

**STONEBERGER**

**CROSS COUNTRY INVITATIONAL**

**WHEN:**

Thursday, September 15, 2011, 4:30pm

**WHERE:**

Weller Park in Montgomery and Good Shepherd Church  
8832 Weller Road Montgomery, Ohio 45249

**DIRECTIONS:**

**From I-75 or I-71:**

Exit onto I-275 East. Proceed to Exit #50 (Montgomery-Morrow exit). Make left turn which will take you south on Montgomery Road. Go about 1/10 of a mile to stoplight at the McDonalds Restaurant (Weller Road). Turn left and proceed about 1/2 mile (2<sup>nd</sup> stop sign). Turn left and continue on Weller Rd. Weller Park will be on left about 3/4 mile.

**From I-275 West**

Proceed to Exit # 50 (Montgomery-Morrow exit). Make a left turn which will take you south on Montgomery Road. Go about 1/10 of a mile to the stoplight at the McDonalds Restaurant (Weller Road). Turn left and proceed about 1/2 mile (2<sup>nd</sup> stop sign). Turn left and continue on Weller Rd. Weller Park will be on your left about 3/4 mile.

**Buses will drop off runners and park at Weller Park. Spectators will park at Good Shepherd Church.**

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**COURSE:** 2 miles, well-marked with flags and lining chalk (see attached map)

**TEAMS:** 6-10

**ENTRY FEE:** \$150.00 / School (Make checks payable: Sycamore Junior High Athletic Dept. and send to Sycamore Junior High School, 5757 Cooper Road, Cincinnati, OH 45242. ATTN: Athletic Director)

**Awards:** Trophies: Top two teams  
Plaques: Top three individuals  
Medals: Places 4-15  
Participation locker/fridge magnets to all finishers.

**Entries / Timing / Results:** We will use Running Time LLC (runningtime.net). Results will be available at meet and on line. Rosters will be due to Rick Shomo (shomor@sycamoreschools.org) by Friday, September 9, 2011 (see attached Excel sheet).

**RACE INFORMATION:**

4:15: Coaches Meeting  
4:30: Girls 7<sup>th</sup> Grade Race, score top 5  
4:55: Boys 7<sup>th</sup> Grade Race, score top 5  
5:20: Girls 8<sup>th</sup> Grade Race, score top 5  
5:45: Boys 8<sup>th</sup> Grade Race, score top 5  
6:20: Team Award Presented, individual awards given at chute.

**OTHER ITEMS:**

**Restrooms/Water:** Please bring your own water. Restrooms are on site.

**Admission / Parking:** Free.

**Note:** Please No Frisbees, soccer balls, footballs, or pets.

**Please remind runners to stay off playground equipment. It is designated for children 6 and under.**