

# Owego Cross Country Invitational 2022

Dear Coach,

We invite you and your runners to be a part of the annual Owego Invitational which will be held at **Owego Free Academy** on Saturday **September 24th**, 2022. Please email me your intentions so I can make every attempt to accommodate each team.

**Courses:** *Varsity and Junior Varsity:* 3.1 miles (wheeled). *Modified Course:* 1.55 mile loop. Spikes are recommended for this varsity course. This is a fast, flat course with a stadium finish and great spectator viewing.

**Races:** Anticipated time schedule for the meet:

***Final race breakdown and time schedule to be set once all teams are committed***

8:50 a.m. Coaches Meeting at the Finish Line  
9:10 a.m. Modified Boys  
9:35 a.m. Modified Girls  
10:00 a.m. J.V. Boys  
10:45 a.m. Varsity Girls  
11:20 a.m. Varsity Boys  
11:50 a.m. J.V. Girls  
12:20 p.m. Awards Ceremony

## **Awards:**

Team                    1<sup>st</sup> place teams receive 7 'Team Champion' shirts:  
Varsity boys & girls large school and small school  
J.V. boys & girls 1 division large school and small school  
Modified boys & girls large school and small school

### Individual Awards

T-Shirts            Top 15 in varsity races receive t-shirts (combined)  
Top 10 in JV races receive t-shirts (combined)  
Top 10 in modified races receive t-shirts (combined)

Medals              Top 16<sup>th</sup>-30<sup>th</sup> in Varsity races (combined)  
Top 11<sup>th</sup>-25<sup>th</sup> in JV races  
Top 11<sup>th</sup>-25<sup>th</sup> in Modified Races

**Entry Fees:** \$200.00 per School includes all races

**Please email me at [heathj@oacsd.org](mailto:heathj@oacsd.org) to confirm your entry as soon as possible.** Please contact me with any questions, I can be reached at home by phone at (607) 624-7048

John Heath, Varsity Cross Country Coach  
Owego Free Academy

**DEADLINES:** Entries will be made using nymilesplit.com (call me with any questions). Entries details and deadline will be emailed in early September. Teams that don't have entries in by the tbd deadline may not have athletes officially entered in the meet.

**If you are interested in attending, please email me** and then send your entry fee or voucher along with your entry form. You will then still use nymilesplit.com to enter you official roster by the tbd deadline. Please email me with any questions.

Claim forms/checks are made out to

**Owego Booster Club**  
**c/o Cross Country**  
Owego Apalachin Middle School  
3 Sheldon Guile Boulevard  
Owego, NY 13827

## 2022 Owego Invitational Entry Form

School \_\_\_\_\_ Address \_\_\_\_\_

Coach \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Please check the races your team will be participating in with approximate entry #'s:

Modified: \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors      \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

JV:            \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors      \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

Varsity:     \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors      \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

\_\_\_\_\_ FEE ENCLOSED    \_\_\_\_\_ **(FEE will be mailed)**    \_\_\_\_\_ FEE will be presented at the event

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