



GILDERLAND XC



We invite you to join us at our beautiful and challenging Tawasentha Park for the ...

49th GILDERLAND INTERNATIONAL XC INVITATIONAL

SATURDAY, SEPTEMBER 21, 2019

The prestigious Gilderland Invitational has hosted some of the best teams in Section 2 in NYS and the nation. It provides an exciting preview of the fall season! If you have plans for attending the NYS Federation Meet in November, then our course will prepare your runners, as the two courses are similar in terrain.

➔ This course is designed with challenging terrain, gorgeous trails and open field running and is spectator friendly. We have eliminated our steep, long downhill, formerly known as "suicide hill". The varsity course is 2.86 miles. The freshman course is 1.7 miles. The modified course is 1.5 miles.

Rules for 2019

- No athletes 19 years of age before September 1, 2019 or 13th graders are allowed to run
- We anticipate sanctioning for NY, NJ, PA, VT, MA, RI, CT and Ontario, Canada
- You must run a complete Varsity team in order to run a JV team.
 - At least 5 runners comprise a team. 6th runner will be tie breaker.
- Any school may choose to run in either Varsity Small or Large School race.
- Incomplete teams will not displace complete teams in combined races.
 - Individuals will be pulled out from team scoring.



Schedule of Races

Friday, September 20

4:00- 7:00 p.m. Course open to preview, walk, run

Saturday, September 21

7:00-9:00 a.m.	Course open to walk		
9:00	Modified Girls	Team and Individual	Unlimited
9:25	Modified Boys	Team and Individual	Unlimited
9:50	Freshman Girls*	Team and Individual	Unlimited
10:20	Freshman Boys*	Team and Individual	Unlimited
	<i>*Or "Athletic placement process (APP)" 7th or 8th grade athlete</i>		
10:50	JV Girls	Team and Individual	Unlimited
11:20	JV Boys	Team and Individual	Unlimited
11:55	~NATIONAL ANTHEMS~		
12:00	Varsity Girls	Small Schools	Team – 7
12:30	Varsity Boys	Small Schools	Team – 7
1:00	Varsity Girls	Large and Small Schools	Team – 7
1:30	Varsity Boys	Large and Small Schools	Team – 7
2:00	All-Comers/Coaches Race		
	<ul style="list-style-type: none"> • \$5 per runner • Day of race registration at Small Pavilion 		
2:15	Awards Ceremony	Small Pavilion	

PLEASE NOTE THIS CHANGE!!

Timing will be done by Underdog Race Timing. Entries will be submitted on milesplit. Info to follow
Last minute roster changes may made on the day of invitational at the large pavilion.

RESULTS

Results will be instantly available . Results can be found in the office behind the large pavilion *and* online
section2harrier.com and tullyrunners.com after the meet!



AWARDS

TEAM AWARDS:	Varsity Races:	Shirts and trophies to 1 st , 2 nd , & 3 rd place teams!
	JV, Frosh, and Modified Races:	Shirts and trophies to 1 st & 2 nd place teams!
INDIVIDUAL AWARDS:	Varsity Races:	1 st through 10 th place – trophies! 11 th through 30 th places – medals!
	JV, Frosh, Modified:	1 st through 30 th place – medals!

ACCOMMODATIONS

PARKING:	Your van or bus will be directed to parking areas. Parking is limited.
SHOWERS:	Sorry, not available. Please come ready to run. Restrooms and port-a-pottys on site.
FIRST AID:	Our Athletic Trainer will be on site. Please bring your own ice and supplies.
CONCESSIONS:	Food, drinks, t-shirts and extras will be sold courtesy of the GXC Booster Club. Don't miss our World Famous Chili!



QUESTIONS

Feel free to contact us with any questions!	Dave Kosier, meet director	518 810 8550 (cell)
	Bill Tindale, meet director	518 428 1082 (cell)

DIRECTIONS

From West, East, South: NYS Thruway, EXIT 24. RIGHT on route 20 (Western Avenue). 5 miles pass Crossgates Mall,
Western Turnpike Golf Course (on left). LEFT on Route 146 (Stewart's on corner). ¾ mile Tawasentha Park is on LEFT.

From Northway: travel south to end of the Northway. RIGHT on route 20 (Western Avenue). Follow directions abo



REGISTRATION FORM
49TH GUILDERLAND XC INVITATIONAL 2019



Please complete and return with a check or voucher by Monday, September 16th , 2019

ENTRY FEES

TEAM ENTRY: \$ 175.00 (One or more teams inclusive.)

INDIVIDUAL: \$ 35.00 (Per runner.)

Check/PO/Claim Form made out to: GRB, Inc. - XC

Mail to: Julianne Scanlan – GRB Treasurer
652 Rickert Hill Rd
Schoharie, NY 12157

SCHOOL: _____

GIRLS COACH: _____ BOYS COACH: _____

PHONE: _____ FAX: _____

EMAIL ADDRESS: _____

SCHOOL ADDRESS: _____

RACES YOUR SCHOOL IS ENTERING:

BOYS

_____ Large School Team
_____ Small School Team
_____ JV Team
_____ Frosh Team
_____ Modified Team

GIRLS

_____ Large School Team
_____ Small School Team
_____ JV Team
_____ Frosh Team
_____ Modified Team

Entries due MONDAY, September 16th 2019 on milesplit.

Thank you for your continued support of the Guilderland XC Invitational!



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