

**34<sup>rd</sup> (ALMOST) ANNUAL  
PATRIOT CROSS COUNTRY INVITATIONAL  
SATURDAY SEPTEMBER 24, 2022  
SEVEN HILLS RECREATION CENTER &  
HILLSIDE MIDDLE SCHOOL CAMPUS**

**RACE TIMES : MIDDLE SCHOOL BOYS 8:30 am**

**MIDDLE SCHOOL GIRLS 9:00 am**

**MEN'S VARSITY 9:45 am**

**LADIES' VARSITY 10:30 am**

**MEN'S OPEN 11:15 am**

**WOMEN'S OPEN NOON**

**(DEPENDING ON NUMBER OF RUNNERS, THE 11:15 am  
OPEN RACE MIGHT BE COED)**

**Number of Runners**

For High School, we are allowing 9 in the Varsity race, the rest should be placed in open. For Middle School, all runners will be in the varsity heats.

**Awards**

INDIVIDUAL AWARDS WILL BE GIVEN IN CHUTE

In HS Varsity Top 20 will be awarded medals and runners 21-70 will be given ribbons.

In MS Top 10 will be given medals and runners 11-60 will be given ribbons.

In the open races top either Top 50 in each race or Top 100 if run together.

**Contestant Numbers**

Make sure that each runner on your team has securely fastened their assigned number to the front of their uniform with the four pins provided in the packet.

## **Post-Race Conduct**

Athletes should quickly exit the finish area and move back to their teams areas after grabbing water and award.

## **T-Shirts**

There is a link to order a T-shirt they are being handled by an AresSportswear. There will be flyers with a QR code on them to scan at the meet to place an order. Orders for shirts will close Sunday the 25th. Shirts will be printed and shipped after that date.



## **Bus Parking**

Students and coaches will be dropped off at Hillside Middle School, and then busses will be directed to park at Normandy High School which is about a 3-5 drive around the corner. Map is posted on Baumspage.

Hillside Middle school address:

**1 Educational Park Dr, Seven Hills, OH 44131**

Normandy High School address:

**2500 W Pleasant Valley Rd, Cleveland, OH 44134**

## **Concessions**

There will be a concession stand run by VF Cross Country located in the pavilion by the finish line.

**PLEASE REGISTER ENTRIES ON BAUMSPAGE BY 9/21. LOOK FOR PATRIOT INVITATIONAL -**

**VALLEY FORGE TO POST ENTRIES . YOU CAN CONTACT US AT :**

**AD= (440) 885-8431, COACH WANDT=(440) 823-0027 (TEXTABLE) OR E-MAIL=**

**[medagliac@parmacityschools.org](mailto:medagliac@parmacityschools.org), or [hronekk@parmacityschools.org](mailto:hronekk@parmacityschools.org).**

**[coachwandt@gmail.com](mailto:coachwandt@gmail.com)**