

Achilles/ Solon “Run, Comet, Run” Invitational

Saturday, August 24th 2019

Cleveland Metroparks Polo Fields 3799 Chagrin River Rd, Moreland Hills

Race Schedule Course open at 7:30 AM Girls High School Varsity Race 9:00 AM (unlimited) Boys High School Varsity Race 9:45 AM (unlimited)

Participating Teams/Lane Assignment:

- | | | | |
|------------|------------------|------------------|----------------------|
| 1. Aurora | 2. Benedictine | 3. Chagrin Falls | 4. Chardon |
| 5. Kenston | 6. Mayfield | 7. Mentor | 8. Nordonia |
| 9. Solon | 10. Strongsville | 11. Twinsburg | 12. Willoughby South |

Course Records: Boys: Ryan Adkins - Twinsburg **16:20.89**

Girls: Olivia Howell - Solon **18:32.23**

Team Packet:

Team packets will be available in the pavilion at 7:30 AM.

Also: Coaches enjoy some coffee and a bagel courtesy of the Solon Athletic Boosters.

Parking:

Team buses should enter at the North entrance for drop off. The buses will then be directed to park in the horse training area unless it is too wet. If it is wet you will park across the street in the open field. Spectators and family can find limited parking across from the North entrance and at the South entrance. There is additional parking across the street from the South entrance at the Forest Ridge Lot. Handicap parking and coaches will be reserved at the North entrance. Please follow the parking assistants directions we don't want cars within the race course.

Team Camps:

Please set up your team camps outside of the large grass field. Also, make sure to keep the trail around the grass field clear because this is part of the race course. There is grass space outside of this trail for team camps especially on the North side of the field. There should not be any team camp in the large grass field.

Course:

The course starts in the large grass field closest to the North entrance then makes a loop around the perimeter. This will be great for spectators to see them in the first mile. The course then enters the woods at the South side of Polo Fields. The course follows the dirt bridal trail to “Old Field”. At this point, please tell your athletes to remain on the right side of the trail unless they are passing. The runners make a loop around the grass of “Old Field” then get back on the bridal trail toward Polo. At this point there may be traffic in both directions so stay to the right. Once they exit the woods they make an immediate left and follow this trail back to the large grass field of Polo for the finish. The course will be marked with flags and in some areas lined. The course will have guides at crucial turns. Otherwise runners should stay on the dirt or grass trail. It will be very easy to cut a flag short in many areas. The course guides will be instructed to write down team names and jersey numbers for any infractions. So, please discuss flag colors and directions.

Timing:

We will be using Great Lakes Race Timing. All runners will be using bib chips. The chips are located on the back of the bib. Please be sure to enter only those athletes that will be competing on Baumspage. Please remember to return any unused bibs. All bibs should be worn on the chest of the jersey. Please report any athlete who does not finish the race. Any unused bibs that weren't returned before the race will be subject to a \$5.00 charge.

Results and Awards:

Results will be posted in the pavilion after the race and on Baumspage.com later that day. Individual awards will be handed to the athlete as they finish the race. The first place finisher receives a gold medal. The second place finisher receives a silver medal. The next 25 finishers receive a bronze medal. The First and Second place team will receive a plaque. This applies to both male and female races. Team awards will be announced at the pavillion as soon as scoring allows.

We would like to thank Achilles Run Shop for sponsoring the meet. They will be near the pavilion selling race shirts and other gear.

Good Luck Coaches and Athletes!!!