

FLEET FEET
STRONGSVILLE INVITATIONAL 2013

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 2013 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. Packets are to be picked at the Press box across from the finish line in the Stadium. 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. This starts on Aug 07 and closes on September 18

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. Individual and Team Awards can be picked up at the Press box after the results have been posted.

Varsity: Top 30 Individuals (Designed Trophies for 1st - 3rd, Medals for 4th - 30th) 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.

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. Girl's Varsity (min of 5, max of 9 runners)
10:30 A.M. Boy's Varsity (min of 5, max of 9 runners)
11:00 A.M. Girl's Reserve *
11:30 A.M. Boy's Reserve *
12:00 P.M. Girl's Middle school unlimited *
12:30 P.M. Boy'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

See you on September 21th

Terry Kozma,
Meet Manager