

# VOORHEESVILLE BLACKBIRD CROSS COUNTRY INVITATIONAL

## SATURDAY, SEPTEMBER 7, 2019

**Dear Athletic Director/Coach:** 

You and your Boys & Girls Cross Country teams are invited to participate in the Voorheesville Blackbird Cross Country Invitational. This invitational has shown to be an excellent early-season competition for those who participate. Championship plaques will be awarded to the top three teams and top three individual place finishers in each race, as well as, medals to finishers. Good luck to you with the upcoming cross country season and we hope that you consider the Blackbird Invitational as a part of your schedule.

**RACE SCHEDULE:** 

- 8:40 AM Coaches meeting at the starting line
- 9:00 AM Freshman Girls
  9:15 AM Freshman Boys
  9:30 AM Varsity Girls II
  10:00 AM Varsity Boys II
  10:30 AM Varsity Girls I
  11:00 AM Varsity Boys I
  11:30 AM Junior Varsity Girls
  12:00 PM Junior Varsity Boys

#### **COURSE:**

All races are run at Wallace Park, in the Town of New Scotland, 148 Swift Road in Voorheesville.

JV & Varsity – 5,000 meters over wooded trails and open fields, rolling hills and one moderate uphill that is run twice. This is a very coach and spectator friendly course with many opportunities to see the runners during the race. Mile markers are within close proximity to the Start/ Finish area.

Freshman - 1.5 miles over wooded trails and open fields, rolling hills with one moderate uphill.

#### AWARDS:

Individual awards will be handed out in the chute at the conclusion of each race. Team Plaques will be awarded as soon as results are posted by concession stand area and announced by the DJ - Top 3 Teams in each race, along with T-shirts to the Boys and Girls Varsity I & II Championship Teams. Coaches make sure you check the results board to see if your team may have won a plaque – we will give out all plaques in each race.

#### FOOD & DJ

There will lots of great food and drink available throughout the meet at our concession stand manned by the Voorheesville Cross Country Booster Club. Also, there will be a DJ keeping you entertained between races, and also making announcements throughout the meet -- race times, results, etc.

#### **ENTRIES:**

Varsity teams are limited to 7 runners. Schools must enter a complete Varsity team in order to enter any JV runners. All JV and Freshman races have unlimited entries. To facilitate a well run meet, we will be limiting the number of teams to the first <u>25</u> teams that respond. Please e-mail a list of entries to: please use excel format only

> Joe Becker, Head Coach at jbecker@voorheesville.org prior to Friday, September 1, 2017 Changes may be made at the venue prior to the coaches meeting.

**ENTRY FEES:** 

\$170 – Both girls and boys teams\$ 95 – per team

MAKE CHECKS PAYABLE TO: (not to Voorheesville High School) VOORHEESVILLE CROSS COUNTRY 432 New Salem Road Voorheesville, NY 12186

### VOORHEESVILLE BLACKBIRD INVITATIONAL ENTRY FORM

SCHOOL: \_\_\_\_\_

COACH: \_\_\_\_\_CONTACT NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Cost: \_\_\_\_\$ 170 both girls and boys teams \_\_\_\_\$ 95 single team

Please estimate the number of runners you plan to bring in each race division:

Freshman Girls:	Freshman Boys:
	•

JV Girls: \_\_\_\_\_

JV Boys: \_\_\_\_\_

Varsity Girls:

Varsity Boys: \_\_\_\_\_

Please send entry form and payment to

(not to Voorheesville High School)

Voorheesville Cross Country, by:

Friday, August 30, 2019