

CENTRAL SQUARE CROSS COUNTRY INVITATIONAL

2010

WHEN: September 11th, 2010

WHERE: Paul V. Moore High School – Central Square

MEET DIRECTORS: Shaun McGuane – 380-2844 (cell)
673-7284 (home)
668-4341 (work)
Sandy McGuane - 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
11:10 JV Boys
11:40 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 c/o Shaun McGuane

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

CENTRAL SQUARE CROSS COUNTRY INVITATIONAL 2010
SATURDAY, SEPTEMBER 11TH, 2010
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 3TH

