

## REGIONAL CROSS COUNTRY – TIFFIN

### Coaches and Athletes Instructions

The following items are not included in this packet. They are available on Baumspage.com. Please download:

1. Coaches' Verification Form (must be signed and presented at Registration to receive your packet)
2. Uniform Checklist (for your review)
3. Substitution Form (in case it is necessary)
4. Course Map
5. Chip Instructions (for review with your competitors)

### **Spectator Policy for 2020**

Refer to the separate Spectator Information document for all ticketing information and COVID protocols. Non-participating athletes are not permitted to attend unless they are "Family & Loved Ones."

### **General Information**

Hedges-Boyer Park provides a 5K (3.1 mile) course that has been accurately measured. The start and finish are located in the upper oval and the course is well marked. Most athletes have been wearing ¼" to 3/8" spikes, depending on weather.

Registration and packet pick-up will be conducted at the large grey barn located near the swimming area and beyond the basketball courts. Bus parking is accessed through the Coe Street entrance.

*To have a successful meet, we are asking you to provide your athletes with the following information:*

1. Contestant Materials & Verification Form: To obtain your packet, you must present a signed copy of the OHSAA Cross Country Coach's Verification Form (download from Baumspage.com, print & sign). Packets will not be distributed before the morning of the meet – but all forms and information will be available at Baumspage.com.
2. Results: Preliminary & Unofficial Results will be posted to [www.baumspage.com](http://www.baumspage.com) immediately after each race. Coaches will have 30 minutes after release of the results to file an appeal with the Referee. Official results will be read over the loudspeaker after the appeals period is over and the Referee has certified the results.
3. Contestant Numbers: Contestant numbers and pins will be provided in your packet. Numbers must be worn on the FRONT of each contestant and securely fastened with four pins. Every athlete must run with the assigned number.
4. Contestant Chips: Chips will be provided in your packet. Chips must be securely fastened (doubleknotted) to EACH shoe on EACH athlete. Every athlete must run with his/her assigned chips (the number on the chip matches the contestant's bib number.) Chips should be returned by the coach to Chip Tent next to registration before leaving the property.
5. COACHES' RESPONSIBILITY: IT IS THE RESPONSIBILITY OF EACH HEAD COACH TO ENSURE THAT EACH ATHLETE WEARS THE ASSIGNED BIB NUMBER AND CHIP.
6. NON-RETURNED CHIPS: Coaches are responsible for all chips not returned by the end of the meet. Schools will be billed \$25 for each chip not returned.
7. Awards: All awards will be distributed by the OHSAA.
8. Uniforms: Please review with your athletes the OHSAA Uniform Regulation Checklist (available at [Baumspage.com](http://Baumspage.com)) and all current uniform rules. Athletes who compete in an illegal uniform are in violation of these rules and are subject to disqualification. It is the responsibility of the athletes and

coach to have each competitor dressed properly according to rule before competition begins. The start of a race will not be delayed to permit an athlete to change into a legal uniform. All final decisions about uniforms rest with the Tournament Referee.

**9. TO MAKE A SUBSTITUTION TO YOUR TEAM LINE-UP (District to Regional):**

Prior to the Meet: E-mail your change to Mike Chatfield at [mike@finishtiming.com](mailto:mike@finishtiming.com). Please include TIFFIN REGIONAL, DIVISION, GENDER, NAME, and SCHOOL of the athlete to be replaced with the name and grade of the replacement athlete.

Day of the Meet: See Dennis Baum at Registration for a Substitution Form. Forms are also available at [Baumspage.com](http://Baumspage.com). You cannot substitute for an individual qualifier to the Regional Tournament.

**10. IT IS NOT NECESSARY TO RE-ENTER YOUR TEAM OR INDIVIDUAL ON BAUMSPAGE.**

**11. IT IS NOT NECESSARY TO RESUBMIT AN OHSAA TEAM ROSTER.**

<b>Time</b>	<b>Schedule</b>	<b>Competing at Regional</b>	<b>Qualifying to State</b>
9:00 a.m.	D3 Boys	23 teams + Individuals	7 teams + 28 Individuals
10:00 a.m.	D3 Girls	22 teams + Individuals	7 teams + 28 Individuals
12:00 Noon	D2 Boys	11 teams + Individuals	3 teams + 12 Individuals
1:00 p.m.	D2 Girls	12 teams + Individuals	4 teams + 16 Individuals
3:00 p.m.	D1 Boys	7 teams + Individuals	2 teams + 8 Individuals
4:00 p.m.	D1 Girls	6 teams + Individuals	2 teams + 8 Individuals

*PLEASE READ CAREFULLY: Tiffin City Schools, the Northwest District Board, and the OHSAA do not sanction an "Open Race" at the conclusion of the Regional Cross Country Tournament. Please be advised that coaches permitting athletes from their schools to participate in such an event are financially responsible for any injury that may occur. The OHSAA Catastrophic Insurance is NOT in effect for an event that is not sanctioned by contract. Avoid jeopardizing your family's future. Please do not permit your athletes to participate in an open race that is not authorized.*

*If you have any questions, please call me at (419) 271-5055 or e-mail me: [densabo@gmail.com](mailto:densabo@gmail.com)  
Good luck to your team! – Dennis Sabo, Regional Tournament Manager*