

2019 Conwicke-Stock Cross Country Invitational

Dear Coach,

Union-Endicott High School and Vestal Central High School invite you to the 59th annual Ted Conwicke-Sid Stock Cross Country Invitational, which will be held **Friday, October 4th, 2019** at Ann G. McGuinness Elementary School on Rt. 26 in Endicott, NY.

The Races

All Varsity, Freshmen and JV races: 2.9 miles. Freshmen girl's individual awards will be determined from times of Varsity and JV races. Starts and ends on flat ground by the school and soccer fields, with some rolling hills in the middle. Short spikes are recommended. This year we will offer Chip Timing through Falcon Race Timing!

Varsity races are limited to 7 runners per squad. All other races have an unlimited number of entries.

Modified races are 1.5 Miles, start and finish on flats with rolling hills in the middle.

Awards

Teams: 1st and 2nd place plaque for small and large schools in each Varsity race. 1st and 2nd place plaque in each JV race. 1st and 2nd place plaque for each modified race.

Individuals: T-shirts to top twenty finishers in each varsity race. Medals to top 3 in each race.
T-shirts to top ten finishers in each JV race. Medal to top two finishers.
T-shirts to top five finishers in Freshmen race. Medal to first place finisher.
T-shirts to top five finishers in Modified races.
Ribbons to 50th place in each race past T-shirt winners.

Race Schedule

4:05 p.m.	Coaches Meeting at the Finish Line
4:15 p.m.	JV Boys
4:45 p.m.	Varsity Girls (unlimited)
5:15 p.m.	Varsity Boys
5:40 p.m.	Mod Girls
6:00 p.m.	Mod Boys

Location

The course is located at Ann G. McGuinness Intermediate School, on Rt. 26 in Endicott, NY.

The address for your GPS, Mapquest, etc is:

1301 Union Center Maine Hwy, Endicott, NY 13760

Runners can be dropped off at the Ann G. McGuinness parking lot. Buses and overflow parking will be directed to park in the lot next door.

Entry Fees and Deadlines

Entry fees are \$150 max per school, or \$40 per race or \$10 per runner. Please contact Daniel Bertoni at physedb@gmail.com to confirm your entry as soon as possible. Daniel can also be reached on his cell phone at (607) 644-5166 via call or text.

All entries and forms must be received no later than **Tuesday, October 1st, 2019**. Once you've handed in registration form or have emailed your intent to run a roster sheet will be sent for you to fill out. This must be in by Tuesday October 1st.

Registration Information: 2019 Conwicke-Stock Invitational

School _____ Address _____

Coach _____ Home Phone _____ Work Phone _____

Please check the races your team will be participating in with approximate entry #'s:

Modified: ___ Boys ___ # of competitors ___ Girls ___ # of Competitors

JV: ___ Boys ___ # of competitors ___ X Girls ___ X # of Competitors

Varsity: ___ Boys ___ # of competitors ___ Girls ___ # of Competitors

_____ FEE ENCLOSED _____ FEE will be presented at the event

Please Mail Completed Form To:

Conwicke-Stock Invitational / Cross-Country

Union-Endicott Athletic Department

1200 E. Main St.

Endicott, NY 13760

Payable by check or voucher to: UEX-C Booster Club