

2019- 42nd FORT PLAIN 4 Km. CROSS COUNTRY INVITATIONAL

New Date and New distance! A 4 km. race! (Section 2 XC invitational schedule has been altered...)

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

Date: Saturday, AUGUST 31, 2019

Races, Distances, Times, etc.

Modified Invy: Date-Sat.-10/19/19

- 8:45 am. Coaches Meeting at the starting area
- 9:00 am. Boy's freshmen (~ 1.7 miles)
- 9:20 am. Girl's freshmen (~ 1.7 miles)
- 9:45 am. Varsity Girls - Division I- Small Schools (4 km.)
- 10:15 am. Varsity Girls - Division II- Large Schools (4 km.)
- 10:45 am. Varsity Boys - Division I- Small Schools (4 km.)
- 11:15 am. Varsity Boys - Division II - Large Schools (4 km.)
- 11:45 am. Junior Varsity- Girls/ Boys- (4 km.) Separate chutes

JV Girls may be started 1 minute after the boys start! There is a conflict within the park in the afternoon.

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!**

We will be using the MILE SPLIT NY website. Go to <http://ny.milesplit.com>. Many of you have used this for XC or track. If you don't have an account, then you must create one. {Roster changes/additions may be made the day of the race.} **ROSTERS DUE BY 8/29/19.**

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AWARDS*: Individual: Frosh Girls & Boys- Medals #1-20; Ribbons #21-30 (each)
J.V. Girls & Boys- Medals #1-20; Ribbons #21-30 (each)
Varsity Girls & Boys- Medals #1-30; Ribbons #31-50

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

***THESE DEPEND ON # OF ENTRIES!**

- Additional Information:**
- 1) Short sleeve tech 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 (Coach too!)

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

ENTRY FEE: \$125.00 per school or \$75.00/ Girl entry or \$75.00/ Boy entry. Send checks or vouchers to:

FORT PLAIN CC & T-F ATHLETICS
FORT PLAIN CENTRAL SCHOOL
25 HIGH STREET
FORT PLAIN, N.Y. 13339-1365

Please detach and return to the above address whether you are attending or not ASAP!!!! Thank you!

OR Email me at: charlie.karker@fortplain.org

_____ We will attend Coach: _____

_____ We will not attend School: _____
Address: _____

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

