

Mid-State Conference Cross Country Meet
Hosted by Martinsville High School
at
Franklin Community High School
Tuesday, September 27, 2011

“Who are you?” by the Who
(another DJ Rob selection)

All the invites are over and we’re in to tournament season. It’s time for the girls and boys to step up to show who they are and what they can do. Tomorrow’s Conference Meet starts a string of four home meets before we head off to Greensburg for the Regionals. If you don’t have a favorite viewing location on the course, now is the time to find one.

There’s not much to say at this point, we’ll let the head-to-head results over the last couple of weeks speak for themselves as to what we might expect and trust our teams’ legs to make it happen.

	School	Place	Finishing Positions
Boys	Flashrock Invite		
	Franklin	22	69 83 122 151 178 199 209
	Greenwood	23	22 88 142 186 196 212 237
	Plainfield	36	154 163 202 234 241 258 262
	Brown County		
	Franklin	8	17 21 33 54 64
	Martinsville	13	72 73 77 79 80 81
	Franklin Invite		
	Franklin	3	7 12 19 23 33 42 45
	Greenwood	5	10 22 31 37 38 49 53
Mooresville	8	9 17 57 60 68 69 75	
Girls	Flashrock Invite		
	Plainfield	19	52 95 109 124 126 148 157
	Franklin	21	42 114 137 174 183 195 209
	Greenwood	31	50 210 213 229 251 258
	Brown County		
	Franklin	7	15 24 41 52 66 69 75
	Martinsville	10	12 21 65 67 73 81 91
	Franklin Invite		
	Franklin	5	12 25 33 38 40 50 54
	Greenwood	6	20 37 41 47 48 60 62
Mooresville	10	43 44 55 59 61 64	

FCOMM will be joined by current Mid-State Conference teams Decatur Central, Greenwood, Martinsville, Mooresville, Plainfield and Whiteland.

2011 Meet Schedule

5:30 p.m.	Varsity Boys Race
6:00 p.m.	Varsity Girls Race
6:30 p.m.	JV Boys/Girls Race
7:15 p.m.	Awards

There will be an awards ceremony following the race held at the awards podium on the west side of the creek between the cross-country course and the high school parking lots.

For those that don't know, the awards podium was built in 2009 as an Eagle Scout project by FCOMM XC alumni runner, and current Trine University runner J.D. Morris. The bridge that you will cross to and from the course was built in 2011 as an Eagle Scout project by current FCOMM runner Skyler Lykins.

2010 Results:

Franklin girls came in second last year finishing behind Plainfield and ahead of (in order) Whiteland, Martinsville, Greenwood, Mooresville and Decatur Central.

Franklin boys ran to a second place finish behind Martinsville, for the second year in a row. We were followed by (again, in order) Plainfield, Greenwood, Whiteland, Mooresville and Decatur Central.

Mid-State Conference Champions
since Franklin joined the conference in 1981 – 1982

	Boys		Girls
1981	Whiteland		
1982	Speedway		
1983	Speedway	1983	Speedway
1984	Franklin	1984	Mooresville
1985	Mooresville	1985	Mooresville
1986	Whiteland	1986	Mooresville
1987	Mooresville	1987	Mooresville
1988	Mooresville	1988	Franklin
1989	Mooresville	1989	Franklin
1990	Mooresville	1990	Avon
1991	Franklin	1991	Avon
1992	Greenwood	1992	Whiteland
1993	Greenwood	1993	Whiteland
1994	Whiteland	1994	Avon
1995	Franklin	1995	Whiteland
1996	Franklin	1996	Franklin
1997	Franklin	1997	Avon
1998	Avon	1998	Avon
1999	Franklin	1999	Avon
2000	Franklin	2000	Plainfield
2001	Franklin	2001	Plainfield
2002	Whiteland	2002	Plainfield
2003	Franklin	2003	Plainfield
2004	Mooresville	2004	Franklin
2005	Plainfield	2005	Plainfield
2006	Franklin	2006	Plainfield
2007	Franklin	2007	Plainfield
2008	Franklin	2008	Franklin
2009	Martinsville	2009	Franklin
2010	Martinsville	2010	Plainfield

Course Description:

The course is a gently rolling circuit course carved from the flood plain, corn fields, and woods east of the school. Sole access to the course is across the foot bridge (many thanks to Sklyer Lykins as the bridge was constructed as his Eagle Scout project) at the base of the hill below the auditorium parking lot, immediately adjacent to the awards podium (many thanks to Franklin Alumni runner J.D. Morris as the podium was constructed as his Eagle Scout project).

As you cross the bridge, you are entering the course at its north/south midpoint. The start/finish area lies immediately in front of you, with the start lines and finish lines to your left (north). As you follow the mowed path to the east to reach the mowed spectator areas you will cross the start/finish area and the last leg of the inner course loop.

You might want to read this with the course map in hand.

Start and outer loop going north: Runners start near the north end of the course, and proceed south through the wide, 450 meter long starting stretch adjacent to the creek on the west side of the course. Here, they take a sweeping, 180 degree turn to the north and run the rolling 650 meter long eastern perimeter of the course, passing the 1K mark as they near the turn at Branigan Road.

Branigan, the diagonal and outer loop going south: A quick left turns them west along Branigan Road, the northern boundary of the course. 70 meters later and two quick lefts send them back towards the outer loop, in the opposite direction. They pass the 1-mile mark as they reenter the outer loop, now running south along the eastern boundary of the course.

Woods: As runners approach the opening turn, they bypass the turn and run west into the woods portion of the course. Here, a drainage ditch and some quick turns along the creek make for a strategic 200 meters of running. Halfway through the woods on this first loop, runners pass the 2K-mark.

Inner loop: Runners next exit the woods heading east and are greeted with the sweeping uphill turn to the north into the inner loop. Here, they proceed north through a swale or two as they parallel the outer loop path. After running north for 270 meters they enter another sweeping 180-degree turn sending them back to the south for the center leg of the inner loop. A quick, 200 meter straightaway leads them into the last 180-degree hairpin, with an uphill entry but a nice downhill exit into the western leg of the inner loop. Here they will be running north, immediately adjacent to the start/finish area. Runners pass the 3K-mark just as they pass the finish on their left (tantalizingly close).

Diagonal, Branigan and outer loop going south (again): As they pass 3K, runners join the diagonal that takes them northwest to run along the Branigan Road loop in the opposite direction that they ran earlier. After the first right hand turn they pass the 2-mile mark, two more right-hand turns in 150 meters and they're back on the outer loop path heading south along the eastern perimeter of the course.

The woods, and inner loop (second pass): Runners follow the full 450-meter long eastern edge of the course and pass the 4K-mark as they enter the woods for the second time. From here, they follow their previous path through the woods and into the inner loop.

The finish: As they come through the second hairpin in the inner loop, they slide to the left into the finish chute, hugging the eastern side of the start/finish area a flat, fast 200 meters brings them to the finish line.

Viewing Suggestions:

Forget the running shoes – with very little walking you can view the runners passing you multiple times.

Best suggestions. If you stay in the southern spectator bubbles (tent boy lingo for mowed areas) just across from the bridge, you can see the runners 9 times just by moving east and west across the inner loop.

If you want to be close to the start/finish line, proceed north to the spectator bubble by the 3K-mark. Here, without moving more than 25 meters you will see the runners start, pass you 4 times and then see the finish.

For more private yelling coaching or cheering of your favorite runners, you can go to the spectator bubble to the north of the start line, you'll be able to see the start from behind the line and watch them race down the opening stretch, then have them pass you 4 times in the diagonal and Branigan Road loops.

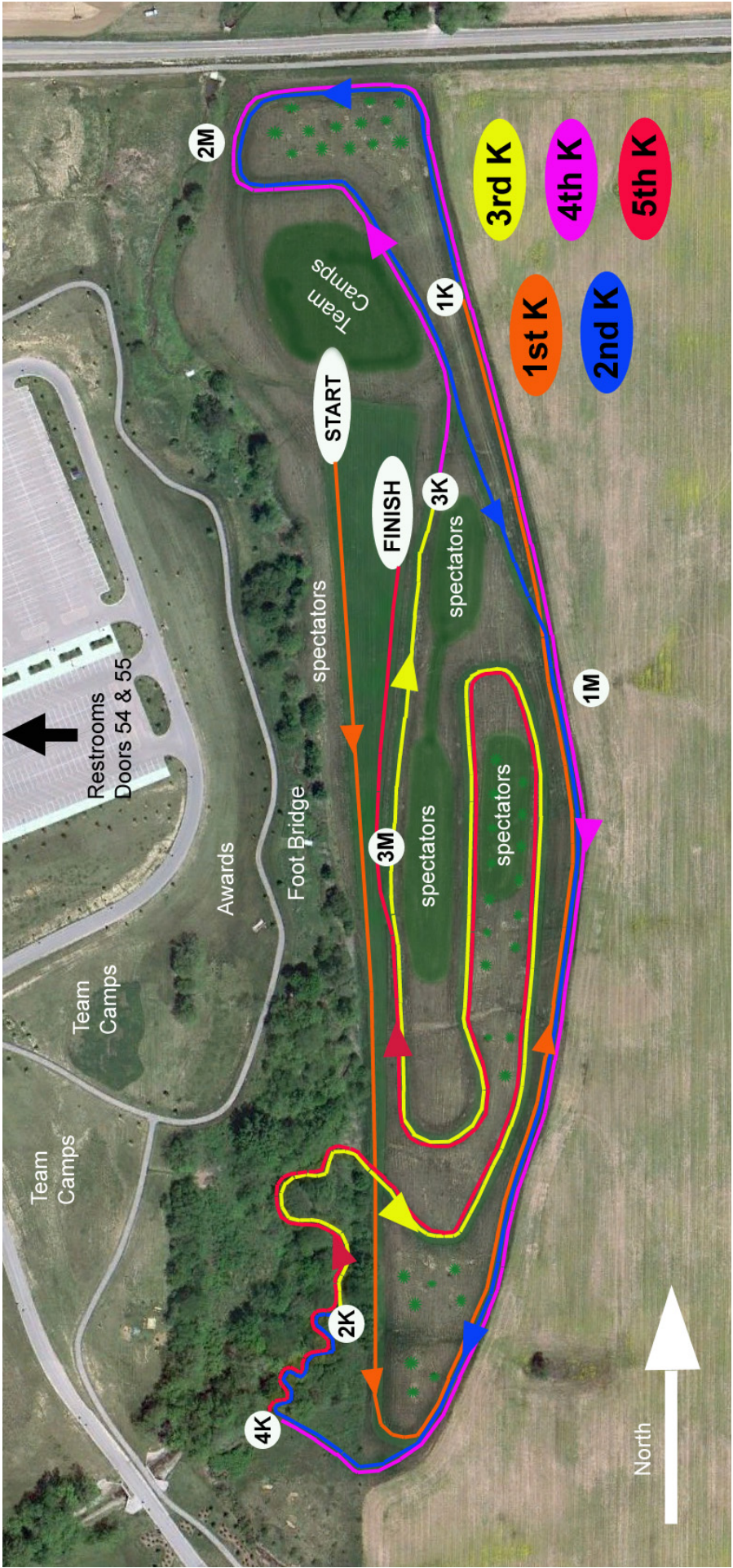
Tent boy suggestion, for best viewing with the least amount of running/walking move east/west not north/south.

Some course etiquette, we have ropes up to keep spectators off the course and allow runners to race unimpeded. Please respect the ropes and don't hesitate to ask others to do the same.

Random Tent Boy Thoughts

- There will be a lot of work to do to run the meet. Painting lines, manning the ropes to mark off the loops, keeping the crowd out of the start/finish area, etc. If you 'd like to help see coach Ahaus.
- Rumor has it that tent boy Gary Gamboa is back from tent-boy vacation and is going to make an appearance at this meet.
- Indianarunner.com recognizes tent-boy Rob Morefield with their picture of the week, capturing him at the finish line of Flashrock wearing his FCOMM XC throwback sweatshirt. Oh, and by the way in the foreground of the picture, but of lesser importance is Futsum laying down a 14:36 record time. So you don't have to play where's Waldo, follow the arrow. How could you miss him?





Team Camps

Restrooms
Doors 54 & 55

Awards

Foot Bridge

Team Camps

Team Camps

START

FINISH

1K

2K

3K

4K

1M

2M

1st K

2nd K

3rd K

4th K

5th K

spectators

spectators

spectators

spectators

spectators

spectators

North