

Welcome to the 2011 Div. III District Cross Country Meet at Spencerville.

1. Have your runners report to the starting line 15 minutes before race time for final instructions and to check in with the clerk.
2. Be sure to secure the race numbers to the FRONT of the jersey with four safety pins provided. (Do not pin the pull tag at the bottom of the number.) If a runner does not have a number, or you are substituting for one or more of your entered runners from those on your eligibility sheet, fill out the "CHANGE OF RUNNERS ENTERED" form and turn it in at the Registration Tent ASAP! This must be done before the races start!
3. The runner's pull tag will be removed by an official in the chute and the runner will receive a finish place card in the chute. All runners must go through the entire chute!
4. After the race please print the runners' names in their finish order on the race score card provided in your packet and record their finish place beside their name. Put the runner's first and last name and school on the finish place cards, include the time if you know it, paper clip them to the score card and return it to the Registration Tent ASAP.
5. Coaches and spectators are to stay outside the corral and may not assist runners until they have exited the chute and are in the corral. Runners will be released from the corral after the race is over and all finishers are processed. Runners must keep their uniform on in the corral. A trainer will be stationed near the chute.
6. One mile and two mile times will be read or displayed.
7. Runners will be DISQUALIFIED for cutting the course or any rules violation.
8. Runners can not wear jewelry after they check in with the clerk. No full body paint or GPS watches. Undergarments must be the same single solid color, no lettering or trim, one logo only.
9. The course is flat and mostly grass around a one and-a-half mile loop. (Note: Please stay off of the all weather track and high jump surfaces) Team camps can be set up on the grassy areas away from the course- please clean up camp area when leaving.
10. Time Schedule:      12:00 PM Girls District 1 Race, 12:40 Girls District 2 Race, 1:20 Girls District 3 Race  
                                 2:00 PM Boys District 1 Race, 2:40 Boys District 2 Race, 3:20 Boys District 3 Race
11. District team champion and runner-up awards can be picked up at the registration tent after the completion of the next race and when official results are posted. No individual awards.
12. Regional qualifiers: Top 4 teams and the top 16 finishers in each race qualify to a Regional meet. Girls and Boys Races 1 and 2 qualifiers go to Tiffin, Girls Race 3 qualifiers go to Troy, and Boys Race 3 qualifiers go to Youngstown.
13. Results should be available 20 to 30 minutes after each race for coaches, media, and officials. Results will be posted on [www.baumspage.com](http://www.baumspage.com) by Sat. evening.
14. District T-shirts are available for sale – short sleeve for \$16 and long sleeve for \$20. A concession stand will be open. Restrooms are in the old high school- **do not wear spikes in the building**.
15. District Meet Evaluation Form that coaches are to fill out is an online tournament evaluation form found at [www.nwdab.org](http://www.nwdab.org) under Cross Country, then click on the picture, and use the coaches password: [nwdabfalleval](http://www.nwdab.org).
16.      Meet Records:              Sunni Olding Minster                              17:22    2003  
   Nate Savidge Spencerville                              16:16    2002  
            Course Records:        Sunni Olding Minster                              17:22    2003  
   Mondo Tijerina Columbus Grove                              15:49    1988
17. Defending District Champions: Minster boys and Minster girls.

Good luck today!