

8th Annual Kiwanis Mount Vernon Cross Country Invitational Meet

August 25, 2012 8 am - Noon

Foundation Park

The Mount Vernon Cross Country program and the Mount Vernon Kiwanis would like to extend an invitation to their 8th 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 and the deadline is Tuesday, August 21 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:

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

Entry Fee:

High School - \$50 per Boys or Girls; \$100 for both
Middle School - \$50 per Boys or Girls; \$100 for both

Awards:

High School – Trophies for the 1st and 2nd place teams
Individual awards: Plaques (1st thru 5th); Medals (6th -25th); Ribbons next 50 finishers
Middle School – Trophy for the 1st place team.
Individual awards: Medals (1st thru 5th); 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, Activities Director, Mount Vernon High School, mshively@mvcds.us
Beth Holt, Secretary – Activities Dept., Mount Vernon High School, 300 Martinsburg Rd., Mount Vernon, OH 43050,
740-393-5900 ext. 5936 or fax 740-392-4751, bholt@mvcsd.us

Jenny Bishop (Meet Manager) at 937-266-8525 or jbishop@mvcsd.us for questions or requests for additional information

Chris Pae (Meet Manager) 740-398-2338, or fivepaes@gmail.com

Admission per OCC: \$6 per adult; \$4 per student and children under 5 admitted free.