

MARIETTA TIGER CROSS COUNTRY
Marietta High School Cross Country
Marietta Middle School Cross Country
Girls & Boys
2010

- Q: What is cross country ("XC")?
- A fall team sport.
 - Team running on grass and trails
 - 5 kilometers (3.1 miles) for high school
 - 2 miles or 3 kilometers (1.8 miles) for middle school
 - A chance to run through MUD PUDDLES without getting yelled at.
 - A collection of bright, energetic and talented students who have a lot of fun every fall.
 - ONE OF MHS' AND MMS' BEST AND BRIGHTEST SPORTS TRADITIONS:
Accomplishments in last 16 years:
 - 10 Academic all-Ohio Honors
 - 16 State individual qualifiers
 - 19 all-regional honors
 - 12 boys' team regional qualifiers
 - 12 girls' team regional qualifiers
 - 18 all-regional honors
 - 8 team Southeast/East District champ titles
 - 72 girls Southeast/East all-District honors
 - 75 boys Southeast/East all-District honors
 - 7 girls Northeast all-District honors
 - 5 boys Northeast all-District honors
 - 11 boys' SEOAL Champ titles (including 2001-2005 & 2007)
 - 10 girls' SEOAL Champ titles (including 2001-2005, 2007 & 2009)
 - 62 boys all-SEOAL honors
 - 50 girls all-SEOAL honors
 - more all-SEOAL all-academic awards than we can count
 - 2009 records: Girls – 85W - 39L (12W - 0L SEOAL) 2010 League Champions
Boys – 72W - 74L (5W - 7L SEOAL) Alex Wesel: League Ind. Champion
 - Wood-Washington County Overall Champions: 2001-2009
- Q: Why run cross country?
- Cross country runners are a breed apart.
 - Lots of individual medals and team trophies.
 - NO PINE TIME: EVERYBODY COMPETES.
 - Be part of a winning tradition.
 - A chance to run through MUD PUDDLES without getting yelled at.
 - Plain old FUN.
 - Be fit and trim.
- Q: Who runs cross country?
- Special people.
 - Short, tall or in-between.
 - The only size that counts is the size of your heart.
 - MHS: 9th - 12th
 - MMS: 7th and 8th
- Q: Where do I find out more?
- A May call-out of interested students will be announced at school. If you can't make a call-out, call Coach Dale Leeper (373.5455) or Coach Larry Cassady (374.5876).