



2021 Southeast Ohio CC Meet

Meet Date: September 22nd, 2021

Location: Logan High School

14470 St. Rt. 328, Logan, Ohio 43138

Online Entries:

<http://www.baumspage.com/>

Entry Fee:

\$50 each for Varsity boys and girls

\$25 each for MS boys and girls

\$150/team (bringing both boys and girls)

Event Name:

Southeast Ohio CC Meet

Entry Window:

Opens at 1am Monday September 6th

Closes at 11pm Monday, September 20th

Awards:

Individual Awards for All Races

→ Medals for top 2 in each race, ribbons for 3rd -10th place.

Team Camps:

Behind start and finish line at the front section of practice football field

Restrooms:

Inside the football gate on the back side of the Chieftain Center.

Parking:

Free parking behind the chieftain center in the back parking lot

Admission:

\$5 (**Cash Only**) per spectator through the taped area from the parking lot to the course.

Concessions:

Not available for this meet.

Event Schedule:

4:00 Course opens

4:30 **Senior recognition**

5:00 Girls middle school race (2mi)

5:30 Boys middle school race (2mi)

6:00 Girls high school race (5k)

6:30 Boys high school race (5k)

Questions: Lisa Morelli

Logan High School, Athletic Director (740)385-2069 ext. 11012

lmorelli@lhsd.k12.oh.us

Course note: The 2-mile course will begin in front of the practice soccer field. They will go up a path across the bridge and then out and around softball diamonds. As they come down the path, they will cut perpendicular to the start against the treeline of the forest headed toward the fenced area by the river bed, and take a left behind the fence line. They will follow the wooded path until the exit near the bandfield where they will go up a small hill and follow the top edge of the hill line of the high school building perch. They will come down that hill line by the back track gate following the fence line and then follow a path up to a small hill by the shot put area. From there, they will head down against the riverbed fence line and make a U-turn into a straight stretch for the finish at the start of the practice football field.

The 5k course will start the same up until the riverbed line where they will do the reverse direction of the back riverbed course loop. They will run in front of the fence line and head up the shot put hill toward the high school perch and then behind the fence coming back to near the start/finish. However, instead of going into the finish, the athletes will repeat the forest loop from the 2 mile race. They will come out and run around the practice soccer/football fields 1 time and then U-turn into a straight stretch for the finish.

We ask that athletes wear ¼ spikes rather than long XC spikes so as to maintain the condition of our course. If there is rain, our course will be muddy. Please encourage your athletes to be prepared for these conditions.

Race Style: We will be using racing bibs and a timing system coupled with using pull tags for the finishes. Packets can be picked up at the finish line tent.