

# 2015 Frank Gibas Kenston Invitational

17409 Snyder Rd, Chagrin Falls, 44023

## Saturday, September 5, 2015

Frank Gibas Introduction	8:25
High School Girls Varsity (10)	8:30
High School Boys Varsity (10)	9:15
High School Girls Open	10:00
High School Open	10:45

High school races will be 5000 meters. Varsity races will be limited to 10 runners per team.

### The course

Utilizing a mile of wooded, on-campus trails, the Kenston course is a challenging 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.

### Awards

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

### Online Entry

Online entry via [Baumspage.com](http://Baumspage.com).

### Spikes

Athletes are limited to ¼" spikes. There will be a spike check on the line so please examine 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 Stadium fence – southeast of the stadium & north of the bus loop - 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 3<sup>rd</sup> Kenston driveway off of Snyder Rd, just north of Bainbridge Rd.

All spectators MUST enter via Snyder Rd. Spectators should enter via the 1<sup>st</sup> or 3<sup>rd</sup> 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!

Laura Fisher

Maribeth Robinson

Scott Pierce

Jeanette Dibernardo

Chris Ickes

Meet Director

Meet Director

Athletic Director

Girls Coach

Boys Coach

[scott.pierce@kenstonapps.org](mailto:scott.pierce@kenstonapps.org)

[jeanette.dibernardo@kenstonapps.org](mailto:jeanette.dibernardo@kenstonapps.org)

[christopherickes@gmail.com](mailto:christopherickes@gmail.com)