

***Lakeside Park,  
Pawling, New York  
Green Mountain Lake  
Cross Country Invitational  
October, 15<sup>th</sup> 2011***

*Site of the 2010 NYSPHSAA X-C Championships*

You are invited to enter the 3rd 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 2<sup>nd</sup> 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 Frosh/Soph race. First place individual winners in each varsity race will receive a trophy, and the top team in the sub-varsity race will receive an award.

**DATE:** Saturday, October 15, 2011

**PLACE:** Lakeside Park, Pawling, New York

**RACES:** Varsity I: This division will consist of teams of 600 and up (same as outdoor track for division I)  
Varsity II: 599 and below (same as division II for outdoor track)  
Junior Varsity (unlimited number of runners, only the first 7 will count in the team standings)  
Same divisions as varsity teams, if the numbers warrant having 2 sections  
Frosh/Soph : (Unlimited) This race will combine both divisions, however there will be 2 sections if needed depending on the number of individuals entered.

MEET ENTRY BLANK (MAIL IN PAGE 2 AND 3)

Name of School: \_\_\_\_\_

Address: \_\_\_\_\_

Coach: \_\_\_\_\_ Email: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

**DEADLINE:** Monday, October 10 2011: 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](mailto: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 \$100: Blanket Girls' Team Entry Fee of \$100  
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/SOPH GIRLS	_____	_____	=	_____
FRESHMAN/SOPH BOYS	_____	_____	=	_____
VARSITY GIRLS I	_____	_7_	=	_____
VARSITY BOYS I	_____	_7_	=	_____
JUNIOR VARSITY BOYS I	_____	_____	=	_____
JUNIOR VARSITY GIRLS I	_____	_____	=	_____
VARSITY GIRLS II	_____	_7_	=	_____
VARSITY BOYS II	_____	_7_	=	_____
JUNIOR VARSITY BOYS II	_____	_____	=	_____
JUNIOR VARSITY GIRLS II	_____	_____	=	_____

TOTAL AMOUNT DUE \_\_\_\_\_

**Maximum entry \$150.00 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

**PLEASE BE SURE TO SEND ALL CORRESPONDENCES TO JACK POWER TO ENSURE YOU ARE PROPERLY ENTERED. IF YOU SIMPLY SEND ENTRIES OR VOUCHERS TO THE SCHOOL THE MEET OFFICIALS MAY NOT RECEIVE YOUR ENTRY INFORMATION.**

**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](mailto:powerjack@hotmail.com)

or

[powerj@pawlingschools.org](mailto: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](mailto: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.\*\*\***

## **2011 Green Mountain Lake ORDER OF EVENTS**

### **Divisions:**

Division I enrollment #'s 600 and up

Division II enrollment #'s 599–

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

### **Race Schedule:**

10:00 AM	boys frosh
10:15 AM	girls frosh
10:30 AM	boys JV I
11:00 AM	girls JV I
11:30 AM	boys varsity I
12:00 AM	girls varsity I
12:30 PM	boys JV II
1:00 PM	girls JV II
1:30 PM	boys varsity II
2:00 PM	girls varsity II

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