

FLEET FEET  
STRONGSVILLE INVITATIONAL 2012

Location: Strongsville High School Campus

Directions: 1-71 to Rt. 82 exit west to Pearl Road (Route 42) turn left and go 1 mile to Lunn Road. Take a Left on Lunn Road and proceed about .5 miles on Lunn. The high school will be on the left. There will be a parking fee for spectators.

Welcome coaches to the 2012 Strongsville Fleet Feet Cross Country Invitational. We hope your day is most enjoyable as this year's competition is filled with another strong group of talented teams and individuals. A hospitality room is open to all coaches in the room where the team packets will be distributed. The hospitality room is located near the Athletic Office which is adjacent to the baseball diamond (Look for Door R). The door leading into the hospitality room will be opened. An excellent collection of meet shirts and warm-ups are available for sale near the starting line in the shot put area. Please follow these simple housekeeping items in order to ensure the meet begins on time. The best of luck to your team!

**Meet Registration:** All athletes need to be registered on [www.baumspage.com](http://www.baumspage.com). This starts on Aug 19 and closes on September 19

Coaches:

- ✓ Athletes need to be in their assigned box 15 minutes prior to the race.
- ✓ We are asking that you REMIND YOUR ATHLETES AND PARENTS TO STAY OUT OF THE WOODS DURING RACES! Due to the increased number of teams and participants, any additional traffic in the woods could potentially be hazardous! Failure to comply with this request will result in team(s) not being invited for future Cross Country Invitationals.

**CAMPS:** In the Softball and Baseball areas near the starting line ONLY  
**COURSE:** 5000 meters. Several maps have been included for your team. A full loop perimeter of the soccer field will be run the first time and  $\frac{3}{4}$  loop the second time. ( Middle school has separate map and 3200 route)

**MEET RECORDS:** 14:56 Wesley Smith - Hudson 2002  
17:43 Emily Infield - Beaumont 2006

**AWARDS:** No awards ceremony will be held. Awards will be passed out at the finish line and team awards will be provided to the winning teams shortly after the announced results.

Varsity: Top 30 Individuals (Designed Trophies for 1<sup>st</sup> - 3<sup>rd</sup>, Medals for 4<sup>th</sup> - 30<sup>th</sup>) Top 5 Teams receive Designed Trophies

Reserve: Top 25 Individual Metals, Top 3 Teams Trophies

**RESULTS:** Full results will be found on [www.baumspage.com](http://www.baumspage.com) When teams scores are announced and posted please pick up your team awards at the Finish Line Area.

**FINISH AREA:** The finish is in our Stadium. Spectators and coaches are allowed in the stadium seating areas ONLY! NO spectators or coaches are allowed on the Track or Stadium. Our Strongsville Athletic trainers will be on site to offer any medical assistance to athletes.

10:00 A.M.	Boy's Varsity (min of 5, max of 9 runners)
10:40 A.M.	Girls Varsity (min of 5, max of 9 runners)
11:20 A.M.	Boy's Reserve *
12:00 P.M.	Girl's Reserve *
12:40 P.M.	Boy's Middle school unlimited *
1:20 P.M.	Girl's Middle school unlimited *
2:00 P.M.	kids fun run

\*Unlimited entry, top 5 will score for team. Schools must enter a full team to be counted in the team scores and qualify for a team plaque.

Questions: [kozmaterry@att.net](mailto:kozmaterry@att.net) or [syroney@strongnet.org](mailto:syroney@strongnet.org)

See you on September 22<sup>th</sup>

Terry Kozma,  
Meet Manager