

**2016– Keystone Icebreaker**  
**Varsity/Jr. High Cross Country Meet**

To: Athletic Directors & Cross Country Coaches  
From: Don Griswold, Athletic Director – Keystone Local Schools  
Re: Keystone Icebreaker, Monday August 22<sup>nd</sup> @ 4:30 @ Lorain County Equestrian Center  
13630 Diagonal Rd., LaGrange

Teams:	Black River	Brookside	Oberlin
	Buckeye	Cloverleaf	Open Door
	Columbia	Lutheran West	
	Wellington	Keystone	
	Firelands		

Entry Fees: \$150 per school, **make checks payable to Keystone High School**

A brief coaches' meeting will be held under the pavilion next to the finish line at 3:30pm

Restrooms will be available at the course, but there are no locker rooms.

Tee-shirts will be available for purchase at a cost of \$15 at the race.

Races Schedule:

<b>4:30pm</b>	<b>Girls' Jr. High</b>	<b>All runners</b>
<b>5:00pm</b>	<b>Boys' Jr. High</b>	<b>All runners</b>
<b>5:30pm</b>	<b>Girls' Varsity</b>	<b>All runners</b>
<b>6:00pm</b>	<b>Boys' Varsity</b>	<b>All runners</b>

High School Races will be 5,000 meters

Junior High Races will be 3,200 meters

Awards: Will be handed out as runners finish each race.

Junior High Races: Medals will be awarded to the top 10 finishers

High School Races: Medals will be awarded to the top 10 finishers

All entries will be on Baumspage due by Noon, Friday August 19<sup>th</sup>, 2016