



FISHER - RODENBECK HIGH SCHOOL XC INVITE

Friday, September 4, 2026

(Co-Sponsored by Rush Henrietta XC)

St. John Fisher University looks forward to hosting your cross country teams at the **Fisher - Rodenbeck XC Invite on Friday, September 4, 2026. This meet will be run in conjunction with a follow-on collegiate meet later in the day.** The Girl's 4,000 meter race will start at 10:00 a.m. with the Boy's 4,000 meter race starting at 10:45 a.m. This meet is designed to provide a small, convenient, early-season competitive opportunity for all teams involved.

Entries: Coaches will submit entries through Direct Athletics. Entries will open at 1:00 p.m. on Wednesday, August 26 and will close at 1:00 p.m. on Wednesday, September 2.

Course/Race: The race will be run on a 2K loop course. The course is run 98% on grass, 2% hard packed dirt surface with rolling terrain. Spikes are recommended. Course will be open for inspection at 8:00 a.m. on September 4, 2026.

Entry Fee: The entry fee is \$100.00 per team (total \$200.00 for both boy's and girl's teams) and there are no entry limits. Payment must be paid either directly to Direct Athletics or with check on race day.

Awards: Trophy to each individual winner. Dri-Fit T-shirts to top 10 (non-winning team). Trophy to each winning team. Winning team - Top 7 runners receive Dri-Fit T-shirts (No double dipping).

Timing and Results: Leone Timing will time the meet with results being made available immediately at the conclusion of the race.

Location: The course is located on the old Fisher golf course on South Campus. Number 23 on the Campus Map.

Parking: Team vans and buses will be allowed to park in Lots V and W (see Campus Map)

Facilities: There will be porta potties at the site of the course. Shower facilities will be available on Main Campus.

St. John Fisher University Campus Tours: Campus tours will be available. Please notify Coach Grambo, ggrambo@sjfc.edu if you are interested in your athletes attending a campus tour.

Should you have any questions, please do not hesitate to contact Coach Grambo. We look forward to seeing you September 4, 2026.

Please note: We will need at least 3 teams to participate in order to hold this meet. Please let me and Coach Grambo know via e-mail if you plan to attend. mhenchen@sjfc.edu, ggrambo@sjfc.edu.

