

New

Adirondack Invitational Open 5K Race at 8:30 AM

No Entry Fee

No youth or scholastic runners will be allowed participate.

Please register in tent near the finish chute prior to race time.

Open 5K Race will be run on the Invitational Varsity 5K Course.

Medal to Top Male and Female Finisher

T-Shirts to Top Five Male and Female Finishers

Awards will be presented in Finish Chute Area

All awards have been donated.

No change in the Invitational Race Schedule

Invitational Coaches Meeting will still be at 9:00 AM

Each participating school in the Adirondack Cross Country Invitational will receive a ticket for one chicken BBQ again this year. Please pick up your chicken BBQ in the Team Awards Tent next to the finish chute.

Coaches arriving after the Coaches Meeting are requested to pick up their invite race packet and running tags at the Team Awards Tent.

Corrections, missing tags should be brought to the attention of Pat Leone's timing crew prior to the start of the races.