

Lakeside Park, Pawling, New York

Green Mountain Lake Cross Country Invitational September 25, 2010 Site of the 2010 NYSPHSAA X-C Championships

You are invited to enter the 2nd Annual Green Mountain Lake Cross Country Invitational hosted by Pawling High School. Come and join us and take the opportunity of running on Pawling's scenic 5,000 meter championship course.

The course offers a variety of running terrain with most of the grass covered course winding through trails. The first mile is in the primary park area and is flat and fast while the 2nd half of the course offers a challenging hill and scenic trails. Great awards, music, and food await your team. The awards include a trophy to the winner of each race and custom medals 25 deep in all varsity and JV races, and medals to the top 25 finishers in the Jr. Hi. 1st, 2nd, and 3rd place in each varsity race will receive a trophy, and the top team in the sub-varsity race will receive an award.

DATE: Saturday, September 25, 2010

PLACE: Lakeside Park, Pawling, New York

RACES:

Championship Race: (7 runners per team, field established by race committee)

One boys, One girls race: This race is for highly competitive teams. The race committee will select between 12 and 20 teams (max) to run in this race. To be considered for the race coaches should fill in the information on the entry form.

Varsity: (Maximum one team of 7 Runners, no "B" teams)

Division I (915 and up)

Division II (914 – 450)

Division III (0 – 449)

Junior Varsity: (7 runners, no "B" teams in JV races) additional runners in "open" race. Same divisions as varsity teams.

Frosh/Jr. High Race: (any modified runner grade 7 and 8, or freshman who have not run a varsity race are eligible.) This is a team race but each team may enter up to 10 runners. Divisions based on your team's cross country class status: (AA, A, B, C, or D)

Open Race: (Unlimited): any runners not racing in the regular meet schedule may run in the open race. It is open to any runner, coach, or adult interested in running the course. There will be no team or individual awards, no official timing (runners or coaches should time for themselves). Runners will enter the open race the day of the meet and fill out an entry form. Entry fee \$2.00. All those who enter will be able to purchase and event T-Shirt for \$5.00 instead of \$10, as long as T-Shirts last. Entry will be at the table where T-Shirts are sold.

MEET ENTRY BLANK (MAIL IN PAGE 2 AND 3)

Name of School: _____
 Address: _____
 Coach: _____ Email: _____
 Daytime Phone: _____ Evening Phone: _____

DEADLINE: Wednesday, September 22, 2010: There is also a limit to 20 teams maximum per race. Once the races are full, entries, even if submitted prior to the deadline, will be returned. A final list of all accepted teams will be available on the meet's web site at Armorytrack.com.

ROSTER MUST BE SENT TO: genedall@optonline.net by deadline date or your team will not be entered in the meet.

ENTRY FEE: PLEASE ENTER THE FOLLOWING TEAMS OR INDIVIDUALS IN THE RACES INDICATED

Blanket Boys' Team Entry Fee of \$150: Blanket Girls' Team Entry Fee of \$150
 Individual Team Race Entry Fee of \$50: Individual Athlete Race Entry Fee of \$10

	Teams (check)	individuals entered (list the number of runners)	=	TOTAL \$ OWED
FRESHMAN/JR HI GIRLS	_____	_____	=	_____
FRESHMAN/JR HI BOYS	_____	_____	=	_____
VARSITY GIRLS I	_____	_____	=	_____
VARSITY BOYS I	_____	_____	=	_____
VARSITY GIRLS II	_____	_____	=	_____
VARSITY BOYS II	_____	_____	=	_____
VARSITY GIRLS III	_____	_____	=	_____
VARSITY BOYS III	_____	_____	=	_____
JUNIOR VARSITY BOYS I	_____	_____	=	_____
JUNIOR VARSITY BOYS II	_____	_____	=	_____
JUNIOR VARSITY GIRLS II	_____	_____	=	_____
JUNIOR VARSITY BOYS II	_____	_____	=	_____
JUNIOR VARSITY GIRLS III	_____	_____	=	_____
JUNIOR VARSITY BOYS III	_____	_____	=	_____

OPEN RACE (NO FEE) TOTAL NUMBER EXPECTED TO RUN _____

TOTAL AMOUNT DUE _____

NOTE: If you are entering a team in the championship race, you may your JV runners in the JV I or II. Please indicate on the entry in which division your JV team will run.
Maximum entry \$250.00 per school for all entries.

MAKE CHECKS PAYABLE TO: Pawling High School

FILL OUT THE MEET ENTRY INFORMATION (PAGE 2 AND 3) AND MAIL YOUR ENTRY AND CHECK OR VOUCHER TO:

Jack Power
c/o Pawling High School
30 Wagner Road
Pawling, NY 12564

*Blanket fee means the school can run a varsity, JV, Jr. Hi, and extras race for \$150.00 for the entire boys program/or correspondingly, for the girls program. A fee of \$250.00 will cover all teams and all races.

ENTRY FOR CHAMPIONSHIP RACE:

BOYS TEAM: list your 5 best runners

Name _____ best 5k time _____

Name _____ best 5k time _____

Name _____ best 5k time _____

Name _____ best 5k time _____

Name _____ best 5k time _____

GIRLS TEAM: list your 5 best runners

Name _____ best 5k time _____

Name _____ best 5k time _____

Name _____ best 5k time _____

Name _____ best 5k time _____

Name _____ best 5k time _____

MAIL IN PAGE 2 and 3

CONTACT: Adam Muroski: Meet Director
(845) 489-6375
email: gowava@gmail.com
OR

Jack Power Meet Director
(845) 855-4620 (school)
(845) 337-7152 (cell)
(845) 855-4617 fax

powerjack@hotmail.com
or
powerj@pawlingschools.org

MEET SCORING PROCEDURE:

We will be using computer scoring so it is necessary for you to submit a roster. Please list ONLY the athletes you expect to run on your roster. Please type the names and e-mail to: Gene Dall at genedall@optonline.net . If you prefer you may FAX the roster to Gene at 845-942-5182.

YOU MUST SUBMIT ROSTERS WHEN YOU MAIL IN YOUR ENTRY, THE SOONER THE BETTER.

2010 Green Mountain Lake Invitational ORDER OF EVENTS

Divisions:

Division I enrollment #'s 915 and up

Division II enrollment #'s 914 – 450

Division III enrollment #'s 0 – 449

****If your school is a single gender school double your enrollment figures to be placed in the correct division.****

Championship race open to all divisions: to be determined by race committee based on pre-entry qualifications. September 22nd and posted on Armorytrack.com

Race Schedule:

8:00 AM boys frosh(class B,C,& D schools)

8:15 AM girls frosh (class B,C,& D schools)

8:30 AM boys JV III

9:00 AM girls JV III

9:30 AM boys varsity III

10:00 AM girls varsity III

10:30 AM boys JV II

11:00 AM girls JV II

11:30 AM boys varsity II

Noon girls varsity II

12:30 PM boys frosh (class AA & A)

1:00 PM girls frosh (class AA & A)

1:30 PM boys varsity I

2:00 PM girls varsity I

2:30 PM Championship boys race

3:00 PM Championship girls race

3:30 PM boys JV I

4:00 pm girls JV I

4:30 PM Open Race: Open to coaches, extra runners, parents: There will be an entry form available at the scorers table for any one interested in running. Entry fee will be \$ 2.00 per runner. This is not part of the actual high school race so you do not need to list these runners on the entry, or include them on with the entry fee. All runners in this race should simply pay their own entry. Entry forms available at the T-Shirt table near the Lathrop Building. No results, no official timing (coaches or individuals should time themselves. This is a fun run. For those who enter the race they will be able to purchase an event T-shirt at for \$5.00 (rather than \$10) at the time they enter the race, as long as the T-shirts last).

Team awards and individual trophies for division winners can be picked up at the results table located in the Lathrop Building. Medals will be awarded in the chute.