



Diocese of Toledo

Catholic Youth Organization

Athletics

MEMO

TO: CYO Cross Country Coaches
FROM: Jeff Mielcarek - Director of CYO Athletics
Julie Dubielak - Assistant Director of CYO Athletics
RE: Championship Meet and other issues
DATE: October 6, 2009

It's hard to believe that our CYO cross country season will come to a close on Saturday. Many thanks to St. Joseph (Maumee), St. Aloysius, Regina Coeli, Blessed Sacrament, St. Joan of Arc and St. Joseph (Sylvania) who have all done a wonderful job of organizing and hosting our first four meets. We are also thankful that Christ the King has come forward to sponsor our Championship Meet on Saturday at Maumee Bay.

We are asking that you remind all parents that the park rangers will be **strongly enforcing** both the **speed limit** (20 mph) and the **parking restrictions**. The **Carry-in/Carry-out trash policy** will also be in effect. We've done a pretty good job thus far cleaning up after ourselves and that needs to continue this Saturday. The staff at Maumee Bay has been very helpful to our program in the past and we certainly do not want to jeopardize any future use with the park.

There will be a short awards ceremony after the Cadet boys' race to present the top three teams in each race with a team trophy. We will have another ceremony after the Minor boys' race. The team ribbons from last week's meet will be available this Saturday. Any team ribbons which are earned this week will be available at the CYO office next week.

We have heard a few complaints this season regarding pushing, shoving, elbowing & tripping at the starting line, on the course and in the chute. We realize that some of this will occur due to the number of runners, but some of the reports which have been reported to us deal with complete disregard to the rules and/or sportsmanship. **PLEASE** talk to all of your runners before this final race to remind them of the rules, as well as the issue of sportsmanship. Last week we also had some reports of adults or older runners who were "pacing" (running along with the participants). This is illegal and may lead to a disqualification. We certainly do not want to see any runner disqualified, but we also don't think that it is fair for runners to be subject to "cheating" by their fellow competitors.

We hope that all of our coaches make plans to attend the 20th annual "CYO Fall Sports Banquet" on Wednesday, November 11th. Reservation information will be sent to all coaches next week. We will also be taking written nominations for the "CYO Cross Country Adult Contributor Award". If you have would like to make a nomination please put something in writing and either send it or e-mail it to us by October 15th.

Good Luck this Saturday and have fun!!!

Shaping the Faith of our Youth ... Field by Field

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**Christ the King
Cross Country Meet
@ Maumee Bay State Park
Saturday October 10, 2009**

**NOTE TO ALL COACHES & SPECTATORS:
CARRY-IN/CARRY-OUT TRASH POLICY**

Please bring a trash bag with you and take ALL trash you create at the meet out with you when you leave.

Starting Box Assignments

- 1 Our Lady of Lourdes
- 2 Kateri Catholic
- 3 Blessed Sacrament
- 4 St. Aloysius, Bowling Green
- 5 St. Patrick, Bryan
- 6 All Saints, Rossford
- 7 St. Clement
- 8 Regina Coeli
- 9 St. Michael, Findlay
- 10 Notre Dame Junior Academy/St. John Jesuit Academy
- 11 Christ the King
- 12 Lial, Whitehouse
- 13 St. Joseph Sylvania (2nd box for all but Juniors)
- 14 Sylvania Franciscan Academy
- 15 Mary Immaculate
- 16 OLPH
- 17 St. Joseph, Maumee
- 18 Queen of Apostles
- 19 Immaculate Conception, Port Clinton
- 20 St. John the Baptist
- 21 St. Patrick of Heatherdowns
- 22 St. Joseph, Sylvania
- 23 Blessed Sacrament (second box for Pee Wee girls)
- 24 St. Rose, Perrysburg
- 25 St. Joan of Arc (2nd box for Minor boys)
- 26 St. Pius X
- 27 St. Rose, Perrysburg (2nd box for Pee Wees and Cadets)
- 28 Gesu
- 29 St. Joan of Arc
- 30 Holy Trinity/St. Richard/Our Lady of Lourdes (box used for all but minor girls race)
- 31 St. Catherine

NOTE: Any additional starting spots will be assigned by the meet director on Saturday morning