

Strongsville City Schools

STRONGSVILLE HIGH SCHOOL

Joseph Mueller, Principal 20025 Lunn Road 10 Strongsville, Ohio 44149 jmueller@scsmustangs.org Phone
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Denny Ziegler, Athletic Director www.strongnet.org/hs dziegler@scsmustangs.org

VERTICAL RUNNER STRONGSVILLE CROSS COUNTRY INVITATIONAL

VERTICAL RUNNER STRONGSVILLE CROSS COUNTRY INVITATIONAL September 21, 2019

Welcome to the Annual Vertical Runner Cross Country Invitational, hosted on the campus of Strongsville High School. We are excited to be hosting your student-athletes and we hope to provide an outstanding experience for each one of your teams. Please find some useful information in this letter and contact information at the bottom for our meet manager and high school athletic director, if you have any specific questions.

When: Saturday, 9/21/18
Where: Strongsville High School
20025 Lunn Road
Strongsville, 44149
Entry Fee: \$135 per high school team, \$70 per middle school team
Race Schedule:

8:45 am	K-6 Fun Run
10:00am	Varsity Girls
10:30am	Varsity Boys
11:00am	Open Girls
11:30 am	Open Boys

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1:15 pm Girls MS (unlimited runners)

1:45 pm Boys MS (unlimited runners)

Registration: The registration for all runners must be entered on www.baumspage.com. The registration window opens on 8/10 and will close on 9/19 at 9pm.

www.strongnet.org/hs

ajalwan@scsmustangs.org

Schools must enter a full team to be counted in the team scores and qualify for a team plaque Varsity: Min 5 runners, Max 9 runners Middle School: unlimited runners

Coach: Race information and team packets will be picked up in the stadium press box (visitor's side)

Information: Athletes should report to their team box, no later, than 15 min prior to their scheduled race time. Please note: No spectators or athletes are permitted in the wooded sections of the course while a race is being run. This is for the safety of the athletes competing. Team camps may be set up east of the baseball and softball stadiums near the starting line. Plenty of restrooms will be available, but no locker room facilities will be available. Strongsville High School will not be responsible for items lost, stolen, or damaged in team camp areas. Please make sure you have all of your belongings prior to departing.

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Course: The course layout is 5000 meters. A course map is including for your team. A full perimeter loop of the soccer field will be run for the first lap and $\frac{3}{4}$ loop on the second lap.
The Middle School course is 3200 meters.

Shirts: A variety of short and long sleeve shirts will be available for purchase from Vertical Runner.

Refreshments: Food and drinks will be sold inside the stadium.

Results: Full results will be found on baumspage.com as races conclude.

Finish Line: The finish line is in our football stadium. Spectators and coaches are allowed in the stadium seating areas only. No spectators or coaches should be on the track or field surface.
Strongsville High School's certified athletic training staff will be on hand for all medical concerns.

Meet Record:

Boys-	Wesley Smith, Hudson HS	14:56	2002
Girls-	Emily Infield, Beaumont School	17:43	2006

Awards: No awards ceremony will be held. Individual awards will be given in the chute. Team trophies can be picked up at the visitor press box at the conclusion of the meet.

High School Awards:

Varsity: Top 30 Individuals and Top 5 Teams

Open: Top 25 Individuals and Top 2 Teams

Middle School Awards:

Varsity: Top 30 Individuals and Top 2 Teams

Parking: There is a \$5 charge for spectator parking.

Buses: Due to limited parking, buses will have to park off-site.