



CAMBRIDGE ATHLETICS

CROSS COUNTRY COACHES:

The Cambridge Cross Country Invitational will be held on Saturday October 3rd, 2020 at the Cambridge High School campus located at 1401 Deerpath Drive in Cambridge. This is also the site of the Eastern District Cross Country Meet, so this is a great opportunity to become familiar with the course. The small school/large school divisions will be divided evenly into flights depending upon the number of entries. Cambridge High School is easily accessible from either Interstate 70 or 77. We have ample parking space and restroom facilities. We have a concession stand with plenty of food, drink and t-shirts sold on site.

Due to COVID-19 and specific rules and regulations that have to be implemented, this is an invitational only and only those schools with contracts in Arbiter will be allowed to attend. Also this invitational is for Varsity High School boys and girls teams only. There will be no middle school or youth races. The invitational will be held Saturday, October 3, 2020 starting at 8:00 am.

ENTRIES THIS YEAR WILL BE DONE ONLINE AT WWW.BAUMSPAGE.COM. ENTRIES FOR ALL ATHLETES MUST BE DONE BY 7:00 PM ON SUNDAY, SEPTEMBER 20TH. *Invoices will be emailed to each school and payment is required before teams are allowed to participate.*

Entry Fees: \$65 for both High School Boys and Girls Team (5-7 members) - \$130 Total

If you do not have enough for a team, price is **\$12/individual**

Starting Times: See page 2 of this document for specific times for each school

Trophies: 3 teams and top 30 individuals

COVID-19 Regulations: We will have a maximum of three HS boys and three HS girls' races throughout the day, with a ceiling of 12 teams per race. Each school can only bring up to ten runners per race. Each school will need to bring a completed temperature and signs/symptoms form. Each athlete must wear a mask the entire time while on campus, except when they are running. As soon as your runners are done competing for the day, please leave campus so we do not have too many schools on campus at one time.

Spectators: Each participant in the race will be allowed to have their parents or guardians and siblings attend the invitational to support them. Please limit spectators to immediate family only. Each spectator will be required to wear a face covering the entire time they are on campus and families must maintain at least 6 foot distance between them. Admission price will be \$5 per car.

If you have any questions about the invitational, please feel free to contact Aaron Quinn- Athletic Director at: aaron.quinn@cambridgecityschools.org or #740.435.1170.

Sincerely,

Mark Jamiel
Head Cross Country Coach

List of schools and starting times:

FLIGHT 1 - 8:00 am HS Boys and 9:00 am HS Girls

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| Barnesville | Cambridge |
| Belpre | Carrollton |
| Bridgeport | Catholic Central |
| Buckeye Local | Claymont |
| Buckeye Trail | Conotton Valley |
| Caldwell | Dover |

FLIGHT 2 - 10:00 am HS Boys and 11:00 am HS Girls

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| Gran. Chr. Acad. | Madonna |
| Green | Malvern |
| Indian Creek | Marietta |
| Indian Valley | Martins Ferry |
| John Glenn | Maysville |
| Licking Valley | |

FLIGHT 3 - 12:00 pm HS Boys and 1:00 pm HS Girls

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| Morgan | Shenandoah |
| Newark Cath. | St. Clairsville |
| Newcomerstown | Strasburg-Franklin |
| New Lexington | Tusky Valley |
| Reynoldsburg | Union Local |
| Shadyside | West Muskingum |