

SJA @ Ashland Invitational – Sept 3, 2016

7:15 – bus leaves SJA for Ashland (65 minutes on Mapquest)

9:10 – begin warm-up

10:00 – Div I girls race (full team races together)

11:00 – cool down

11:20 – team meeting (athlete of meet vote, etc)

11:30 – food

12:00 – bus leaves for SJA

1:10 – bus arrives at SJA

Not racing – Pellegrino

Not Travelling – Rogozinski and Wolodzko

Quick scouting report:

Last year 16 teams ran. The top 5 were pretty competitive including Lexington (Div II state champs), Avon, Strongsville, Cloverleaf, and Thomas Worthington (currently ranked top ten in Div I – note TW is NOT coming back this year). One girl ran 18:03 but she has graduated. Nobody else broke 19:00 and there were only 5 between 19:00 and 20:00.

I will manually score our second 7 and third 7 runners as separate teams to see how you would do if you were a varsity team of your own. My goal is for the 2nd seven to be top 8 as a team and third 7 as top 12 as a team. Let's get this!

Live results on finishtiming.com

(SPECTATOR PARKING) 1264 Center St, Ashland OH 44805 – Charging \$5.00 per car