

2022 ~ LC8 Conference Championship

Varsity/Jr. High Cross Country Meet

To: Athletic Directors & Cross Country Coaches

From: Jeff Holzhauer, Athletic Director – Keystone Local Schools

Re: LC8 Cross Country Meet, Saturday, October 15, 2010 @ 9:00am @ Lorain County Equestrian Center

Teams:	Black River	Brookside	Clearview
	Columbia	Firelands	Keystone
	Oberlin	Wellington	

Please review the LC8 By-Laws prior to the meet

A brief coaches' meeting will be held at the finish line at 8:30am.

Restrooms will be available at the course, but there are no locker rooms.

Races Schedule:

9:00am	Boys' Jr. High	All runners
9:30am	Girls' Jr. High	All runners
10:00am	Boys' Varsity	1-7 runners per team
10:45am	Girls' Varsity	1-7 runners per team
11:30am	H.S. Open	Any H.S. boy or girl outside top 7
12:15pm	Kids Fun Run	
12:15pm	Coaches Meeting	
12:30pm	Awards Ceremony	

High School Races will be 5,000 meters

Junior High Races will be 3,000 meters

- For the H.S. races, only your top 7 runners will be permitted to compete for your school in the race
- We will not be allowing any runner outside of your top 7 to compete in the race. They can compete in the Open Race following the Jr. High Races.

Awards:

Awards will be presented shortly following the last race (approximately 12:30).

Top **twenty one** finishers in the High School Varsity Boys & Girls Race will receive medals. The winning high school boys and girls teams will receive a team championship plaque. Top **seven** junior high school finishers will receive medals. The winning boys and girls jr. high team will receive a team championship plaque.

There will be a mandatory coaches meeting after the awards ceremony to discuss LC8 policies, procedures, and potential changes.

All entries will be on Milesplit (no password necessary) due Wednesday October 12th at 12:00pm.