

2010 Adirondack Cross Country Invitational
Saturday, October 30, 2010

Location/Facility: Adirondack High School, Middle School Complex, Route 294, Boonville, New York. Bathroom and locker room facilities will be available in the High School. Restrooms are also located in the Food Concession Building adjacent to the finish area.

Course: Modified (1.5) and Varsity Course (3.1) are flat with well marked mowed grass paths. Excellent spectator courses.

Entries: Entry form with a claim form/purchase order or check payable should be sent or faxed to Adirondack Boys Varsity Club C/O John Bernard, Adirondack High School, Route 294, Boonville, New York 13309 by October 20, 2010. Schools with high school enrollments **greater than 354 must participate** in the Modified I and Varsity I Races. Schools with high school enrollments **less than 354 must participate** in the Modified II and Varsity II races.

Home Fax: 315-942-9074

Email: ADharrier @ aol.com

Entry Fee: \$125 **Entry Fee for schools only entering modified races: \$100**
Entry fee payable to Adirondack Boys Varsity Club C/O John Bernard

Meet Registration: Coaches must enter/register all of their participating athletes (modified and varsity) with onlineentries.com. This is the only way to register your athletes into the Adirondack Cross Country Invitational. Updates must be completed with Pat Leone prior to meet day. Your cooperation is greatly appreciated.

An Open 5K Race will be held at 8:15 AM on the varsity cross country course Registration will be in the Team Awards Tent adjacent to the finish chute from 8 AM to Race time. A \$5 donation will be collected at registration. **No youth or scholastic runners will be allowed to participate.** A medal to the top male and female finisher. T-shirts to top five male and female finishers.

Each participating school will receive one chicken BBQ. Please pick up your chicken BBQ in the Team Awards Tent.

Coaches Meeting and Invite Packets: 9 AM in the Middle School

Cafeteria. This area will be open to coaches from 7:30 AM to 9 AM to pick up their meet packets and running tags. Schools arriving after 9:30 are requested to pick up their packets and running tags in the Team Awards Tent adjacent to the finish chute. Coffee, donuts, cider, orange juice will be available for coaches.

Awards: The top four teams in the modified and varsity races will receive trophies or plaques. Junior Varsity awards will be scored out of the Varsity Races as in previous years. Invitational T-shirts to the top 14 in all races. 150 ribbons in the modified races and 125 ribbons in the varsity races.

Refreshments/T-Shirts: Two food concessions (Gym Lobby and Food Concession Building) will be open from 7:30 AM to the conclusion of the invite. A limited number of souvenir invite T-shirts will be available for sale.

Scoring and results: The Adirondack Invitational will be timed and scored by Pat Leone (Leonetiming) again this year. Results will be posted on a result board near the finish chute.

Race Order:

8:15 AM: Open 5K Race: No scholastic or youth runners. \$5 donation at registration.

9:00 AM: Coaches Meeting in Middle School Cafeteria

9:30 AM: Boys Modified I Race: Unlimited Entries

9:50 AM: Girls Modified I Race: Unlimited Entries

10:10 AM: Boys Modified II Race: Unlimited Entries

10:30 AM: Girls Modified II Race: Unlimited Entries

10:50 AM: Girls Varsity I Race: Unlimited Entries

11:20 AM: Boys Varsity I Race: Unlimited Entries

11:50 AM: Girls Varsity II Race: Unlimited Entries

12:20 PM: Boys Varsity II Race: Unlimited Entries

No separate boys or girls JV Races: Team awards will be scored out of varsity races.

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

Individual Awards & Team Awards: Individual awards will be awarded in the four chute finish chute area. Team awards will be presented to the winning coaches at the Team Awards Tent after the race results are posted and or announced.

**Adirondack Cross Country Invitational Entry Form
Saturday, October 30, 2010**

School: _____

Varsity Boys Coach: _____ **Email:** _____

Varsity Girls Coach: _____ **Email:** _____

Modified Boys Coach: _____ **Email:** _____

Modified Girls Coach: _____ **Email:** _____

Modified I and Varsity I Races for schools with high school enrollments 354 and greater.

Modified II and Varsity II Races for schools with high school enrollments of less than 354 students.

Entry Fee: \$125 Entry fee for schools only entering modified races is \$100
Entry fee is payable to Adirondack Boys Varsity Club C/O John Bernard

Entry Form with claim form/purchase order, check is due by October 20, 2010 to John Bernard, Adirondack Cross Country Invitational, Adirondack High School, Route 294, Boonville, New York 13309. Entry Form with claim form can be faxed to John Bernard (315-942-9074). Questions: Email: Adharrier@aol.com

Coaches Meeting: 9 AM in the Middle School Cafeteria. Meet packets, coffee, cider, orange juice and donuts will be available in the cafeteria from 7:30 AM to 9:30 AM.

Race Order: Unlimited Entries allowed in all races.

8:15 AM: Open 5K Race....no scholastic or youth runners. \$5 donation at the Team Awards Tent from 8 AM to the start of the race.

9:30 AM: Boys Modified I Race

9:50 AM: Girls Modified I Race

10:10 AM: Boys Modified II Race

10:30 AM: Girls Modified II Race

10:50 AM: Girls Varsity I Race

11:20 AM: Boys Varsity I Race

11:50 AM: Girls Varsity II Race

12:20 PM: Boys Varsity II Race

