

2010 Cuba-Rushford Cross Country Invitational



Cuba-Rushford Central School – 5476 Rt 305 North – Cuba, NY 14727

XC Coach – Robert Sprague AD - Gary Wight

Phone: (585) 968 – 2650 FAX (585) 968-2651

The 14th annual Cuba-Rushford Cross Country Invitational will be held **Saturday, October 16th**, at the Middle/High School

Entry Fee: \$70.00 per school, or \$40.00 per varsity team, or \$15.00 per individual runner.

Make checks or claim forms out to: **Cuba-Rushford Sports Boosters
Cuba-Rushford Central School
5476 Route 305 North
Cuba, NY 14727**

Race Schedule:

10:00 Walk the course	11:40 Varsity Girls Small School
11:00 Junior High Girls (7 th & 8 th Grades)	12:10 Varsity Girls Large School
11:20 Junior High Boys (7 th & 8 th grades)	12:40 Varsity Boys Small School
1:45 Awards Ceremony	1:10 Varsity Boys Large School

Unlimited number of runners per race. Top 7 runners will be scored (6 and 7 for displacement)
Course will be on grass. Varsity races are 3.1 miles and Junior High races are 1.5 miles.
Ice is available to coaches upon request. Concession stand will be run by CRCS Sports Boosters.
T-shirts will be on sale at the concession stand.

Awards:	Team Trophy –	1 st through 3 rd place in all races	
	Individual Awards –	1 st – 3 rd place	5 x 7 plaque
		4 th – 25 th place	Medal
		26 th – 75 th place	Ribbon

Winning Varsity Coaches- T-shirt

Forms have been submitted to have this meet sanctioned.

Directions: Cuba-Rushford Middle School is located 1 mile north of the village of Cuba. If traveling west on Interstate Route 86 (Route 17), get off at exit 28, take a right on Route 305. The school is on your right. If traveling east on Route 86, get off exit 28 and take a left on route 305. The school is on your right

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e-mail - rsprague@crcs.wnyric.org

Entry Form

School: _____ Coach: _____
Address: _____ Coaches phone: _____
City: _____ Zip code _____ School phone: _____
E-mail: _____

List number of runners at each level

_____ Varsity Boys Race Enrollment Grades 9-11 _____ (approx.)
_____ Varsity Girls Race
_____ Junior High Boys Race
_____ Junior High Girls Race

This entry form is due by Friday, October 8th. Your entry fee or claim form is also due at this time.

Checks payable to: **Cuba-Rushford Sports Boosters**

Mail Entry Form to : Robert Sprague
Cuba-Rushford Central School
5476 Route 305 N
Cuba, NY 14727