50 a.m.	Team Champion (Podium)	Runners 1-7 (1 st Team & Podium) Runners 8-14 (2 nd Team & Podium) Runners 15-21 (H. Mention & Podium)
Awards @ the Podium (All are welcome to attend) 12:30 p.m.			

Packets

Please pick up your packets near the start and finish line when you arrive at the meet. In your packet you will receive a bib containing a number, name, and grade level that is to be placed on the front of the runners' jerseys. Starting boxes have been randomly assigned and will remain the same for all races.

Admission

Admission to the event will be \$5.00 per vehicle. Any money made will go directly to the league fund.

Entries

Entries must be completed online using www.baumspage.com. Runners must be entered no later than Wednesday October 12th by 12:00 Noon. If you have any questions please contact the Meet Manager, Tom Tucker, by email at titucker@woh.rr.com or by phone (419) 680-8200

T-shirts

T-shirts will be available near the concession stand area. The league has hired an outside vendor to sell t-shirts at this meet.

Team Drop-off Information

Buses will be directed to unload athletes near the concessions and awards area, and then proceed to park in designated bus parking area.

Spectator Parking

There is only one entrance to the school. All spectators will be directed to enter the complex and then proceed to park in any of the available lots.

Contact Information for The Northern 10 Championships

Head Coach: Matt Schock (mschock@se-tigers.com)
Head Coach/AD: Doug Mason (domason@se-tigers.com)
Meet Manager: Tom Tucker (titucker@woh.rr.com)