

6th 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 8, 2011

PLACE: Newark 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, Ribbons to 1-50 in each race, Plaque to Fastest Male/Female Runner of the Day.

- **All ribbons will be handed out in the chute.**

- **Top 10 Shirts can be picked up immediately after the race. Each runner will be handed an index card that they will turn in to receive their shirt.**

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)

Athlete Entry, Timing & Results:

Entries will be done online through your team account (male / female) at www.yentiming.com by **Tuesday September 6th 8:00pm**. Simply Login and enter your roster for this meet. A bar coded label will be printed for each runner's pull tag.

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

SEND YOUR INTENT BY E-MAIL TO: Paul Pfeiffer/ Wayne-Finger Lakes Chairman
ppfeiffer@marioncs.org