



**10th Annual South Glens Falls
John Killian "K-DAWG"
Memorial XC Invitational
Saturday, September 30, 2023
Moreau Recreational Park, South
Glens Falls, NY**



Location: Moreau Recreational Park, South Glens Falls, NY

Directions From Interstate 87 Exit 17N: (map included – Last Page)

Course: Flat, open fields, wooded trails, and a fast 3 Mile course- very spectator friendly

Timing: Timing done by Underdog Race Timing - **New this year- we will be going to chip timing!**

Entry Fee:

- **\$150.00 per one team; \$225.00 for both boys and girls teams.**

Concession Stand: Refreshments, food, and t-shirts (\$20) will be sold.

Team/Scoring: ENTRIES: Varsity races are limited to 7 runners while other races may have unlimited entries. Your top 5 will score and your top 7 will displace other runners.

Awards: Individual medals will be handed out in the chute at the conclusion of each race. Medals will be given to the top 25 in each race. Team Trophies (1st – 3rd places) will be able to be picked up upon completion of team scoring at the shirt sale tent . Varsity Champions t-shirt for first place team (7 shirts).

Tentative Race Schedule: Racing will start at 9:00 am. Race schedule will be determined based on the number of teams registered. We will email the final race schedule on September 23rd - after the entry deadline.

Tentative Race Schedule:

9:00- Modified Girls (*Unlimited entry*) (1.3 miles)

9:25- Modified Boys(*Unlimited entry*) (1.3 miles)

9:50- JV Girls (*Unlimited entry*) (3.00 miles)

10:30-JV Boys(*Unlimited entry*) (3.00 miles)

11:00-Varsity Girls (*7 team member limit*) (3.00 miles)

11:30-Varsity Boys (*7 team member limit*) (3.00 miles)

Contact Information:

Maria Whitney, South Glens Falls Girls XC Head Coach

CELL # 518-307-8263 (call or text)

Email: whitneym@sgfcsd.org

Make checks or school vouchers payable to: **South Glens Falls Booster Club**

Send to: Matt Griep-Athletic Director

South Glens Falls High School

42 Merritt Rd

South Glens Falls, NY 12803

Entry/Roster Deadline: Rosters Entered at www.milesplit.com by Wed. Sept. 27, 2023



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Entry Form

**Checks or School vouchers made payable to:
South Glens Falls Booster Club**

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School _____

School Classification _____

Coach (girls) _____

Coach (boys) _____

School phone _____

Home or cell phone _____

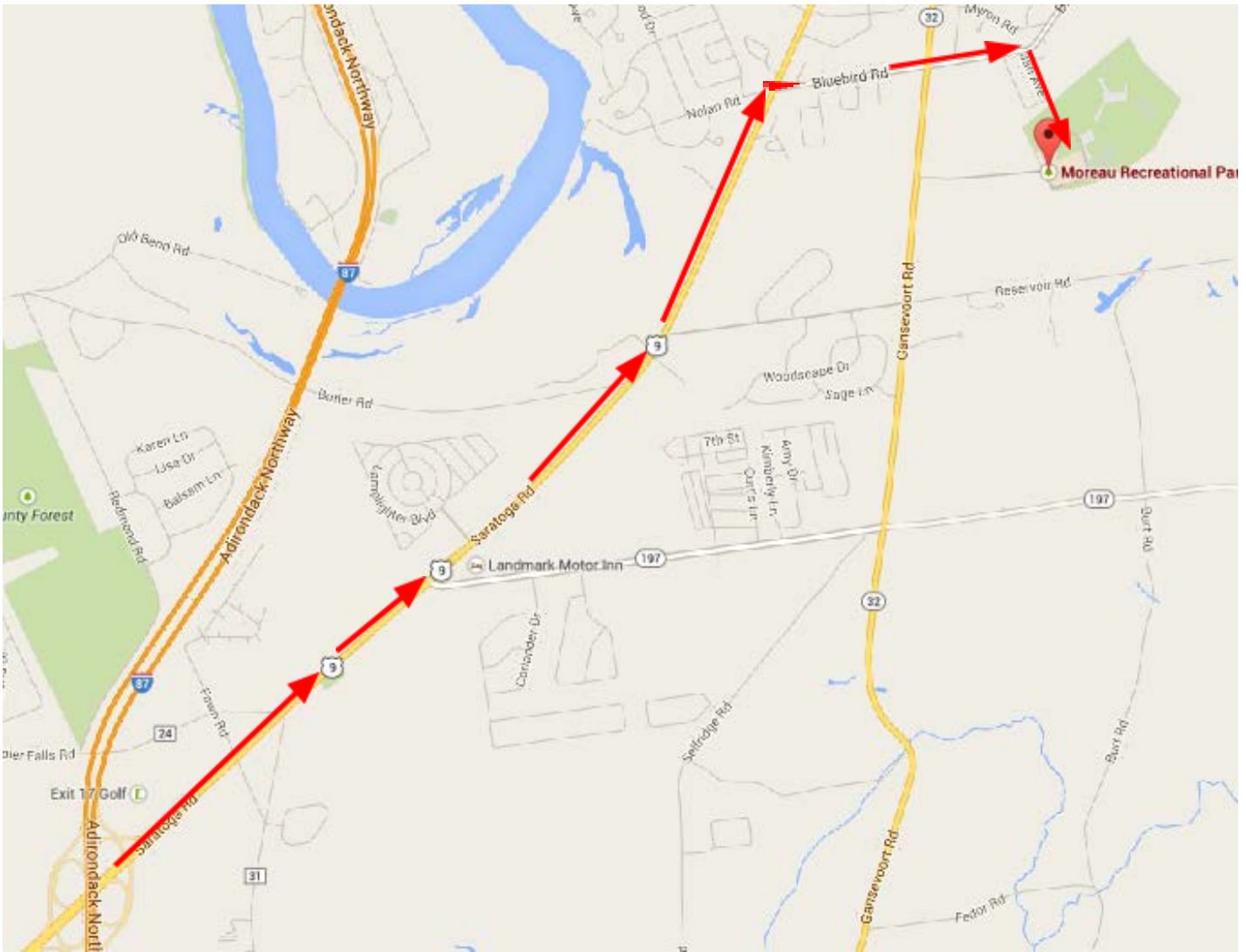
Fax # _____

Email address _____

Send to:

Matt Griep- Athletic Director
South Glens Falls High School
42 Merritt Rd
South Glens Falls, NY 12803

Entry/Roster Deadline: Rosters Entered at www.milesplit.com by Wed. Sept. 27, 2023



Directions From Interstate 87 Exit 17N: Take exit 17N from Interstate 87 (Adirondack Northway) to merge onto U.S. 9 N/Saratoga Road toward South Glens Falls. Continue to follow U.S. 9 N for approximately 3.8 miles. Turn right onto Bluebird Road and follow for approximately 0.8 miles. Before Moreau Elementary School, turn right onto Jan Ave.

SOUTH GLENS FALLS Cross Country Trail @ Moreau Recreational Park = 3.0 Miles

***Yellow Arrows = 1st Mile **Red Arrows = 2nd Mile ***Blue Arrows = 3rd Mile**



Modified Course: 1.3 Miles Start and finish is the same as varsity.

