

#### DEPARTMENT OF ATHLETICS

1401 DEERPATH DRIVE

CAMBRIDGE, OHIO 43725

Athletic Director: Aaron Quinn 740-435-1077 aaron.quinn@cambridgeschools.org

Athletic Secretary: Kim Valentine 740-435-1130 kim.valentine@cambridgeschools.org

Dear Coach:

The 2023 Charlie Fondale Cross Country Invitational will be held on Saturday September 30th 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. We will separate into small school and large school for the high school races. 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 at reasonable prices. Entries will be taken online at: [www.baumspage.com](http://www.baumspage.com). The window will close on Wednesday, September 27th at noon. The Grade School Race is FREE with NO REGISTRATION. Runners report to the starting line by their race time. A start and finish buggy will lead and follow.

#### SCHEDULE

In compliance with the regulations regarding races, this rolling time schedule will be followed:

8:00 a.m.	Tour Course
8:45 a.m.	Grade School Girls (1 mile)
9:00 a.m.	Grade School Boys (1 mile)
9:30 a.m.	Cambridge Senior Day Recognition in front of concession stand
9:45 a.m.	Coaches Meeting (If necessary)
10:00 a.m.	High School Girls Large School/Everyone runs
10:35 a.m.	High School Girls Small School/Everyone runs
11:10 a.m.	High School Boys Large School/Everyone runs
11:45 a.m.	High School Boys Small School/Everyone runs
12:20 p.m.	Junior High Girls Open
12:45 p.m.	Junior High Boys Open

#### AWARDS

Varsity Races	2 teams and top 25 individual
Junior High	Top 25 individuals

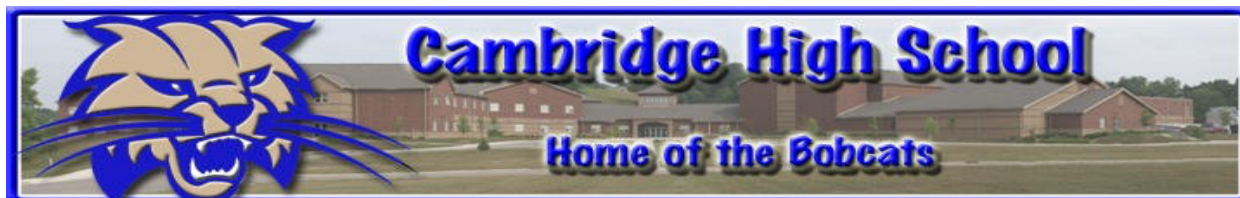
#### ENTRY FEE

\$65	Boys Team – Includes high school open runners (\$130 for both boys and girls)
\$65	Girls Team – Includes high school open runners
\$40	JH Boys Only – enter as many as you want
\$40	JH Girls Only – enter as many as you want

The entry fee is \$12 per runner if the school does not have a full team (less than 5 runners). There is no entry fee for the grade school races.

Checks should be made out to:

C.H.S. ATHLETIC DEPARTMENT  
C/O Kim Valentine  
Cambridge High School  
1401 Deerpath Drive, Cambridge, Ohio 43725



## 2023 CHARLIE FONDALE CROSS COUNTRY INVITATIONAL SCHEDULE

8:00 a.m.	Tour Course
8:45 a.m.	Grade School Girls (1 mile)
9:00 a.m.	Grade School Boys (1 mile)
9:30 a.m.	Senior Day Recognition
9:45 a.m.	Coaches Meeting (If necessary)
10:00 a.m.	High School Girls Large School
10:35 a.m.	High School Girls Small School
11:10 a.m.	High School Boys Large School
11:45 a.m.	High School Boys Small School
12:20 p.m.	Junior High Girls Open
12:45 p.m.	Junior High Boys Open