

CENTRAL SQUARE CROSS COUNTRY INVITATIONAL 2009

WHEN: September 12th, 2009

WHERE: Paul V. Moore High School – Central Square

MEET DIRECTORS: Shaun McGuane – 380-2844 (cell)
673-7284 (home)
668-4341 (work)
Sandy Burns - 380-1442 (cell)
673-7284 (home)
668-4275 (work)

COURSE: The course is 3.1 miles of wooded trails with grass open fields and some moderate hills; spikes are advised. Great spectator course.

RACE SCHEDULE

9:30 Coaches Meeting
10:00 Varsity Boys
10:30 Varsity Girls
11:00 JV Boys
11:30 JV Girls

20 team limit

TEAM AWARDS: 1st, 2nd, 3rd, in Varsity races
1st & 2nd in JV races

INDIVIDUAL AWARDS: Numbered Ribbons 1-25 in Varsity and JV races. T-Shirts to top 10 in Varsity races

ENTRY FEE: \$100.00 per school (\$50.00 if only bringing a girls or boys team) check or voucher payable to **Central Square Cross Country Boosters**

Mail to: Shaun McGuane
Central Square Middle School
U.S. Rt. 11S
Central Square, NY 13036

CENTRAL SQUARE CROSS COUNTRY INVITATIONAL 2009
SATURDAY, SEPTEMBER 12TH, 2009
CENTRAL SQUARE HIGH SCHOOL

ENTRY FORM

School _____ Fax # _____

Address _____ School Phone _____

Street _____ City _____

State _____ Zip _____

Boys' coach _____ Home ph. _____

Email _____

Girls' coach _____ Home ph. _____

Email _____

ATTENTION COACHES:

- 1. PLEASE INCLUDE A ROSTER WITH YOUR ENTRY FORM.**
- 2. SCORING WILL BE DONE "THE OLD FASHION WAY" (SCORE CARDS AND INDIVIDUAL TAGS).**
- 3. COACHES WILL NEED TO FILL OUT RUNNER TAGS BEFORE THE RACE AND TURN IN A SCORE CARD PROMPTLY AFTER THE RACE.**
- 4. MUST RUN TOP 7 IN VARSITY RACE. UNLIMITED ENTRIES IN JV RACE.**
- 5. RESULTS WILL BE EMAILED TO TULLYRUNNERS WEBSITE LATER SATURDAY AFTERNOON.**

Please indicate which races you will be entering teams in:

Boys Varsity____ Girls Varsity____ Boys JV _____ Girls JV_____

ENTRY DEADLINE September 5th, 2009

