

## Hickories Cross Country Invitational 2010

Dear Coach,

We invite you and your runners to be a part of the annual Hickories Invitational which will be held at scenic Hickories Park in Owego, NY on Saturday **September 25th**, 2010. Hickories Park is located just minutes from exit 65 on Rt. 17 (86). We will continue to run the Freshman races this year for 9th graders (or 1st year 10 grade athletes that would be better suited for a shorter course at that time in the season).

**Courses: All race courses were redesigned for the 2009 season.** Varsity and Junior Varsity: 3.1 miles (wheeled). Freshman: approx. 2.3 miles of the Varsity course. Spikes are recommended for this course. The park is relatively flat with great spectator viewing. Modified Course: 1.7 mile loop on the Varsity course. **No spikes for Modified.**

**Races:** and the time schedule for the meet:

8:30 a.m. Coaches Meeting at the Finish Line  
9:00 a.m. Modified Girls  
9:20 a.m. Modified Boys  
9:40 a.m. JV Boys  
10:15 a.m. Varsity Girls  
10:50 a.m. Varsity Boys  
11:20 a.m. Freshman: Boys and Girls combined  
11:50 a.m. Awards Ceremony

**Awards:** (we may be substituting award patches in place of some trophies/ribbons this year)

Team Plaques Overall Team Champion Varsity Boys and Girls  
1<sup>st</sup> - 3<sup>rd</sup> places in varsity divisions (Large School) and (Small School)  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place JV (1 division)  
1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Modified Teams receive plaques

Individual Trophies Top 25 in varsity races receive trophies (6<sup>th</sup>-25<sup>th</sup> in chute)  
Top 10 in JV races receive trophies  
1<sup>st</sup> Place Modified Boy and Girl  
1<sup>st</sup> place Freshman Boy and Girl

Individual Medals 26<sup>th</sup>- 40<sup>th</sup> in varsity races (awarded in chute)  
11<sup>th</sup>-25<sup>th</sup> in JV races (awarded in chute)  
2<sup>nd</sup>-30<sup>th</sup> in Modified & Freshman races (awarded in chute)

Please email me at [heathj@oacsd.org](mailto:heathj@oacsd.org) to confirm your entry as soon as possible. Please contact me with any questions, I can be reached at home by phone at (570) 423-0837.

John Heath, Varsity Cross Country Coach  
Owego Free Academy

**Entry Fees:** \$120 School Maximum, \$50 for a single team, \$12 for individuals.

**DEADLINES:** Entries will be made using sydexsports.com (call me with any questions). Rosters and race designation will be due by 9:00pm **Tuesday September 21st, 2010** in Sydex. Do your best to get entries in before Wednesday. Teams that don't have entries in by the deadline will not have athletes officially entered in the meet.

If you are interested in attending, please send your entry fee or voucher along with your entry form below and return it to the following address by Friday September, 10. You will then still use Sydex to enter you official roster by the 17<sup>th</sup>. Please email me with any questions.

Claim forms/checks are made out to  
Owego Apalachin Sports Booster  
c/o Cross Country  
Owego Free Academy  
1 Sheldon Guile Boulevard  
Owego, NY 13827

## 2010 Hickories Invitational Entry Form

School\_\_\_\_\_Address\_\_\_\_\_

Coach\_\_\_\_\_ Home Phone\_\_\_\_\_ Work Phone\_\_\_\_\_

Please check the races your team will be participating in with approximate entry #'s:

Modified: \_\_\_\_Boys\_\_\_\_ # of competitors                      \_\_\_\_Girls\_\_\_\_ # of Competitors

Freshman: \_\_\_\_Boys\_\_\_\_ # of competitors                      \_\_\_\_Girls\_\_\_\_ # of Competitors

JV:                      \_\_\_\_Boys\_\_\_\_ # of competitors                      \_\_\_\_Girls\_\_\_\_ # of Competitors

Varsity:                      \_\_\_\_Boys\_\_\_\_ # of competitors                      \_\_\_\_Girls\_\_\_\_ # of Competitors

\_\_\_\_\_ FEE ENCLOSED

\_\_\_\_\_ FEE will be presented at the event

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