

SSG Hammond Cross Country Invitational 2023

Date: October 7, 2023

Location: East Ridge High School – 13322 Excalibur Rd. Clermont, FL 34711

Cost: \$125 per school (\$75 if only one gender), \$25 per individual runner; Make checks payable to “ERHS Cross Country Program.”

Currently this meet is limited to the first twenty teams to register.

Schedule:

Coaches Meeting: 7:30 AM

SSG Hammond Memorial Walk: 7:40 AM

National Anthem: 7:50 AM

Girls Varsity: 8:00 AM (7 runners)

Boys Varsity: 8:30 AM (7 runners)

Girls Junior Varsity: 9:00 AM (unlimited)

Boys Junior Varsity: 9:40 AM (unlimited)

*Depending on the numbers, we may combine the Junior Varsity races.

Awards:

Team Awards: Boys and Girls Varsity First Place and Runner Up; Boys and Girls Junior Varsity First Place and Runner Up

Individual Awards: Top Ten Boys and Girls Varsity individuals; Top Ten Boys and Girls Junior Varsity Individuals

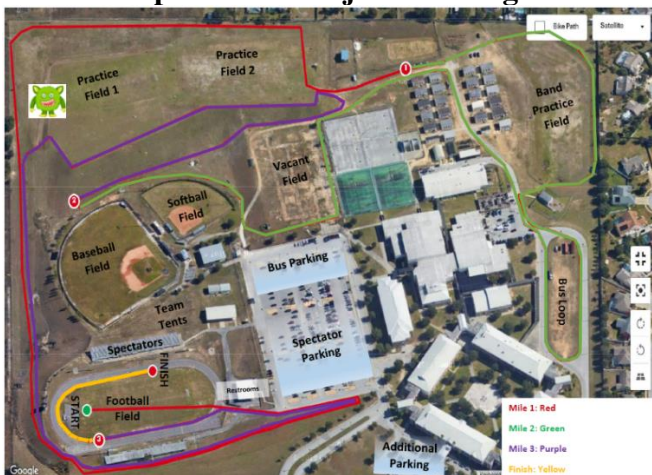
Admission:

There will be a \$5.00 admission fee. Admission can be paid in cash at the entry gate or online through Revtrak. Here is the link to pay for admission: <https://lake.revtrak.net/high-schools/erhs/erhs-athletics/erhs-cross-country/#/v/ERHS-Cross-Country-Meet>. (I realize it says parking on the page, that’s how administration wrote it when they set this up this week).

Course Information:

The course is entirely on the hilly campus of East Ridge High School with zero loops and a track finish. The terrain is approximately 25% asphalt and 75% grass. Teams will set up tents in the grassy area behind the visitor bleachers of the football field. This will be one of the most elevated courses you will run on this season!

Course Map: Course subject to change based on conditions.



Timing & Scoring: Timing and Scoring will be done by Elite Timing.

Contact: Any questions, feel free to e-mail Coach Ferrell at ferrellt@lake.k12.fl.us or Coach Mollett at mollettg@lake.k12.fl.us.