

2013 Frank Gibas Kenston Invitational

9500 Bainbridge Rd, Chagrin Falls, 44023

Saturday, August 31, 2013

Frank Gibas Dedication	8:30
High School Girls	8:45
High School Boys	9:30
Middle School Girls	10:15
Middle School Boys	11:00

Middle school races will be 3200 meters. High school races will be 5000 meters. There won't be a varsity / non-varsity designation so all runners will compete at once.

The course

Utilizing a mile of wooded, on-campus trails, the Kenston course is a TRUE cross country course. Containing open fields, narrow woods, moderate hills and a variety of scenery, the course promises to be an enjoyable race with the opportunity to run good times. The course is spectator friendly including a fast finish on the track in front of packed stadium stands.

Frank Gibas

Frank Gibas became the Kenston boys coach in 1974 and started the girls program in 1976. His boys team had a winning season for 27 consecutive years and advanced to Regionals for 21 consecutive years. His teams qualified for the State Meet 11 times. Coach Gibas had three State Runner Up teams. In 1983, the "perfect season" saw the boys go undefeated in Invitationals. They won the CVC Championship, District Championship, Regional Championship and then the State meet. In 1998, he was elected into the Ohio Association of Track & Cross Country Coaches Hall of Fame. Frank Gibas continues to give back to the sport and actively campaigns for deserving coaches to be elected into the Hall of Fame.

Please have your teams join in the

Awards

There will be awards for the Top 30 in each High School Race and Top 20 in each Middle School Race. Team trophies will go to the Team Champion & Team Runner Up in each race.

T Shirts

T-shirts will be available for sale! First come, first served so get them soon!

Online Entry

Online entry via Baumspage.com.

Spikes

Athletes are limited to ¼" spikes. There will be a spike check on the line so please check your spikes before arriving. There are a few asphalt crossings (parking lot), limestone covered trails and a finish on the track.

Timing

We will utilize chip timing. Each athlete will receive one chip that should be firmly fastened to their right shoe. When you pick up your team packet, please return any extra chips for non-competing athletes. There is a \$30 charge for any missing chips and that will be charged to the representing team.

Team Camps

Please setup team camps outside of the football stadium fence or in the stadium stands on the Visitor's side. Team camps are not permitted on the infield of the track. See the course map for details.

Parking

All buses MUST enter via Snyder Rd. Buses should enter at the 3rd Kenston driveway off of Snyder Rd, just north of Bainbridge Rd.

All specators MUST enter via Snyder Rd. Spectators should enter via the 1st or 3rd Kenston driveway off of Snyder Rd, just north of Bainbridge Rd.

Admission

Please inform your parents and fans that there will be an admission fee of \$5 per car.

We will get you out early so you can enjoy your Labor Day weekend!

Chris Ickes	Boys Coach	christopherickes@gmail.com
Jeanette Dibernardo	Girls Coach	jeanette.dibernardo@kenstonlocal.org
David Williams	Middle School Coach	
Lynn Gotthardt	Athletic Director	lynn.gotthardt@kenstonlocal.org