

7th Annual Kiwanis Mount Vernon Cross Country Invitational Meet  
August 27, 2011 8 am – Noon  
Foundation Park

The Mount Vernon Cross Country program and the Mount Vernon Kiwanis would like to extend an invitation to their 7<sup>th</sup> annual cross country event. The course remains friendly to spectators and coaches with great visibility of the runners over most of the course due to views across the lakes. The 5 kilometer and 3.2 kilometer courses are laid out around three lakes, wooded areas, and open grassland. The 5000 meter course has no repeating loops and will remain the same as last year. The course is mostly flat with a few gentle rolling hills. Complimentary bottled water and fresh fruits are available to the runners at the end of each race. Concessions are available for the general public.

Entry is online only at [www.baumspage.com](http://www.baumspage.com) and the deadline is Tuesday, August 23 at 8 pm. Entries are limited to 16 teams in each race. Timing will be done by On The Mark Timing, LLC and results will be posted to Baum's Page.

Time Schedule:

- 8:00 am Course is open for inspection
- 9:30 – 10:00 am High School Boys Race 5 km unlimited entries
- 10:00 – 10:45 am High School Girls Race 5 km unlimited entries
- 10:45 – 11:15 am Break to allow Cars and Buses to leave the parking area located inside the park
- 11:15 – 11:45 am Middle School Boys Race 3.2 km (7<sup>th</sup>/8<sup>th</sup> grades)
- 11:45 – 12:15 am Middle School Girls Race 3.2 km (7<sup>th</sup>/8<sup>th</sup> grades)

Entry Fee:

\$100.00 per school (allows unlimited H.S. & M.S. runners)  
Payable with return of signed contract.

Awards:

High School – Trophies for the 1<sup>st</sup> and 2<sup>nd</sup> place teams.  
Individual awards: Plaques (1<sup>st</sup> thru 5<sup>th</sup>); Medals (6<sup>th</sup> thru 25<sup>th</sup>); Ribbons (next 50 finishers).  
Middle School – Trophy for the 1<sup>st</sup> place team.  
Individual awards: Medals (1<sup>st</sup> thru 5<sup>th</sup>); Ribbons (next 50 finishers).  
Awards will be presented in the chute and team trophies as soon as results are available.

Results :

Copies will be posted near the concession stand and results are also posted to Baum's Page.

Concessions:

There will be a concession stand at the meet. Invitational T-Shirts will also be available.

Contact for Information: Mark Shively AD, Mount Vernon High School, [mshively@mvczd.us](mailto:mshively@mvczd.us)  
Kathy Pierson, Secretary – Athletics Dept., Mt. Vernon High School, 300 Martinsburg Road, Mt. Vernon, OH 43050, 740-393-5900 ext. 5936 or fax 740-392-4751. [kpierson@mt-vernon.k12.oh.us](mailto:kpierson@mt-vernon.k12.oh.us)

Jenny Bishop (Meet Manager) at 937-266-8525 or [jbishop@mvczd.us](mailto:jbishop@mvczd.us) for questions or requests for additional information.

Troy Vance (Meet Manager) at 740-397-8462 (h)/740-501-3674 (c) or [tlvance2j@embarqmail.com](mailto:tlvance2j@embarqmail.com) for questions or requests for additional information.