

2018 LAKE SUPERIOR CONFERENCE CROSS COUNTRY CHAMPIONSHIP

To: Activities Directors & Cross Country Coaches

From: Jessica Hard, CC Coach at Marshall & LSC Meet Manager, & Kevin Leonard at Hermantown. Cell: 651-249-5594, Email: jessica.m.hard@gmail.com

Date: Wednesday, October 10

Place: Grandview Golf Links, 665 Grandview Rd, Duluth, MN 55810 (Off of Midway Rd. & 35, Next to Dry Dock)

Time:

- **3:30-** Coaches' Meeting
- **3:55-** National Anthem
- **4:00-** Jr. High B & G Race- ~1600 m.
- **4:15-** Varsity & JV Girls Race - 5000 m.
- **4:55-** Varsity & JV Boys Race - 5000 m.
- **Awards** after races are complete

*Varsity runners must be designated before the race. No runner beyond number 7 from that team will be eligible for "All Conference" consideration, unless they do not run on the day of the LSC meet due to injury or special circumstance. The runner must be "All Conference" caliber and be nominated by the head coach.

Register:

- **By Monday, Oct. 8** at Itiming <http://itiming.com/raceregistration/>
 - Step 1: Enter Your Roster
 - Step 2: Register members of your team for a specific meet and race
 - You can make changes that day if needed.

Awards:

- Medals to the top 5 individuals in the varsity races
- "All Conference 1st Team" Certificates to the top 7 in varsity races
- "All Conference 2nd Team Certificates to the 8-14th finishers in varsity races
- Champion trophies will be awarded.
- Coaches have the option of selecting up to two additional "At-Large All Conference" runners for boys and girls. Bring nominations to the coaches' meeting.

Additional Notes:

- Runners who have had a MSHSL violation are not eligible for "All Conference" honors.
- Runners must have complete uniforms/ Federation and MSHSL rules apply.
- The course is mostly grass with some gravel.
- Park buses & drop off teams at Dry Dock parking lot.
- An Athletic Trainer will be on site for any needs the racers have.
- We will use a modified count-down start beginning at 5 min. with starting instructions. Warm-ups continue.
 - 2 min- All non-competitors and coaches are instructed to clear the area. Warm-ups may continue. Sweats should be off.
 - 1 min to race- No more warm-ups past starting line.
 - 30 seconds, 15 seconds, 10 seconds, 5 seconds- runners will be signaled to come to the line and remain motionless.
 - The starter will fire the gun.
- **Lake Superior Conference Cross Country T-shirts will be for sale!**

- 2017 Winners: Cloquet Girls & Boys