



# WCAL Cross Country Championships

Saturday, October 14, 2023 @ Wooster HS

515 Oldman Rd, Wooster, OH 44691

Hosted by Dalton High School

## Schedule

1:15 p.m.	Coaches meeting at the Finish Line
2:00 p.m.	HS Boys' Race
2:40 p.m.	HS Girls' Race
3:20 p.m.	MS Boys' Race
3:50 p.m.	MS Girls' Race
4:30/4:45 p.m.	Awards

## Awards

- *High School Boys and Girls:* Team Championship Trophy for each, MVA Trophy for each, Awards for places 1-10 per team (1<sup>st</sup> Team WCAL), COY Plaque for each
- *Middle School:* Rotating Team Trophy for each . . . Awards for places 1-10 for each
- At the conclusion of the HS Girls' Race, coaches need to meet at the finish line to determine the Meet MVAs.

## Trainer

- An athletic trainer will be stationed near the finish line.

## T-Shirts

- WCAL Championship T-shirts - \$15.00 short-sleeve  
\$18.00 long-sleeve

## Restrooms

- In the stadium.

## Timing/Results

- Chips will be on the bibs. Mid Ohio Race Management is timing this meet.
- Results will be available on <https://baumspage.com/> as well as on <http://midohiorm.com/>

## Coaches' Hospitality Room

- Sandwiches, chips, apples, desserts, and beverages

## Concessions

- Light concessions will be available (more info. later)