

Announcing the 18th Annual East Syracuse-Minoa Cross Country Invitational

Saturday, October 10th, 2009 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
11:20 Mod Boys
11:50 Mod Girls

AWARDS: Team 1st and 2nd place trophies in 2 divisions (Varsity

and JV only)run together, scored separately

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

COURSE: Interesting, European style 5K

Procedure: Starting line 1st come, 1st serve basis
10 Varsity allowed, 7 before anyone runs JV,
JV and modified unlimited

Results are computerized, all runners including modified 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.

Important notice: This year's meet is limited to the first 12 varsity teams entered.

Please respond by September 26th 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

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

ES-M Invitational Entry Form

**** Please send or e-mail by Friday September 26th ****

School _____

Address _____

Coach(s) _____

phone number _____

e-mail _____