



JFK XC INVITE

SATURDAY, SEPTEMBER 12, 2009



After a very successful first year we hope you come join us for the 2nd Annual JFK XC Invite. Our season opening meet gives athletes the opportunity to ease into their year of Cross Country racing on a well groomed 4k or 2.5 mile course. The course has been designed as a mix of groomed trail and open field which is very coach and spectator friendly. Our central location in the middle of Erie County gives most Section 6 teams travel times under 1 hour and our proximity to the I-90 makes out of town travel a breeze. If you need any additional information please feel free to contact me with any questions. Hope to see you on the 12th.

Eric Czubaj
JFK Boy's XC Coach
716.896.4618
eric@wfathletics.com

LOCATION: John F. Kennedy High School
305 Cayuga Creek Rd.
Cheektowaga, NY 14227

DIRECTIONS: **From North/East:**
90 West to William St., Right on William .3 mile,
Left on Henry, leads into school parking lot.
From South/West:
50 East to William St., Left on William .3 mile,
Left on Henry, leads into school parking lot.

SCHEDULE: 12:00 - JV Girl's
12:30 - JV Boy's
1:00 - Varsity Girl's
1:30 - Varsity Boy's

COURSE: 4km (2.5 Miles), Flat Grass/Groomed Trails (Map Attached)

AWARDS: **Individual:** T-shirts to top 30 in each Varsity Race
T-shirts to top 20 in each JV Race
Team: Awards to top 3 teams in each Varsity race

ENTRY FEE: ALL entry fees should be paid before the day of competition, please be sure your athletic office understands this and is timely with payment.

- \$95 for both Boy's and Girl's Teams (JV and Varsity included)
- \$60 for either Boy's or Girl's Teams (JV and Varsity included)
- \$20 per JV/Varsity Individual (2 runner's or less)

Please send Check/Voucher to:
JFK Cross Country
c/o Eric Czubaj
305 Cayuga Creek Rd.
Cheektowaga, NY 14227

***Make checks payable to: **JFK CROSS COUNTRY**

Please email your intentions on participating to eric@wfathletics.com on or before Tuesday September 8th. Include the races your teams/individuals will be participating in and your approximate number of participants.

RACE INFO: Varsity Races will be limited to 7 individuals on each team, JV Race will have unlimited entries. Place cards will be issued to runners as they proceed through the finishing chute and should be collected, completed, and returned to the scorers table ASAP following the race. Team scores will be completed ASAP and Team and Individual Results will be posted on the internet following the meet.

COURSE MAP: See course map attached. Course is subject to minor changes but will be set at 4000m. A map with exact distance markings will be provided in the team packets on meet day.

CONCESSIONS: There will be a concession stand with food, drinks, and snacks available.

JFK Cross Country 4000m Map

4000m XC Course

Mile 1

Mile 2

Mile 2-2.5

