



**OPEN DOOR CHRISTIAN SCHOOLS
32nd ANNUAL CROSS COUNTRY INVITATIONAL
TUESDAY, SEPTEMBER 10th, 2019**

Teams:

Ashtabula Saint John	Laurel MS
Bay HS (JV Boys Only)	Lorain HS
Bedford HS & MS	Medina Christian Academy MS
Brookside HS & Sheffield Lake MS	Oberlin HS & Langston MS
Clearview HS & Durling MS	Mentor Christian
Columbia Station HS & MS	Open Door Christian
Cornerstone HS & MS	Olmsted Falls HS/MS
Cuyahoga Hts. HS	Orange HS
Elyria HS & MS	Sandusky HS & MS Valley Christian MS
Firelands HS & MS	St. Martin dePorres
Grand River Academy (Boys Only)	Valley Christian
Hearts for Jesus HS & MS	Vermilion HS
Lake Ridge Academy HS & MS	Wellington HS & MS
Lawrence Upper & Lower	Westside Christian Academy MS

Meet Schedule:

4:00 - Coaches Meeting at the starting line
4:15 - MS Girls (All runners participate)
4:45 - MS Boys (All runners participate)
5:15 - Varsity Boys (All Runners Participate)
5:55 - Varsity Girls (All Runners Participate)
6:50 - High School Varsity Awards Presentation

Please note that there is not an open race at the Varsity level. This will allow for a competitive field across all races and provide an opportunity for runners to compete for varsity spots.

Location:

- This years invite will take place at Lorain County Community College located at 1005 N Abbe Rd, Elyria, OH 44035

Tags/Changes to Rosters:

- We will be using chip timing again this year. Please be sure to return all used and unused tags or you'll be charged for the chip.
- If you have any changes to your rosters, please see Bryce Johnson near the finish line before the races so we can adjust tags.
- We will be using Baum's Page again for entries. The window will open on August 26th and will close on September 5th.

Cost:

- \$125 per high school
- \$100 per middle school
- \$25 per individual (if not entering as a team)

Scoring:

- Scoring will be based upon the top seven runners from each team.
- Runners that are beyond the top seven finishers on their teams will not be included in team scoring.
- Any runner on teams having less than five finishers will not be included in team scoring.

Awards:

1. Varsity Teams: Plaques for 1st, 2nd, and 3rd place Boys and Girls teams
2. Middle School Teams: Plaques for 1st and 2nd place Boys and Girls teams
3. Varsity Individuals: Plaques for first five Varsity Boys and Girls finishers
4. Varsity Individuals: Medals for 6-20 Varsity Boys and Girls Finishers
5. Middle School Individuals: Medals for Top 10 MS Boys and Girls
6. Medals for the top finishers in each race will be given at the finish line. The top five runners from the Varsity Races will be recognized when team awards are recognized at the 6:30 awards ceremony.

Nurse & Athletic Trainer:

There is a nurse and athletic trainer present during the meet.