

2010 FORT PLAIN SPORTS BOOSTER CLUB CROSS COUNTRY INVITATIONAL

Site: H.H.Hoag Elementary School & Sports Complex

Date: Saturday, September 18, 2010

Races, Distances, Times, etc. PLEASE NOTE CHANGES- Modified Invy- Sat. 10/23 !!!!

- 8:45 am. Coaches Meeting at the starting area
- 9:00 am. Boys Freshman (~ 1.5 miles) Still- Construction- Course alterations
- 9:20 am. Girls Freshmen (~ 1.5 miles)
- 9:45 am. Varsity Girls - Division I- Small Schools (~ 3.0 miles)
- 10:15 am. Varsity Girls - Division II- Large Schools (~ 3.0 miles)
- 10:45 am. Varsity Boys - Division I- Small Schools (~ 3.0 miles)
- 11:15 am. Varsity Boys - Division II - Large Schools (~ 3.0 miles)
- 11:45 am. Junior Varsity- Boys- (~ 3.0 miles)
- 12:15 pm. Junior Varsity – Girls (~3.0 miles)

ENTRIES: No team may enter in any other race unless you have a varsity team entry. Varsity races are limited to 7 runners while other races may have unlimited entries. Your top 5 runners will score & your top 7 will displace other runners. **REMINDER: NO JEWELRY OF ANY SHAPE OR FORM!! SCHOOL ISSUED UNIFORMS ONLY AND THEY MUST BE ALIKE!**

REVISED- Rosters need to be emailed to me on the Hy-Tek format. *If you don't have that format (revised edition), please email me & I will send you download instructions. We will want entries by no later than Tues. 9/14 so we can confirm your entry. A school list of abbreviation codes is attached to this email that includes schools which attended our meet in 2009. Roster changes/additions may be made the day of the race.*

EMAIL: ckark@fortplain.org (S) Fax:518-993-2897; (S) phone:518-993-4000 x 3420; (H)518-993-3218.

AWARDS: **Individual:** Frosh Girls & Boys- Medals #1-15; Ribbons #16-25(each)
J.V. Girls & Boys- Medals #1-15; Ribbons #16-25(each)
Varsity Girls & Boys- Medals #1-30; Ribbons #31-50

Team: Frosh Girls & Boys, and J.V.Girls & Boys- Trophies for 1st and 2nd place teams.
Varsity Girls and Varsity Boys- Trophies for 1st, 2nd, and 3rd place teams.

THESE DEPEND ON # OF ENTRIES!

- Additional Information:**
- 1) Long sleeve meet t-shirts will be for sale
 - 2) Concession stand will be open w/ a variety of food & drinks
 - 3) Port-a-johns will be available
 - 4) Winning Varsity teams will be awarded **Meet Champion T-shirts**

***** Please plan your travel accordingly –Construction - Fog; etc. *****

ENTRY FEE: \$100.00 per school or \$60.00/ Girl entry or \$60.00/ Boy entry. Send checks or vouchers to:

**CHARLES KARKER, MEET DIRECTOR
FORT PLAIN CENTRAL SCHOOL
FORT PLAIN, N.Y. 13339**

Please detach and return to the above address whether you are attending or not ASAP!!!! Thank you!
OR Email me at: ckark@fortplain.org

_____ We will attend Coach: _____

_____ We will not attend School: _____

Address: _____

Email: _____ Phone :(W) _____ (H) _____