

Meet Information

Thank you for your entry into the 25th Annual CVNP Cross Country Invitational. The 2009 meet resulted in over 1200 runners covering the hills of Virginia Kendall. Please take note of the following and call or email Jeff Howard at 330.928.7420 or jhoward@woodridge.k12.oh.us if you have additional questions or concern.

Updates/Changes:

- ❖ **Entries**—Entries will be handled through baumspace.com again this year.
- ❖ **Races**- The High School Girls and Boys Varsity races will be run in one division each. The top 3 teams in each race will receive a trophy.
- ❖ **Awards**- Awards will be presented at conclusion of each race as they become available.
- ❖ **Buses**- We will run the shuttle buses again this fall. Please make your parents aware of this in advance! Athletes and coaches may be dropped off at the event site and then buses will be directed to Woodridge High School to park.
- ❖ **Fun Run**- This event continues to grow. This is a FREE 1-Kilometer race in which EVERY finisher gets a ribbon of completion. Many parents run along with the kids and it is a nice break between the middle school and high school divisions. Please encourage any students not yet in 7th grade that they can participate!



Welcome to the 25th Annual



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25th Annual CVNP Invitational

Hosted By:
Woodridge High School
and Middle School
Cross Country Teams



Saturday October 2nd, 2010

CVNP Cross Country Invitational

The 25th annual race features a 3.1 mile high school course and a 2 mile middle school course. The courses are well marked and cut. Athletes can expect a rolling course on grass and trails.

8:00am—Course is Open for Inspection

Additional Information

- ❖ Water will be provided for all athletes at the finish.
- ❖ Concessions will be available throughout the day.
- ❖ Invitational t-shirts will be for sale. The cost is \$12.00 for short sleeve shirts and \$15.00 for long sleeve shirts.
- ❖ There will be a D.J. playing music and announcing races and awards throughout the day.
- ❖ There are no locker room facilities available.

Event Schedule

8:00am	Course Open for Inspection
9:30am	Middle School Girls Team Race
10:00am	Middle School Boys OPEN
10:30am	Middle School Girls OPEN
11:00am	Middle School Boys Team Race
11:30am	Elementary FUN RUN
12:00pm	High School Boys JV/OPEN
12:30pm	High School Girls Varsity Race
1:00pm	High School Girls JV/OPEN
1:30pm	High School Boys Varsity Race