

PAC-7 CROSS COUNTRY CHAMPIONSHIPS

SATURDAY, OCTOBER 15, 2022

@ NICKAJACK FARMS

The PAC-7 Conference Cross Country Championships will take place on Saturday, October 15, 2022, at Nickajack Farms, at 2955 Manchester Ave NW; North Lawrence, OH 44666. The farm is on the west side of Rt. 93, approximately 2.5 miles north of Tuslaw High School. Turn into the driveway at the Nickajack sign and head up the gravel road.

GENERAL INFORMATION (please inform your fans): ADMITTANCE WILL BE \$5.00 PER PERSON. PAC-7 passes WILL NOT be accepted.

NO PETS are allowed on Nickajack grounds. Coaches must enter athletes online on Baumspage (www.baumspage.com). Entry window opens on Monday, 9/26/22 at 1:00 AM and closes on Wednesday, 10/12/22 at 5:00 PM. Results will be posted on Baumspage after the race.

PACKET PICKUP: At the tent beside the finish line.

FACILITIES: Porta-johns will be available at the course.

COURSE MAPS: Maps of the high school 5K and junior high 2 mile courses are posted on Baumspage. Parking and team camp areas are listed on the course maps.

SCHEDULE OF EVENTS:

7:30 AM: The course opens

8:15 AM: Coaches meeting at packet pickup

9:00 AM: High School Girls Race

9:30 AM: High School Boys Race

10:00 AM: Jr. High Girls Race

10:30 AM: Jr. High Boys Race

T-SHIRTS/CONCESSIONS: PAC-7 Cross Country Championship t-shirts will be on sale for \$20. Concessions will also be available.

Questions can be directed to Chris Lapish, AD, at clapish@tuslawschools.org.