

3rd Annual Cardinal 7th-8th-JV Challenge
Cross-Country Invitational
Newark Valley Central School District
Tuesday, October 25, 2011



The Newark Valley Cross-Country program invites you to join us for the 3rd Annual **Cardinal Challenge**, sponsored by the Cardinal Booster Club. This is a fun event that gives JV teams a chance to shine on their own and the Modified athletes a chance to compete against their grade peers. We hope that you can join us at the **Challenge**.

Some details about our course: fairly flat, with a few small hills or rises and, approximately mid-way through for all races, one significant hill. It is well-groomed and has wide avenues for running. The course is 3.1 miles in length for the junior varsity races and 1.52 miles for the modified races.

Date: Tuesday, October 25, 2011

Place: Newark Valley High School (Section IV)

Times: 3:40 - Coaches meeting
4:00 - 7th Grade Boys Run
4:20 - 7th Grade Girls Run
4:40 - 8th Grade Boys Run
5:00 - 8th Grade Girls Run
5:20 - Junior Varsity Boys Run
5:50 - Junior Varsity Girls Run

Deadline: Please have the Entry Form to us no later than Friday, September 30, 2011

If you have any questions, please contact Coach Brian Trippany at btrippany@nvcs.stier.org

Fee: See Entry Form

Awards: Team: plaques - top two teams in each race
Individual: Trophies 1st– 30th

Race Details:

7th/8th Grade Race Details:

Since this invitational is splitting your modified teams into grade levels, we will not follow traditional scoring rules. Team scores will be determined adding up your first **three** runners (not five) across the line. All other cross country rules will remain the same. There is no limit to the number of runners in each race, but only the top three finishers will be scored, with the 4th and 5th runners' placings used to break ties.

Your athletes **MUST** be placed into their grade level race. The **ONLY** exception to this rule is if you need **one** 7th grade runner to move up to the 8th grade race to make a complete team of **three**. 8th graders will not be allowed to run down in the 7th grade race.

Junior Varsity Race Details:

We purposefully did not include varsity races for this meet to allow those athletes rest days for the upcoming championship season. So, please make sure that runners entered in these races are not regular varsity scorers (top 5).

Other Meet Details:

There will be a brief awards ceremony at the end of the meet (outdoors weather-permitting, or in the Multi-Purpose room of the High School if weather is poor) for team awards and recognition of the top ten in each race. Individual awards will be given out at the finish line.

Locker Room facilities are available in the high school.

No spikes may be worn in the building. Use only the designated areas, as any runner caught wandering the building will be disqualified with their entire team.

There will be a concession stand throughout the meet.

Busses must park in the front of the school in the large parking lot. Please do not arrive prior to 2:38, as our school does not dismiss until 2:30 and buses do not depart until 2:38. Thank you.

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Intention To Enter Form

Name of School _____

School Address _____

Coach(es) Name(s) _____

Best phone number _____ Best phone number _____

Email _____ Email _____

Yes, we do plan on attending: _____

No, we do not plan on attending: _____

<u>Check if entering this race</u>	<u>Race</u>	<u>Approximate # of athletes</u>
_____	7 th Grade Boys	_____
_____	7 th Grade Girls	_____
_____	8 th Grade Boys	_____
_____	8 th Grade Girls	_____
_____	JV Boys	_____
_____	JV Girls	_____

Fee: \$20.00 per race OR
\$10.00 per individual runner OR
\$80.00 maximum amount per school for all 6 races

Please make your check payable to: Newark Valley Booster Club, and mail it, along with the completed entry form, to:

Newark Valley High School
c/o Newark Valley Booster Club
68 Wilson Creek Rd.
Newark Valley, N.Y. 13811

Also, if you could, please email this page of the estimated number of runners for each race filled in to: btrippny@nvcs.stier.org. It is very helpful to us to have this information as soon as is possible. Thank you.