

28th Annual Woodridge Cross Country

2013

Cuyahoga Valley National Park Cross Country Invitational

Date: Saturday, September 28th

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 \$13 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 starting at 7:30 AM (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 . Please note the deadline for registration on this site!

Awards:

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 1st, 2nd, and 3rd 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)

