

# **26<sup>th</sup> Annual Woodridge Cross Country**

# **2011**

## **Cuyahoga Valley National Park Cross Country Invitational**

**Date:** Saturday, October 1<sup>st</sup>

**Location:** Pine Hollow / Kendall Hills  
Quick Road  
Peninsula, Ohio

### **Race Schedule:**

9:30 AM	Middle School Girls Team Race (5-10 Runners)
10:00 AM	Middle School Boys OPEN
10:30 AM	Middle School Girls OPEN
11:00 AM	Middle School Boys Team Race (5-10 Runners)
11:30 AM	Elementary 1000 Meter FUN RUN (FREE)
12:00 PM	High School Boys JV (unlimited entries)
12:30 PM	High School Girls Varsity (5-10 Runners)
1:00 PM	High School Girls JV (unlimited entries)
1:30 PM	High School Boys Varsity (5-10 Runners)

### **Packet Pickup:**

Coaches should pick up packets behind the concessions/restroom area.

### **Restrooms:**

There will be portable restrooms available in addition to the facilities provided by the park. There are no changing areas.

### **Concessions & T-Shirts:**

These items will be available at the meet. Shirts will be sold for \$12 and \$15 each for short/long sleeves.

### **Bus Parking:**

Buses will be asked to drop off athletes at the course and will be directed to parking areas. Shuttle buses will run continuously from Woodridge High School (4440 Quick Road; Peninsula, OH 44264) to the course (about 2 miles each way). These shuttles are recommended for spectators as well!

### **Entries:**

Entries will be managed through [www.baumspage.com](http://www.baumspage.com) . Please note the deadline for registration on this site!

## **Awards (note changes from past):**

### **Team:**

- High School Varsity Races -
- High School Junior Varsity Races -
- Middle School Varsity Races -
- Middle School Open Races -

Trophies for Champions and Runners Up

Trophy for Champions

Trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams

Trophy for Champions

### **Individual:**

- High School Varsity Races
- High School JV/Open Races
- Middle School Varsity Races
- Middle School Open Races
- Elementary Fun Run

Medals for places 1-10; Ribbons for places 11-20

Medals for places 1-10; Ribbons for places 11-30

Medals for places 1-20; Ribbons for places 21-40

Medals for places 1-10; Ribbons for places 11-40

Ribbons for ALL participants

## **Course Records:**

### **High School (5000 meters)**

- |                                 |                |
|---------------------------------|----------------|
| • Michael Brajdic (Bay Village) | 16:23.0 (2010) |
| • Bridgette Franek (Crestwood)  | 19:07.0 (2005) |

### **Middle School (3200 meters)**

- Donny Roys (Medina Claggett)
- Katie Radkewich (Hudson)

