

33rd ALMOST ANNUAL
PATRIOT CROSS COUNTRY INVITATIONAL
7 HILLS REC & HILLSIDE MIDDLE SCHOOL
SATURDAY SEPTEMBER 25, 2019
COACHES' NOTES

HAVE RUNNERS PIN ASSIGNED RACE NUMBER
ON FRONT OF RACE SINGLET, THE BIBS HAVE
EMBEDDED CHIP

Race Schedule

8:30 am mid school boys (all runners)

9:00 am mid school girls (all runners)

9:45 am men's varsity race (*TEAMS MAY RUN UP TO 9 RUNNERS*)

10:30 am ladies' varsity race (*TEAMS MAY RUN UP TO 9 RUNNERS*)

11:15 am men's open race (all teams)

12:00 noon ladies' open race (*ALL TEAMS*)

TEAMS MAY RUN UP TO 9 RUNNERS TEAM IN VARSITY RACE

MEN'S VARSITY

1. BEDFORD//JOHN ADAMS
2. LORAIN
3. JOHN HAY
4. VALLEY FORGE
5. BUCHTEL
6. BRUSH
7. NORMANDY
8. ELYRIA
9. NORTH RIDGEVILLE
10. GARFIELD HTS
11. PARMA
12. MADISON
13. BEREА-MIDPARK
14. HOLY NAME
15. MIDVIEW
16. HEARTS 4 JESUS
17. WESTLAKE
18. WEST SIDE ACAD
19. N. OLMSTED
20. ST. IGNATIUS
21. LAKEWOOD
22. MAPLE HTS
23. TRINITY

LADIES' VARSITY

- 1.
2. BUCHTEL
3. ELYRIA
4. JOHN ADAMS
5. NORMANDY
6. VALLEY FORGE
7. MADISON
8. PARMA
9. NORTH RIDGEVILLE
10. N. OLMSTED
11. MIDVIEW
12. WESTLAKE
13. BRUSH
14. HOLY NAME
15. BEREА-MIDPARK
16. HEARTS 4 JESUS
17. LAKEWOOD
18. GARFIELD HTS (I)
- 19.
20. BEDFORD (I)
21. JOHN HAY
22. LORAIN
23. TRINITY

MIDDLE SCHOOL BOYS

- 4 GREENBRIAR
- 5 SHILOH
- 6 HILLSIDE
7. LKWD GARFIELD
8. HESKETT
9. MIDVIEW
10. WESTSIDE ACAD
11. N. OLMSTED

MIDDLE SCHOOL GIRLS

- 4 HILLSIDE
- 5 GREENBRIAR
- 6 SHILOH
7. HESKETT
8. MIDVIEW
9. LKWD GARFIELD
10. WEST SIDE ACAD
11. N. OLMSTED

1. RIBBONS & MEDALS GIVEN AT END OF CHUTE
2. **TEAM AWARDS PRESENTED AT THE CONCLUSION OF THE RACE**

1. **THANKS TO 7 HILLS REC DEPT & HILLSIDE MID SCHOOL FOR HELPING US HOLD OUR MEET HERE FOR THE FIRST TIME**
2. **NO CAMPS OR HANG-OUTS IN BUILDING**
3. **PLEASE REMIND RUNNERS THAT BATHROOMS ARE IN THE REC CENTER & IN HILLSIDE NEAR THE MARKED BACK DOORS- (NO TIK**
4. **NO SPIKES IN BUILDINGPLEASE!!!**
5. **TRY TO CLEAN UP CAMP AREA AFTER MEET**

TRADITION MEET HISTORY

MEN'S CHAMPIONSHIPS : HOLY NAME 12, NORMANDY 10, PARMA 4, PADUA 4, VF 2

LADIES' CHAMPS : HOLY NAME 24, PARMA 2, GARFIELD HTS 1, NORMANDY 2,
PADUA 2, VF 1

MULTIPLE CHAMPS : S. LINDEN (NORMANDY), R. ELLIS (PARMA), D. SHARMA (VF), BRASSIE (PADUA),
T. LOSETTO (PARMA) (2 EACH). GIRLS : L. THOMAS (GARFIELD HTS) , A. DiNAPOLI (VF), S. KOVATCH
(VF) (3 EACH); B. TRELA (PARMA), S. ERSKINE (RHODES), L. BORSZ (HOLY NAME) (2 EACH)

COURSE RECORDS : VARIOUS COURSES, **ROCKY ELLIS (PARMA) = 16:21,**
SEDIAH ERSKINE (RHODES) = 19:26