

Central District Cross Country Championships
Watkins Memorial High School
October 21, 2017

Coaches Meeting Agenda – October 8th – Watkins Memorial HS 2:00 PM

1. Forms
 - a. Sportsmanship, Uniforms http://www.ohsaa.org/sports/cc/uniform_verification.pdf
 - b. Team Numeric Rosters (DO NOT TURN IN – GIVE TO CLERK AT LINE)
 - c. Baumspage Entry – CLOSSES AT 1:00 PM TUESDAY – October 17th
 - i. You can make changes via email <mailto:mdahlman@watkinstrack.org>
2. Regulations – can be found at the OHSAA website OHSAA Cross Country Information - [http://www.ohsaa.org/Portals/0/Sports/Cross Country/ccrgltstournament.pdf](http://www.ohsaa.org/Portals/0/Sports/Cross%20Country/ccrgltstournament.pdf)
3. Parking – a parking map and instructions are attached and online at www.watkinstrack.org
 - a. Teams not using buses – athletes will be admitted IN UNIFORM in private vehicles
At the spectator entrance – please plan your arrival time accordingly
4. The Course
 - b. Grass and dirt trails
 - i. Roots on the trails
 - ii. Wooden bridges
 - c. the chute
 - i. remind your kids to run through the chute – not stop at line
4. Qualifiers
 - a. Div III Girls Top 8 Girls Teams (4 from each section) 16 Individuals/section
 - b. Div III Boys – Top 7 Teams (2 Sections, 3-4) Top Individuals (12-16)
 - c. Div II Girls - Top 5 Teams (one section), 20 Individuals/section
 - d. Div II Boys – Top 7 Teams (2 Sections – 3-4) Top Individuals (12-16)
 - e. Div I Girls – Top 17 Teams (3 sections, 5-6-6) Top Individuals (20-24-24)
 - f. Div I Boys – Top 16 Teams (3 Sections – 5-5-6) Top Individuals (20-20-24)
5. According to the OHSAA website – Regional will qualify 4 Teams and Top 16 individuals to state
6. Tickets
 - a. Your team enters on a bus or team vehicles
 - b. Central District Passes Only
 - c. EVERYONE ELSE - \$7.00
 - d. T-Shirts – sold by IP Sports - \$18 short sleeved, \$20 Long Sleeved
7. Email changes will be taken until Friday at 12 noon.
8. Race Day Procedures
 - a. Check In – Packets will be in soccer concession stand
 - Changes CAN be made on race day
 - If you need to make a change – make it at the packet check in and get a new label
 - Make sure your change is also on your numeric roster
 - b. Course Inspection
 - Friday – 12- 5 (please – Watkins has many events during the week – respect the inspection times) and Saturday 8-9:30
 - During Races – But – make sure your kids stay off the trails during the competition
 - c. Report to Clerks – 15 minutes prior to race start
 - i. Team turns in Numeric Roster
 - ii. All team members in correct and matching uniforms
 - iii. All team members wearing correct tear-tags
 - d. After the race
 - i. Results will be posted when prepared (about 20 minutes after last finish)
 - ii. Posted results are unofficial – please check them immediately
 - iii. Posted results will become official 10 minutes after posting
 - iv. Results will be online at the same time at they are posted
9. Regional Information
Available online at ohsaa.org. We will put information we receive in you meet-day packet
10. Central District Coaches Association – CC District Banquet
11. Seeding Rules – see attached policy