

CROSS COUNTRY FORMAT

Effective 2019 - 2020

MEET DIRECTOR:

Dugan Hill, Commissioner
905 Fairground Street
Caldwell, OH 43724
740.732.2831 (H)
740.732.7303 (FAX)
740.509.0683 (C)
dhill@caldwell.k12.oh.us

SITE DIRECTOR:

Dave Gray
1609 North 12 Street
Cambridge, OH 43725
740.435.1104 (W)
740.435.1101 (FAX)
740.260.1116 (C)
dave.gray@cambridgecityschools.org

2019 CHAMPIONSHIP DATE:

Saturday, October 5, 2019
Cambridge High School

FUTURE DATES:

October 10, 2020
October 9, 2021
October 8, 2022
October 7, 2023

*Any school interested in hosting the cross country championship should contact Commissioner Dugan Hill prior to November 1.

MANDATORY MEETING:

There is no mandatory meeting for cross country head coaches. Schools will receive their materials for the championship meet from the meet director prior to the meet.

ENTRY INFORMATION:

Information, including meet forms, will be distributed to the coaches on race day. Entries will be submitted through www.baumspage.com.

VARSITY RACES:

There will be one race for boys and one race for girls.

In even years, the boys will run first.

In odd years, the girls will run first.

2019:

Girls' Varsity: 10:00AM

Boys' Varsity: 10:45AM (Approximately)

Times are approximate. When the course is cleared after the first race, the next race will begin.

A thirty-five (35)-minute time limit has been established for the girls' race. A thirty (30)-minute time limit has been established for the boys' race. Athletes on the course past this limit will be stopped and removed with no points being awarded (DNF).

RESERVE RACE:

There will be a combined boys'/girls' reserve race immediately following the second race. No awards will be presented, but times will be kept and made available to the coaches.

JUNIOR HIGH RACE:

A separate race will be held for junior high teams after the varsity races. Information regarding the race can be found on the OVAC website under formats.

TEAM NUMBERS:

Varsity - No school may enter more than eight (8) runners in a varsity race.

Reserve - There is no limit on the number of runners who may participate in the reserve race.

One person may enter the race for a school, however, there must be at least five (5) runners to score as team.

Coaches must declare their eight runners for the varsity race by 9:30AM, SATURDAY, OCTOBER 5, 2019.

CLASSIFICATIONS:

For the purpose of scoring and awarding championship trophies, schools will be divided into the following classifications: 1A-2A, 3A, 4A, and 5A.

These classes are determined by the Executive Board in December of each year.

MEET MANAGEMENT:

Meet management shall be responsible for the running of all races.

COURSE:

The course to be run shall be clearly marked as recommended in the National Federation Rule Book or additionally as required to make it easily understood by the participants. There shall be no motorized equipment present on or near the course, except as needed to aid in the running of the meet. Information, including meet forms, will be distributed to the coaches.

FINAL SCORING:

A representative of the committee will oversee final results of the meet. Champions will be decided by overall (raw) score.

RESULTS:

Results of the meet will be available for all coaches on the internet (www.baumspage.com). Results should be FAXED/e-mailed to the news media and the OVAC Executive Secretary as expeditiously as possible. **No TEAM SCORES will be posted until the conclusion of the awards presentations.**

AWARDS:

Awards will be given out ASAP after the reserve race or final varsity race should there be no reserve race.

Awards will be made on a varsity level only. Each class team champion will receive a championship trophy. Plaques will be given to the runner-up school in each class.

An overall champion will be determined and announced for the boys' team and the girls' team that has the best team score, regardless of class.

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The top ten (10) individuals in each class will receive a medal.

The top thirty (30) finishers in each of the varsity races will receive certificates naming them to the ALL-OVAC Cross Country Team.

Awards will be presented and/or pictures taken only for teams/athletes in appropriate school or Conference clothing. This includes school uniforms, warm-ups, and OVAC meet souvenir clothing. Coaches are expected to see that their runners are correctly attired.

ENTRY FEE:

A fee of sixty (\$60) dollars per team shall be charged for participation in the meet. If a school enters both a boys' and girls' team, their combined entry fee shall be one hundred twenty (\$120) dollars. For purposes of this rule, one or more entrants is considered to be a team. Checks should be made out to the OVAC and should be sent so that they reach the OVAC treasurer prior to the meet, unless they have been paid by the school at the beginning of the year. If the check has not been received by the OVAC treasurer prior to the meet, the school will not be allowed to participate.

ADMISSION FEE:

There will be an admission fee charged as follows:

Adults: \$6.00

Students: \$4.00

Only OVAC passes are accepted for this meet.

THE HOST SCHOOL MAY CHARGE AN ADDITIONAL FEE FOR PARKING.

Updated: 11.06.18

OVAC CROSS COUNTRY COMMITTEE:

CHAIRMAN

Dugan Hill, Commissioner

SITE DIRECTOR

Dave Gray, Cambridge

COMMITTEE

Donna Joseph, Shadyside

Chris Arno, Bellaire

Mark Brown, Barnesville

Tony Ciroli, St. Clairsville

Jeff Lewis, Weir

David Evans, Cameron

Ed Frohnafel, University

Chrissy Lewis, Martins Ferry

Heather Wayt, Wheeling Central

These people were selected by the committee and shall remain on the committee until they resign or are removed for dereliction of duty. Suggestions, complaints, and concerns should be addressed to any of the above committee members prior to the format meeting in November.

CROSS COUNTRY FORMAT

COMMITTEE MEETING:

Sunday, November 3, 2019 5:30PM

JUNIOR HIGH CROSS COUNTRY FORMAT

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JUNIOR HIGH RACES:

There will be one race for boys and one race for girls.

In even years, the boys will run first.

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AWARDS:

There will be a champion and runner-up team award presented.

The top 20 individuals will receive an award.

2019:

Girls' Junior High: 1:00PM

Boys' Varsity: 1:30PM

Times are approximate. We will start as soon as possible after the high school Awards Ceremony, and as soon as the course is clear for the second race.

THIS CHAMPIONSHIP IS ONLY OPEN TO THE FEEDER SCHOOLS OF OVAC MEMBERS.

ENTRY FEE:

A fee of sixty (\$60) dollars per team shall be charged for participation in the meet. If a school enters both a boys' and girls' team, their combined entry fee shall be one hundred twenty (\$120) dollars. If less than five (5) participants from a school enters, the fee will be twelve (\$12) dollars per entrant. Checks should be made out to the OVAC and should be sent so that they reach the OVAC treasurer prior to the meet. **If the check has not been received by the OVAC treasurer prior to the meet, the school will not be allowed to participate.**

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