

The John Bernard (Adirondack) Cross-Country Invitational

Saturday, October 26, 2019

Location/Facility: Adirondack High School/Middle School Complex, 8181 Route 294, Boonville, NY. Bathroom and locker room facilities will be available in the High School. Restrooms are also located in the Food Concession Building—near the start and finish area.

Course: Modified (1.7) and Varsity (3.1) are flat with well-marked, mowed grass paths and are excellent for spectators.

Entries: Entry form with a claim form/purchase order or check payable should be sent or faxed to: **Adirondack Booster Club C/O Cynthia Lauzon, Adirondack High School, 8181 Route 294, Boonville, NY 13309** by **October 17, 2019**. Schools will be randomly assigned to Division I or II races. All schools will be notified of their Division assignment one week prior to race day.

School Fax #: 315-942-9254

E-mail Address: clauzon@adirondackcsd.org

Entry Fee:

- **\$125 (includes boys and girls modified and varsity teams)**
- **\$100 (includes boys and girls modified races only)**
- **\$10/athlete (incomplete teams only)**

Meet Registration: Coaches must enter/register ALL of their participating athletes (modified and varsity) with ny.milesplit.com (This is the only way to register your athletes for this Invitational). Updates must be completed with Pat Leone prior to meet day. Your cooperation is greatly appreciated.

****An Open 5K Race will be held at 8:15am (on the varsity course).**

Registration will be in the Team Awards Tent adjacent to the finish chute from 8am to race time. A \$5 donation will be collected at registration. Awards: ***t-shirts to the top five overall finishers.***

Coaches Meeting & Invite Packets—9am in the Middle School Cafeteria.

This area will be open to coaches from 7:30am to 9am to pick up their meet packets and running tags. Schools arriving after 9:30am are requested to pick up their packets and running tags in the Team Awards Tent (adjacent to the finish chute). Coffee, donuts, cider, and orange juice will be available for coaches.

Each participating school will receive one meal voucher (to be determined by the Varsity Club).

Awards:

- The top three teams in the modified and varsity races will receive plaques.
- Invitational **T-shirts to the top 10** and **ribbons to the top 100** in all races.
- Medals to the Outstanding Male Runner and Outstanding Female Runner of the Invitational (fastest male and female times of the day).

*Will be handed out at the finish (individual) and/or the Team Awards Tent (team).

Refreshments/ T-Shirts: Two food concessions (Gym Lobby and Food Concession Building-near the finish area) will be open from 7:30am to the conclusion of the Invitational. A limited number of souvenir invite T-shirts will be available for sale.

Scoring & Results: The John Bernard (Adirondack) Cross-Country Invitational will be timed and scored by Leone Timing again this year. Results will be posted on a result board near the finish chute.

Race Order:

8:15am- Open 5K Race (\$5-Registration)

9:00am- Coaches meeting in the Middle School cafeteria.

9:30am- Boys Modified I Race

9:50am- Girls Modified I Race

10:10am- Boys Modified II Race

10:30am- Girls Modified II Race

10:50am- Girls Varsity I Race

11:20am- Boys Varsity I Race

11:50am- Girls Varsity II Race

12:20pm- Boys Varsity II Race

***All races are UNLIMITED ENTRIES.**

Please return the entry form below as soon as possible!

_____ (school name) will attend the
John Bernard (Adirondack) Cross-Country Invitational
 on
October 26, 2019

RACE	CHECK ALL THAT APPLY
BOYS VARSITY	
GIRLS VARSITY	
BOYS MODIFIED	
GIRLS MODIFIED	

RACES ENTERED	SUBTOTAL
BOYS & GIRLS MODIFIED AND VARSITY (\$125)	
BOYS & GIRLS MODIFIED ONLY (\$100)	
INCOMPLETE TEAMS (\$10/ATHLETE—MAX OF 4)	
TOTAL:	

Coaches Information:

Girls Coach: _____ Boys Coach: _____

Phone: _____ Phone: _____

E-mail: _____ E-mail: _____

Please mail to:

Adirondack Booster Club

C/O Cynthia Lauzon

Adirondack High School

8181 State Route 294

Boonville, NY 13309

Fax: (315)-942-9254

E-mail: clauzon@adirondackcsd.org