

Cross Country Championships
NOC River Division
Hosted by Mayfield High School
Mike Barnes, Athletic Director
(440) 995-6830

September 21, 2009

Coach:

The Northeast Ohio Conference River Division men's and women's cross country championship meet will be held on Saturday, October 17 and hosted by Mayfield High School. The meet will begin at 3:00 and will be contested on the grounds of Mayfield High School. This is the same 5000 meter course as previous years with a few minor changes due to new school construction. The course is fair and accurate but not particularly fast. The time schedule for the day's events is as follows:

Girls varsity	3:00 pm
Boys varsity	3:30 pm
Girls open	4:00 pm
Boys open	4:30 pm

Plenty of parking for both teams and spectators will be available in the high school lots. There is plenty of campsite area and we ask that your teams please refrain from using the ball diamonds or football field.

There will be post-race refreshments available for all participants and coaches. There will be no charge for refreshments, but donations will be accepted. We ask that coaches please advise their athletes to show common courtesy and not take more than their fair share. **Ares Sportswear** will be on site with meet t-shirts to sell, and the race will be filmed, with high-def DVDs of the event available for purchase at a later date.

Registration for the meet will open on *Baum's Page* Sunday, October 4, so please enter your entire roster at your earliest opportunity. Race results will be entered electronically and will be available by the meet's conclusion. The Head Coaches Meeting will follow the conclusion of the conference meet. Plaques for the girls and boys division champions also will be presented at that time.

If you wish to come to the high school before race day to check out the course, please contact us and we will make the necessary arrangements. Be advised that other than weekends, school grounds are busy.

We look forward to making this a good experience for all the participants.

Sincerely,

Steve/Polly Canfield
Mayfield Head Coaches
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