



Bear Den Dash



Date: October 3, 2020

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. Bib Timing.

Changes: Please read the information carefully. We have made several changes this year due to COVID-19 restrictions. We are committed to having a full event in 2021. Our focus is ensuring a SAFE and competitive environment for our athletes.

Participation: Please notify Anthony Beggrow (anthony_beggrow@olsd.us), Catherine Ubry (catherine_ubry@olsd.us) or the Olentangy Berlin Athletic Department if anything changes with your participation for this invitational. Please let us know if your team will not be able to attend for any reason. We have several schools wanting to participate and we want to ensure our meet is full. We will begin to delete schools off arbiter if contracts are not signed by 9/4/2020.

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

Boys Teams: Olentangy Berlin, Pickerington Central, Olentangy Orange, Olentangy, Bloom Carroll, Columbus Academy, Upper Arlington, Dublin Jerome, Dublin Coffman, Westerville Central, Westerville South, Westland, Mt Vernon, Big Walnut, Hamilton Twp, Teays Valley

Girls Teams: Olentangy Berlin, Olentangy Orange, Olentangy, Bloom Carroll, Columbus Academy, Upper Arlington, Dublin Jerome, Dublin Coffman, Westerville North, Westerville South, Westland, Mt Vernon, Big Walnut, Hamilton Twp, Teays Valley

Entries: Please Enter your team roster on Baumspage. Entry window opens 9/2/2020 at 8:00am and closes 9/30/2020 at 9:00pm.

Teams can bring 14 runners. Coaches can choose their TOP 7 runners for the varsity race the day of the meet.

Bib Timing- Please only enter athletes that are going to compete in the event (14 Max per gender). This helps keep costs down and allows us to provide a better experience for athletes and coaches. We will be using non reusable bib timing to reduce contact between runners and race timing. **Please remind athletes to stay away from the finish line or leave their bibs at team camp when not racing to avoid inaccurate results.**

T-Shirt Online Orders (NO MEET DAY SALES) <https://form.jotform.com/202655269970161>



Bear Den Dash



Admission: There will be no admission for the invitational this season.

Bus: Teams will be dropped off by the stadium to set up team camp. The bus drivers will be directed to park in the Northeast side of the high school parking lot.

Restrooms will be available in the stadium and utilize appropriate protocol as recommended by OATCCC, OHSAA and the state.

Water/Concessions: All teams are required to provide their own water. We encourage individual athletes to bring their own to the meet with their names labeled. Water at the finish line will only be for emergency situations with our training staff. No concessions will be provided as recommended by OATCCC and OHSAA.

Time Schedule:

9:00am: Girls Varsity (Top 7 Runners Only) - Top 30 get medals (Plaque Top 2 Teams)

9:40am: Boys Varsity (Top 7 Runners Only) - Top 30 get medals (Plaque Top 2 Teams)

10:20am: Girls Open (Runners 8-14) Top 20 get medals

11:00am: Boys Open (Runners 8-14) 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!

Award Pick Up: All awards will be placed in an envelope for each coach to pick up. Awards should be done approximately 30 minutes after each race.

Team Camps- All team camps will be designated by Berlin and provided ahead of time with the location. In accordance with OATCCC and OHSAA recommendations, NO TEAM TENTS will be permitted. We will assign each team a campsite to ensure proper spacing.

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.

Anthony Beggrow

Catherine Ubry

Boys Head XC Coach

Girls Head XC Coach

anthony_beggrow@olsd.us

catherine_ubry@olsd.us