

“The Northern 10 Championships”

October 14, 2023

13343 U.S. 224 Attica, OH 44807

Admission to the event is \$5.00 per person (proceeds to the N-10 Conference).

Hello Coaches and Athletic Directors!

This year Seneca East will be hosting the 10th annual N-10 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. We truly hope you enjoy your day at Seneca East! Any feedback is more than welcome, and will be reviewed for future meets as our ultimate goal is to put on a first-class event for everyone! There will be an awards ceremony to honor teams and runners following the races at 12:30 p.m., and everyone is encouraged to attend!

Teams Participating (8)

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

N-10 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 (Trophy & 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 (Trophy & Podium)	Runners 1-7 (1 st Team & Podium) Runners 8-14 (2 nd Team & Podium) Runners 15-21 (H. Mention & Podium)
Awards @ the Podium 12:30 p.m.			

Packets

Please pick up your packets near the start and finish line when you arrive at the meet. As usual, we will be attempting to greet your team bus with your packets as you arrive. In your packet you will receive bibs that are to be placed on the front of the runners’ jerseys. Please ensure that your bib number matches the athlete listed in your packet. Finally, starting boxes have been randomly assigned and a sheet is included in the packet.

Admission

Admission to the event will be \$5.00 per person. Any money made will go directly to the N-10 Conference league fund.

Entries

Entries must be completed online using www.baumspage.com. Runners must be entered no later than **Tuesday October 10th by 12:00 Noon**. If you have any questions please contact the Meet Manager, Matt Schock, by email at mschock@se-tigers.com or by phone (419) 618-8974

T-shirts

T-shirts will be for sale at a cost of \$15 located near the concession stand.

Team Drop-off Information

Buses will be directed to unload athletes near the concession and award area, and then proceed to park.

Contact Information for The Northern 10 Championships

Tim Murray (tmurr2005@gmail.com)

Meet Manager/Head Coach: Matt Schock (mschock@se-tigers.com)

Head Coach/AD: Doug Mason (domason@se-tigers.com)