



Bear Den Dash



Date: September 28th, 2019
Location: Olentangy Berlin High School

Course Description: The Berlin XC course is a very spectator friendly 5,000 meter course. The course is flat, fast, and all grass course around the perimeter of Berlin High School. The course and miles will be well marked. Chip Timing.

Entry Fee: \$100 per Team (\$200 for boys and girls teams) - \$20 per individual. Please make sure your athletic department has paid the entry fee before arriving.

Boys Teams: Olentangy Berlin, Olentangy Liberty, Lancaster, Bloom Carroll, Columbus Academy, Groveport Madison, Upper Arlington, Dublin Jerome, Westerville Central, Marburn Academy

Girls Teams: Olentangy Berlin, Olentangy Orange, Lancaster, Bloom Carroll, Columbus Academy, Groveport Madison, Dublin Jerome, Westerville Central, Marburn Academy

Entries: Please Enter your team roster on Baumspage. Entry window is 8/28/19 through 9/25/19 @ 9:00pm. <https://www.baumspage.com/cc/ccevent.php?peventid=207&table=C>

Coaches can choose their TOP 10 runners for the varsity race the day of the meet. **Please remind athletes to stay away from the finish line or leave their bibs at team camp when not racing.** This can impact race results and we want to avoid any issues.

Chip Timing- Please only enter athletes that are going to compete in the event. This helps keep costs down and allows us to provide a better experience for athletes and coaches. **A \$20 fee for lost chips will be sent to the athletic department of the participating school from the timing company.** Please remind athletes to return chips after their races.

Admission: We'll be charging **\$5 per car** for our event as they arrive in our parking lot. Please notify your parents ahead of time to avoid any confusion. Fill your car and save! We ask that XC spectators enter in the north lot on Piatt Road or the Berlin Station Road. We have the girls soccer Kick for the Cure game and the south lot is going to be reserved for soccer spectators.

Bus: Teams will be dropped off by the stadium to set up team camp. The bus drivers will be directed to park at Cheshire Elementary School, which is a short drive away from the high school. Address: 2681 Gregory Rd, Delaware, OH 43015. Please get your bus driver's phone number.

Concessions and restrooms will be available in the stadium.



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Youth Race (Grade 3-6)- If you have youth runners in your community, please let them know about our youth 2 mile event. **Entry Fee: \$10.** Great opportunity to get a 2 mile race before the youth state meet. Entry Link: <https://runsignup.com/belinbeardendash>

Time Schedule:

9:00am: Girls Varsity (Top 10 Runners Only) - Top 20 get medals (Plaque Top 2 Teams)

9:40am: Boys Varsity (Top 10 Runners Only) - Top 20 get medals (Plaque Top 2 Teams)

10:20am: Girls Open - Top 20 get medals

11:00am: Boys Open - Top 20 get medals

11:40am: Girls Grade 3-6 Race (2 miles) - Top 20 get medals

12:00pm: Boys Grade 3-6 Race (2 miles) - Top 20 get medals

Individual Awards: We will have custom diecast medals of our trademarked bear logo below!



Team Awards: We will have custom team plaques for the 1st and 2nd place teams in the varsity race!

Team Tents- All team tents will be set up between the baseball and softball diamonds. Please do not set up anywhere else due to the irrigation system on our practice fields.

Coaches Hospitality: There will be a generous coaches hospitality tent to get your morning started!

T-Shirts: Tie Dye long sleeve shirts will be available for purchase \$20

Pets- Please tell parents there are no pets allowed on the OBHS XC course unless it is a service animal.

Please contact Coach Beggrow or Coach Ubry with any questions or concerns.

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