

5th Annual Wayne-Finger Lakes Coaches' “EARLY SEASON SCRAMBLE”

Here's a Chance to Run your Team in an Early Season,
Non-traditional, Low-Key Format!

DATE: Thursday September 9, 2010

PLACE: Midlakes H.S.

COURSE: 5000m, mostly grass and wooded trails.
5000m course, spikes recommended.

COST: \$80 per School (This allows entry to both girls & boys race's)

AWARDS: T-Shirts to Top 10 in each division of School Races

Ribbons to 1-50 in School Races

Plaque to Fastest Male/Female Runner of the Day

NO TEAM SCORING!

Divisions: Large schools (425 and above) Small School (under 424)

ORDER of EVENTS: 3:45-4:15 Tour course

4:15 short coaches meeting

4:30 girl's frosh/soph race (both divisions, 5k)

5:10 boy's frosh/soph race (both divisions, 5k)

5:50 girl's junior/senior race (both divisions, 5k)

6:30 boy's junior/senior race (both divisions, 5k)

AWARDS WILL BE HANDED OUT IN THE FINISH CHUTE.

Results posted as quickly as possible

Checks payable to: **FLHSAA (FINGER LAKES HS ATHLETIC ASSOC.)**

Send voucher/payment to: Wayne High School Athletic Office

6200 Ontario Center Rd.

Ontario Center, NY 14520-0155

Questions? Call /Carl Johnston 315-524-6523

SEND YOUR INTENT BY E-MAIL TO:

Carl Johnston/ Finger Lakes league chairman

Carl_Johnston@urmc.rochester.edu

_____ **yes we will attend** _____ **no we will not attend**

SCHOOL: _____

COACH: _____

COACHE'S E-MAIL: _____

ESTIMATED NUMBER OF RUNNERS:

OPEN RACE (BOYS AND GIRLS) _____

9-10 GIRLS _____

9-10 BOYS _____

11-12 GIRLS _____

11-12 BOYS _____