

NEO REGIONAL
CROSS COUNTRY TOURNAMENT
COACHES' INFORMATION
Saturday, October 31, 2015

Boardman High School, 7777 Glenwood Avenue, Youngstown, Ohio 44512

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

1. 2015 Coaches' Verification Form (must be signed and presented at Registration to receive your packet)
2. 2015 Uniform Checklist (for your review)
3. 2015 Substitution Form (in case it is necessary)
4. 2015 Course Map
5. 2015 Chip Instructions (for review with your competitors)

Please review NEW OHSAA Policy for Competitor and Coaches' Passes for Regional Meets

Teams will receive admission wristbands for 8 competitors and 2 coaches. Individual Qualifiers will receive an admission wristband as well as 1 for a coach. Please make copies of the enclosed YELLOW "Regional Changes for Spectators" page and help us get the word out to your parents and others who will be attending.

Non-Competing Athletes (except alternate #8) must purchase an admission wristband for \$7. If they are riding your bus we ask that you collect this fee in advance, remit it to the Admissions Team who meets your bus, receive the appropriate number of wristbands, and pass them out before exiting.

Non-competing athletes who do not have a valid wristband will be approached by uniformed security and escorted to a ticket window where they will purchase a ticket or be returned to your bus.

As you can guess, this is a new process for all of us. Your help would be greatly appreciated and we apologize for any inconvenience on this important day.

Boardman High School welcomes you and your team to the NEO Regional Cross Country Tournament. Our campus provides a 5K (3.1 mile) course that has been accurately measured. (A course map is available at Baumspage.com.) The two-loop course is well-marked with colored poles at all turns. More than 80% of the course is visible from the central plateau. Most athletes have been wearing 1/4" to 3/8" spikes, depending on weather.

Registration and packet pick-up will be conducted at the tent in the **middle of the south end of the front parking lot** of Glenwood Middle School (north and up the hill from the finish area). These areas are identified on the course map. **Bus parking** is accessed through the driveway just north of the wooded area on Glenwood Avenue and is marked on the map.

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

1. **Contestant Materials & Verification Form:** Coaches can pick up packets at the Registration Tent. **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:** Paper results will be posted but will not be printed for general distribution. Results from each race will be posted to www.baumspage.com and www.neohstrack.com immediately after certification by the Referee.
3. **Course Inspection:** Qualifiers may inspect the cross country course at 2:00 p.m. each day the week prior to the Regional Tournament. **Athletes are NOT permitted to enter Boardman High School or Glenwood Middle School on these days. School security personnel are authorized to detain individuals entering our school buildings after hours. To avoid any unfortunate incidents, please do not allow your athletes to enter our buildings for any reason.** On meet day, the course may be inspected from 7:30 am until 10:45 am and between races. The course must be cleared 5 minutes prior to the start of the next race.

4. **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. Athletes who do not compete with their assigned number are in violation of current rules for competition and may be disqualified.**
5. **Contestant Chips:** Contestant chips will be provided in your packet. Chips must be securely fastened to **BOTH** shoes on each athlete. Every athlete must run with the assigned chip (the number on the chip matches the contestant's bib number.) **Athletes who do not compete with their assigned chips are in violation of current rules and may be disqualified.**
6. **Hip Numbers:** Each runner will be required to wear a hip number on the **left** hip. These will be provided to runners on each team and individual qualifiers at the starting line.
7. **COACHES' RESPONSIBILITY:** IT IS THE RESPONSIBILITY OF EACH HEAD COACH TO ENSURE THAT EACH ATHLETE WEARS THE ASSIGNED BIB NUMBER AND CHIP.
8. **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.
9. **Awards:** Regional Plaques will be presented to the Team Champion and Runner-up Team in each race. **Individual Awards** can be picked up at AWARDS TENT following the conclusion of each race.
10. **Uniforms:** Please review with your athletes the **OHSAA Uniform Regulation Checklist** (*available at 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 only with the Tournament Referee.
11. **TO MAKE A SUBSTITUTION TO YOUR TEAM LINE-UP (District to Regional):**
Prior to the Meet: E-mail your change to John Jeren (jiggsey1946@aol.com). Please include the name, school and division of the athlete to be replaced with the name of the replacement athlete and year in school.

Day of the Meet: See Mr. Jim Fox at Registration for a Substitution Form. Forms are also available at Baumspage.com.
You cannot substitute for an individual qualifier to the Regional Tournament.

| <u>Time Schedule</u> | | | <u>Teams Competing In Regional Meet</u> | <u>Teams Qualifying To OHSAA State Meet</u> |
|----------------------|-------|-------|---|---|
| 11:00 am | D-III | Girls | 16 + Individuals | 4 Teams and individuals* |
| 11:45 am | D-II | Girls | 16 + Individuals | 4 Teams and individuals* |
| 12:30 pm | D-I | Girls | 16 + Individuals | 4 Teams and individuals* |
| 1:30 pm | D-III | Boys | 16 + Individuals | 4 Teams and individuals* |
| 2:15 pm | D-II | Boys | 16 + Individuals | 4 Teams and individuals* |
| 3:00 pm | D-I | Boys | 16 + Individuals | 4 Teams and individuals* |

***INDIVIDUAL QUALIFICATION:** Individuals who finish in the top 16 will qualify to run in the State Meet. Runners who finish in 17th Place and higher do not qualify for the State Tournament as individuals.

PLEASE READ CAREFULLY: Boardman Local Schools, the Northeast 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 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 regarding this information or about the cross country tournament, please call me on my cell (330) 921-9583 anytime or e-mail me: dave.pavlansky@boardmanschools.org

Good luck to your team!

Dave Pavlansky
 Regional Tournament Manager

Revised 10/8/15