



## STRONGSVILLE FLEET FEET CROSS COUNTRY INVITATIONAL

September 23rd, 2023

Welcome to the annual Strongsville Fleet Feet Cross Country Invitational, hosted on the campus of Strongsville High School. We are excited to be hosting your student-athletes and we hope to provide an outstanding experience for each one of your teams. Please find some useful information at the bottom for our meet manager and high school athletic director, if you have any specific questions.

**When:** Saturday 9/23/2023

**Where:** Strongsville High School  
20025 Lunn Road  
Strongsville, OH 44149

**Entry Fee:** \$175 per high school team (\$325 if bringing boys and girls teams), \$75 per middle school team (\$150 if bringing boys and girls teams)

**Race Schedule:** 9:30am Varsity Girls (up to 9 per team)  
10:00am Varsity Boys (up to 9 per team)  
10:30am Open Girls (unlimited)  
11:10am Open Boys (A-M) (unlimited)  
11:50am Open Boys (N-Z) (unlimited)  
12:30pm K-2<sup>nd</sup> Grade 800m Fun Run  
12:50pm 3<sup>rd</sup>-6<sup>th</sup> Grade 1600m Fun Run  
1:15pm MS Girls (unlimited)  
1:45pm MS Boys (unlimited)

**Registration:** The registration for all runners must be entered on [www.baumspage.com](http://www.baumspage.com). The registration window opens on 9/1/22 and will close on 9/21/22 at 9pm

Schools must enter a full team to compete in the varsity race and qualify for a team score. Min 5 runners, Max 9 runners

**Coach Information:** Race information and team packets will be picked up in the stadium press box (visitor's side). Athletes should report to their team box no later than 15min prior to their scheduled race time. Team camps will be set up around the high school baseball and softball fields but not around outfield fences since this is part of the course. Plenty of restrooms will be available, but no lock room facilities will be. Strongsville High School will not be responsible for items lost, stolen or damaged in team camp areas. Please make sure you have all your belongings prior to departing and please make sure your camp area is clear of any debris and trash

**Course:** The course layout is 5000 meters. A course map is included for your team. We established a new course last year and it is a great, spectator friendly course for parents and fans. The finish will occur inside the stadium as runners compete 350 meters on the track for the finish. It is our intention to make this year's invitational very spectator friendly. No one is allowed on the field during or after the races.

**Shirts:** Shirts will be sold inside the stadium by Fleet Feet for a fee

**Parking:** Parking will be \$5 (cash only) PLEASE NOTIFY YOUR PARENTS

**Concessions:** we will have multiple food trucks to provide an array of foods and beverages (information on trucks)

**Awards:** Individual awards will be given out in the chute to the top 20 athletes. Team trophies for top 3 can be picked up near the finish

**Results:** Full results will be found on [baumspage.com](http://baumspage.com) as races conclude. Live results will be found on [athlinks.com](http://athlinks.com) or [greaterclevelandxc.com](http://greaterclevelandxc.com)

**Finish Line:** The finish line is in our football stadium. Spectators and coaches are allowed in the stadium seating areas only. No spectators or coaches should be on the track or field surfaces.