

2009 Adirondack Cross Country Invitational

Saturday, October 31, 2009

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 (1.6) and Varsity courses (3.1) are flat with well marked mowed grass paths. An excellent spectator course.

Entries: Entry form with a claim form or check payable to Adirondack Boys Varsity Club should be sent or faxed to the meet director by October 20th. Schools with high school enrollments **greater than 380** must enter the **Varsity I races and Modified I Races**. Schools with enrollments **less than 380** must enter the **Varsity II races and Modified II Races**.

Entry form with claim form/check should be sent or faxed to:

John Bernard
Adirondack Cross Country Invitational
Adirondack High School
Route 294
Boonville, New York 13309

Home Fax: 315-942-9074

Email: ADharrier@aol.com

Meet Registration: Coaches must enter/register all their athletes (modified and varsity) with **onlineentries.com**. This is the only way to register your athletes for the Adirondack Invitational. Updates must be completed prior to meet day. Varsity coaches are requested to have their modified coaches register their complete rosters with onlineentries.com. **All participating athletes must be registered with Pat Leone.**

Entry Fee: \$100 **Entry Fee for schools only entering modified races:** \$80
Individual Entry fee for up to four individuals: \$10 each

Invitational Races: A first place trophy will be awarded to the winning **Boys and Girls Junior Varsity I and the winning Boys and Girls Junior Varsity II teams** scored out of the varsity races. **(After a team's first ten finishers.) Unlimited entries allowed in all Varsity and Modified Races.** Modified I and Varsity I Races for high schools with enrollments greater than 380. Modified II and Varsity II races for less than 380 students in grades 9-12.

Awards: The top four teams in the modified and varsity races will receive trophies or plaques. Junior Varsity team awards will be scored out of the Varsity Races. Invitational T-shirts to the top 14 in the modified races. Invitational T-shirts to the top 17 in all varsity races. 150 ribbons in the modified races, 125 in the Varsity Boys and Girls Races. Outstanding Varsity Male and Female Runner Awards.

Refreshments/T-shirts: A food concession will be open from 7:30 am until the conclusion of the meet. A limited number of souvenir invitational T-shirts will be available for sale. An outside food concession and inside food concession will be open.

Coaches Meeting and Meet Packets: 9:00 a.m. in the Middle School Cafeteria. This area will be open to coaches from 7:30 a.m. to 9:00 a.m. to pick up their meet packets and running tags. Schools arriving after 9 a.m. should pick up their meet packets/running tags at the Team Awards Tent located adjacent to the start/finish areas.

Scoring and results: The Adirondack Invitational will be timed and scored by Pat Leone - **Leonetiming**. Results will be posted on a result board near the finish chute. Results will also be available on Leonetiming.com, Tullyrunners.com and Armory Track.com

Race Order: We will make every attempt to run races on time.

9:30 a.m.: Boys Modified I Race (**Unlimited Entries**)
9:50 a.m.: Girls Modified I Race (**Unlimited Entries**)
10:10 a.m.: Boys Modified II Race (**Unlimited Entries**)
10:30 a.m.: Girls Modified II Race (**Unlimited Entries**)
10:50 a.m.: Girls Varsity I Race (**Unlimited Entries**)
11:20 a.m.: Boys Varsity I Race (**Unlimited Entries: New for 2009**)
11:50 a.m.: Girls Varsity II Race (**Unlimited Entries**)
12:20 p.m.: Boys Varsity II Race (**Unlimited Entries- New for 2009**)

NO SEPARATE BOYS OR GIRLS JV RACES

No Girls or Boys Junior Varsity Races: Unlimited entries will be allowed in **All Varsity Races**. Boys and Girls Junior Varsity team awards will be scored out of the Varsity Races. (**After a team's first ten finishers.**) We have increased the number of ribbons and T-shirts in the Varsity races due to having unlimited entries in these races.

Your school will be entered to participate in the Adirondack Cross Country Invitational when you have sent or faxed the entry form with a claim form or check payable to the Adirondack Boys Varsity Club for the \$100 entry fee or the entry fee of \$80 for only entering the modified races or \$10 per individual (up to four individuals) **and** have registered all your athletes (modified and varsity) into the Adirondack Invitational through **onlineentries.com** by the designated meet registration deadline.

Adirondack Cross Country Invitational Entry Form Saturday, October 31, 2009

School: _____

Varsity Boys Coach: _____ Email: _____

Varsity Girls Coach: _____ Email: _____

Modified Boys Coach: _____ Email: _____

Modified Girls Coach: _____ Email: _____

Varsity I and Modified I Races for schools with enrollments **greater than 380 students** in grades 9-12.

Varsity II and Modified II Races for schools with enrollments **less than 380 students** in grades 9-12.

Online meet registration only: All coaches (**modified and varsity**) must register their complete rosters with **onlineentries.com** to enter the Adirondack Cross Country Invitational. This is the **only** way to register your athletes for the meet. This entry form is to be submitted with your claim form or check for payment of entry fee only.

Entry Fee: \$100 Entry Fee for only entering modified races: **\$80**

Entry Fee for schools with less than five participating runners: \$10 per individual
Claim form/check payable to Adirondack Boys Varsity Club

Entry Form with claim form/check is due by October 20, 2007 to:

John Bernard
Adirondack Cross Country Invitational
Adirondack High School
Route 294
Boonville, New York 13309

Entry Form with claim form can also be faxed to: John Bernard (315-942-9074)

Coaches Meeting: 9:00 a.m. in the Middle School cafeteria. Meet packets, Coffee, cider, and donuts available to coaches in the cafeteria from 7:30 a.m. to 9 a.m.

Order of Races: (Course Map will be posted on the Section III website.)

9:30 a.m.: Boys Modified I Race
9:50 a.m.: Girls Modified I Race
10:10 a.m.: Boys Modified II Race
10:30 a.m.: Girls Modified II Race
10:50 a.m.: Girls Varsity I Race
11:20 a.m.: Boys Varsity I Race
11:50 a.m.: Girls Varsity II Race
12:20 p.m.: Boys Varsity II Race

