

2023 TCAL Cross Country Pre-Season Coaches' Meeting Agenda

I. Weekly Meets

- A. Whether or not your team competes is between you and your AD
Lima Senior is not expected to attend (though would be welcome to do so)
- B. Dates
 - Wednesday, Sep 13 Highland Park
 - Wednesday, Sep 20 Ottawa Park
 - Wednesday, Sep 27 Highland Park
 - Wednesday, Oct 4 Ottawa Park
- C. Schedule
 - 5:00 High School boys & girls (race at same time, scored separately)
 - 5:45is Junior High boys & girls (race at same time, scored separately)
- D. Modified scoring (you get a score even if you don't have 5 finishers)
- E. I might be able to get us a display clock

II. Championship Meet

- A. All teams expected to compete
- B. Entries on Baumspage.com are due by 4pm on Tuesday, October 10
- C. Site: Collins Park golf course
- D. Schedule
 - 9:00 High school girls
 - 9:45 High school boys
 - 10:30 Junior high girls
 - 11:00 Junior high boys
 - 11:30ish Awards
- E. Awards
 - Gold medals: top 7 in each high school race, top 5 in each junior high race
 - Silver medals: second 7 in each high school race, second 5 in each junior high race
 - Plaques for 1st and 2nd place high school teams, 1st place junior high teams
 - Only teams with 5 finishers eligible for awards