

2019 Ohio Capital Conference Championships - Capital & Ohio Division Hosted by Lancaster High School

The 2019 Ohio Capital Conference – Capital and Ohio Division Championships will be held at Lancaster High School on Saturday October 12, 2019.

Coach's instructions

- Before Monday, October 7 at 8 PM register your team(s) online at www.baumspage.com -- Cross Country page.
- Pick-up race packets at the finish line.
- In your packet you will have the following information: roster, timing instructions, IPICO shoe tags (chips), bib numbers and safety pins.
- Each team may enter up to 10 runners for each Ohio varsity race. Open races have unlimited entry. The Capital division will have one race and unlimited entries.
- Awards can be picked up at the finish line shortly after results have been announced.

Time Schedule

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| 11:00 AM | Girls Ohio Varsity Race |
| 11:30 AM | Boys Ohio Varsity Race |
| 12:00 PM | Girls Ohio Open Race |
| 12:30 PM | Boys Ohio Open Race |
| 01:00 PM | Girls Capital Division Race (unlimited entry) |
| 01:30 PM | Boys Capital Division Race (unlimited entry) |

Timing / Results

Timing First, LLC will be providing Finishlynx / IPICO chip timing at the event. IPICO chips are NOT DISPOSABLE. All chips must be returned at the end of each event. Coaches are responsible to make sure that athletes return chips. Missing, lost or damaged chips will result in a \$10 replacement fee billed to your athletic department. Please assist Timing First in making sure all chips are returned.

Results will be posted live at www.results.timingfirst.com

Meet Management

Please feel free to contact John Smith (meet manager) john_smith@lancaster.k12.oh.us if you have questions about the location.