

# Elmira Cross Country Invitational 2010

We are thrilled again to be hosting the Elmira Cross Country Invitational on Saturday, September 18<sup>th</sup> 2010 starting at 9:30am at the Newtown Battlefield! We will be accepting a maximum of 25 teams again this year. We have averaged about 17 teams in the past. If you are interested in attending please respond by September 4<sup>th</sup> 2010 so that you are not left out. **\*\*New in 2010\*\***- Instead of a JV race we will run a **sub varsity race** on our little over 2.2 mile freshman course that we used in 2009. (freshman records are 13:08.6, Cory McCarty and 15:46.5, Madeline Staiger, to give you an idea) This is for new runners and runners not ready to handle the rigors of the varsity 5 k course, which is challenging. We will run 9<sup>th</sup> -12<sup>th</sup> grade together and separate by grade for awards. Because of this change teams will be allowed to run up to 10 runners in the varsity race (top 7 will count). Large school and small schools will be separate in results.

To be sure your team is entered (1) please email Ben Cardamone at [Bcardamo@elmiracityschools.com](mailto:Bcardamo@elmiracityschools.com) or [Calebrit@aol.com](mailto:Calebrit@aol.com) at your earliest convenience (2) complete the entry form below and return it to Ben Cardamone, 1000 Broadway Elmira, NY 14904. Please include Check or voucher along with entry form. Check or voucher should be made out to Elmira Cross Country Invitational. Checks will be due at race time if not received prior to Invitational.

Cost:

\$100.....All Races  
\$30 / race.....Partial Team  
\$10.....Per Individual

Race distances will be: 5000 meters for Varsity races, Approximately 2.2 miles for Sub Varsity races, and Approximately 1.5 miles for modified races. Directions to the event are enclosed as well as the race schedule, and award information. We will be using Sydexsports.com site again for entries. Rosters and race designation will be due by 9:00pm Wednesday September 15<sup>th</sup>, 2010.

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**ENTRY FORM**

SCHOOL \_\_\_\_\_ ADDRESS \_\_\_\_\_  
COACH \_\_\_\_\_ HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_  
EMAIL ADDRESS \_\_\_\_\_  
\_\_\_\_\_ FEE ENCLOSED \_\_\_\_\_ FEE will be presented at the event

## **DIRECTIONS**

Coming from west, follow Route 17 east (86) past the Elmira exit, approximately 3-4 miles, entrance to Newtown Battlefield will be on the left. Follow Oneida Road into the park and you will be directed where to park upon arrival. If you come to the next overpass (Wellsburg exit) you have missed the turn!

Coming from east, follow Route 17 west (86) past the Wellsburg exit (by Red Jacket Motel), approximately 2-3 miles will be the entrance to the Newtown Battlefield on the right. Follow Oneida Road into the park and you will be directed where to park upon arrival. If you come to the Elmira exit you have missed the turn!

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## **SCHEDULE**

9:00 Coach's Meeting (only for changes, all other meet info in packet)  
9:30 Modified Girls  
9:45 Modified Boys  
10:00 Sub Varsity Girls  
10:20 Sub Varsity Boys  
10:40 Varsity Girls  
11:00 Varsity Boys

Athletes will have bib numbers in all races. Please make sure any change is done at coach's meeting. We will try and start awards ceremony by 11:45 or as soon as results are completed. Score sheets need to be turned in promptly! These are important for backup if needed.

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### **AWARDS (tentative on numbers)**

**Team plaques 1<sup>st</sup> and 2<sup>nd</sup> place in each division (AA/A, B/C/D) boys and girls**  
**1<sup>st</sup> place TEAM CHAMPION T-shirts (male/female, both divisions)**  
**Top 25 Overall – Elite Varsity Runner Patches**  
**26-75 in varsity race- Elmira Invite Patch**  
**Top 75 in Sub-Varsity race receive patches**  
**Top 50 in Modified races receive patches**  
**Combined team award (top 3 boys and top 3 girls combined times)**

**Concessions available and we will be selling T-Shirts**