

Announcing the 20th Annual East Syracuse Minoa Cross Country Invitational

Saturday, September 10th, 2011 9:00 AM

Coaches pickup packets at reception tent upon arrival

Pine Grove Junior High Campus Fremont Rd., East Syracuse

9:00 Varsity Boys

9:30 Varsity Girls

10:10 JV Boys

10:40 JV Girls

AWARDS: Team 1st and 2nd place trophies in 2 divisions (Varsity and JV only) ...run together, scored separate

Individual ribbons 1-50 Special awards 1-5 Fastest Varsity Times

COURSE: Interesting, European style 5K

Results are computerized, all runners will be assigned a number.

\$110.00 for two or more teams, \$60.00 for one team. Vouchers or checks make payable to ES-M Harriers c/o Jim Gorney.

Directions to Course: Take Kirkville Road East exit from Rt. 481. Turn right on Fremont Road from Kirkville Road. Turn left into Pine Grove/Woodland campus 150 yards on left.

Complete concessions at the meet including coffee, donuts, water, powerade, hamburgers, hotdogs, pizza and a variety of candy, chips

Procedure: Starting line 1st come, 1st serve basis

10 Varsity allowed, 7 before anyone runs JV, JV and modified unlimited

Please respond by September 1st with a commitment e-mail to jgorney@esmschools.org after which you will receive a roster form.

Jim Gorney <> 21 Elia Circle <> Canastota, NY 13032

ES-M Invitational Entry Form

** Please send or e-mail by Friday September 24th **

School _____

Address _____

Coach(s) _____ phone number _____

e-mail _____