

**45<sup>th</sup> AVON LAKE**



**EARLYBIRD  
CROSS COUNTRY  
INVITATIONAL**

**INFORMATION - 2023**

## **TIME SCHEDULE:**

- 8:00 a.m. Middle School Boys 2M Race**
- 8:30 a.m. Middle School Girls 2M Race**
- 9:00 a.m. Maroon Division Boys Varsity Team 5K Race**  
(ALL Division I Teams and Division II & III Teams by request)
- 9:30 a.m. Maroon Division Girls Varsity Team 5K Race**  
(ALL Division I Teams and Division II & III Teams by request)
- 10:00 a.m. Open Division Boys 5K Race**
- 10:30 a.m. Open Division Girls 5K Race**
- 11:00 a.m. Gold Division Boys Varsity Team 5K Race**  
(Division II & III Teams only)
- 11:30 a.m. Gold Division Girls Varsity Team 5K Race**  
(Division II & III Teams only)

**FINAL RESULTS WILL BE POSTED ON <https://oh.milesplit.com/meets/564447>**

**Please review the following rules for this years' meet:**

We will again have OHSAA CERTIFIED officials to monitor the entire course and we will have the course marked so that it is easy to negotiate. Nevertheless, you should plan to arrive early enough to familiarize yourselves with the course.

Our Open Divisions will continue to be separated into their own races. We will be running separate boys' and girls' middle school races, starting with the boy's race at 8:00 AM. Please refer to the time schedule (attached.)

**Only ONE TEAM may be entered per school in ANY TEAM RACE. Schools NOT capable of entering a 5 to 9 athlete team will need to be placed in the Open Division ONLY. The Open Division is for all athletes not competing in either the JV or Varsity Division 5 to 9 athlete team competition.**

For many of you, this may be the first meet of the season and that for some student athletes this maybe be their first ever competition. Please be aware that there is a **THIRTY MINUTE** time limit for athletes to complete the course. After thirty minutes athletes must immediately vacate the course to allow the start of the next race. This rule is necessary to keep the meet on schedule.

This early in the season, weather can become a major concern. It will be up to the discretion of the officials and the meet manager if all races will go off. Heat and thunderstorms are real possibilities and we are looking out for the welfare of all student athletes. (This meet has been cancelled *twice* in 45 years.)

Note that the course will be in continuous use once the initial race starts at 8:00 AM. Restroom facilities will be available in the college. There will be no locker rooms or dressing facilities open.

As always, parking close to the race course fills up quickly. There will be ample parking available within walking distance. Plan to arrive early. Please inform your parents that there will be no parking along the roadways or on the grass at LCCC.

Please insure that your athletes' uniforms comply with OHSAA uniform requirements.

## On the morning of September 2<sup>nd</sup>:

**\*\*\*Chip Timing will be used with computerized results\*\*\***

1. Pick up your coach's packet at the registration table located north of the tennis courts **AFTER** 7:00 AM.

### **PLEASE NOTE:**

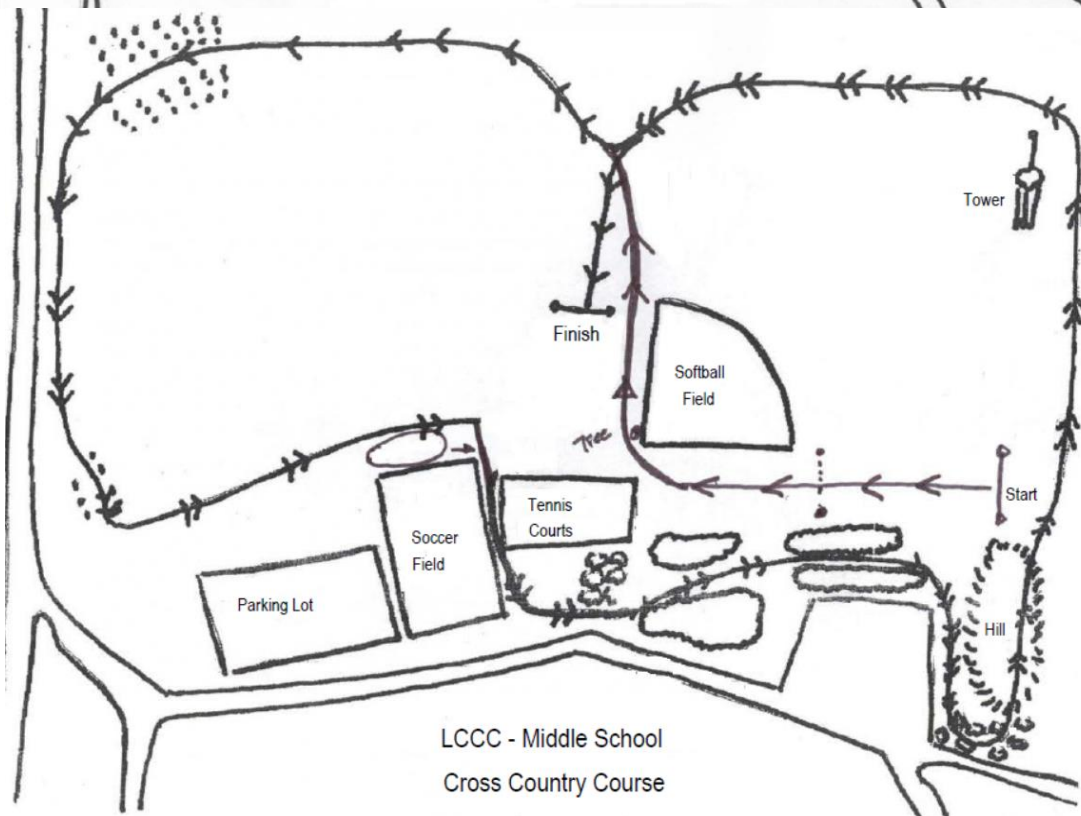
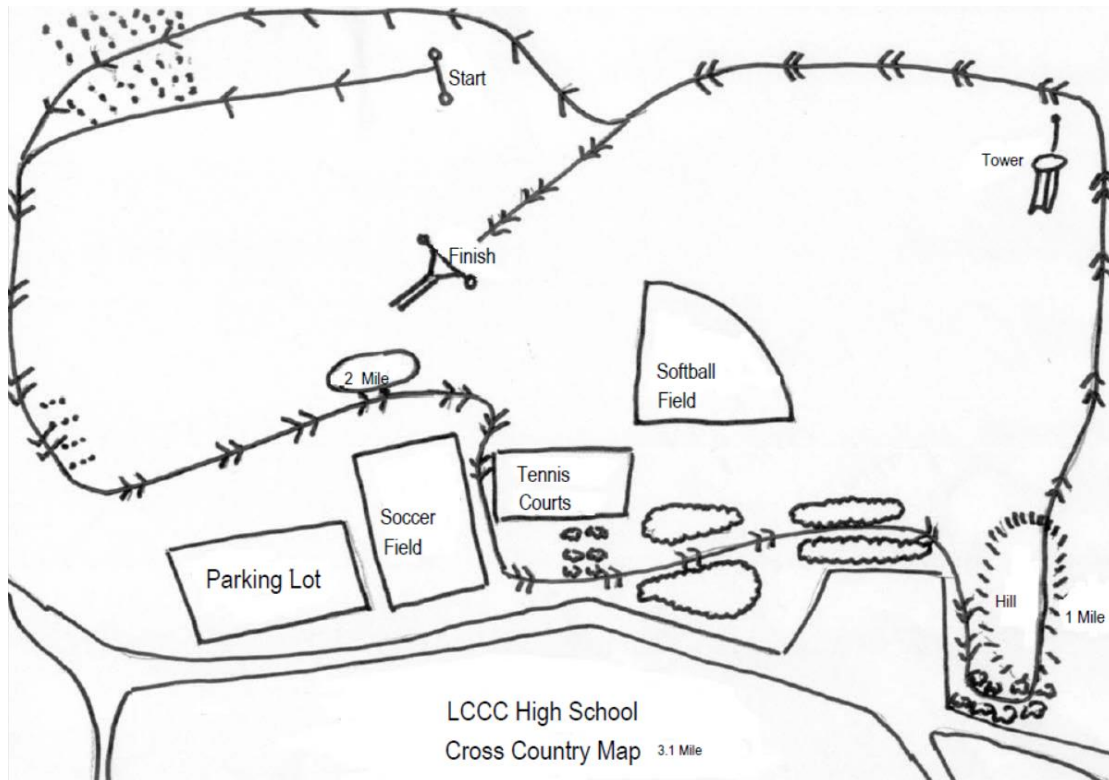
- **ALL** student athletes must wear a chip ***securely tied*** to the lace of one shoe. **Double knot that shoe!** It is the runner's responsibility to finish the race with the chip attached to their shoe. The runner will **NOT** have their time recorded in the results if they do **NOT** have the chip attached at the finish line!
  - Unused chips **MUST BE RETURNED** to the registration table. **Please make sure that chips are returned for runners not competing or from runners that may not finish a race as *you/your school will be held financially responsible for "missing" chips.*** Chips will be collected at the finish line for race finishers.
2. Make sure your runners know the course.
  3. Make sure each individual runner receives their awards at the end of the chute. The top 8 runners will receive medals, 9<sup>th</sup> through 25<sup>th</sup> place will receive ribbons. The top two teams in the Middle School Divisions and the top three teams in the Varsity Divisions will be presented with plaques. Coaches may pick up the team awards approximately 30 minutes after the completion of the race at the registration table.
    - **Please be sure to have your athletes report to the starting line 20 Minutes prior to the start of the race and that they are aware of their assigned position.**
    - The local and regional media has been invited to cover the event.
    - Earlybird T-shirts will be sold at the meet near the registration table.
    - There will be a concessions stand located south of the tennis courts.
    - Water will be provided at the end of the chute area for all athletes.
    - We will have our Certified Athletic Trainer and EMS on hand and located at the end of the chute area for those needing any medical assistance.

Should you have any questions, please feel free to contact me.

I look forward to seeing you on race day!

Dale Krzynowek, AD/Meet Manager, Avon Lake City Schools

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*This event is sponsored by Avon Lake Athletic Dept. The rental of Lorain County Community College facilities for this event does not constitute an endorsement by Lorain County Community College.*