

UPDATE:
3rd Lancer Cross Country Invitational
Will be taking place Saturday, October 2, 2021



We are excited to be having our Invitational this year. It is our intention to make this invitational safe and fun for all schools and runners.

Location: Como Lake Park - Lancaster, New York (13 miles East of Buffalo)

From the Northtowns: Interstate 90 West, to Exit 52A (William St.), turn left onto William St., turn right onto Union Rd., quick left onto Losson Rd, continue on Losson Rd until you cross over Transit Rd, once over Transit Rd. Losson Rd. changes back into William St., continue on William St. for approximately 2.5 miles, turn left into Como Park.

From the Southtowns: Interstate 90 East, to Exit 52A (William St.), turn right onto William St., turn right onto Union Rd., quick left onto Losson Rd, continue on Losson Rd until you cross over Transit Rd, once over Transit Rd. Losson Rd. changes back into William St., continue on William St. for approximately 2.5 miles, turn left into Como Park.

Course Description:

Varsity and JV races will be 3.1 miles / 5 km race, it is flat, has some Rolling Hills and one steep upgrade. The course is mostly grass with pavement Crossings.

Parking:

Near the main Lodge in Como Park called the Casino. There is plenty of parking in front of and behind this building.

Event Schedule:

Way the Invitational will run:

Varsity Races:

- There will be 2 Varsity races in total (1 Boys race and 1 Girls race)
- Top 7 seven runners only.

JV Races:

- All other runners will run in the JV race/s.
- Once we find out the number of runners for the JV race, this will determine the number of races we need to have.
- Since we need to know how many JV runners you will be bringing to determine how many JV races we will be having. Let us know as soon as possible.
- JV races will take place in half hour intervals after the Varsity races.

Event Schedule:

8:30 - Coaches Meeting

9:00 - Varsity Girls - 1st Race

9:30 - Varsity Boys – 2nd Race

10:00 - JV Girls (number of runners is TBD) – 3rd race

10:30 - JV Boys (number of runners is TBD) – 4th race

- More JV races will take place in half hour intervals, if necessary.

Large School/Small School will depend on the number of entries. Times of races may need to be adjusted with the number of entries.

Concessions: Located near the Casino Lodge.

We will have food, drink and t-shirts available for purchase throughout the event

Entry Fees:

All entry fees should be paid before the day of the competition.

- \$150 per school for both boys and girls (JV and Varsity teams included)
- \$100 per school for either boys or girls teams (JV and Varsity teams included)
- \$25 for JV / Varsity individual runners.

*** Teams must have three or more runners in order to avoid an individual entry fee

ENTRY DEADLINE: FRIDAY SEPT. 24, 2020

Please make checks payable to - **St Mary's High School.**

Send checks to: Saint Mary's High School
142 Laverack Ave
Lancaster New York 14086
Attention: Melanie Adams

Divisions:

Division I will be school 600 and up according to current 10-12 BEDS, Division II 599 and lower. Division II may move up to Division I. Please let me know if you plan on doing this.

Timing:

We will be using chip timing
All entries must be done through **ATHLETICNET.COM**

Restrooms:

There are restrooms available throughout the park.

Awards:

JV & Varsity - Medals given to the Top 10 finishers in each race. We will try to give these out in the Finish areas.

JV Trophy will be given to the first place JV team.

Varsity Trophies will be given to the top three Varsity teams.

You may pick up your team Awards as soon as the results are posted.

Awards will also be given to the fastest Boy and Girl Runner of the day.

Medical Assistance:

An athletic trainer and/or EMS will be on hand for anyone needing medical attention.

Meet Results:

Results will be posted on NY.MileSplit.com, TullyRunners.com and Section6Runs.com.

Thank you for participating in the 3rd Lancer Cross Country Invitational. Best of luck to all the runners and we look forward to seeing you Saturday, October 2, 2021.

Thanks again,
Charlie Planz

Contact Information:

Charlie Planz
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Kelly Barry
Email: kbarry@smhlancers.org

Lancer Cross Country Invitational



Invitational Entry Form

Please Print Neatly & Fax this Form to (716)683-4996

Team Name:

(Example: St. Mary's High School)

NYSPHSAA Enrollment: _____

(Catholic and/or Private Schools must provide total population)

Full Coaches Names:

Full E-Mail Address:

*** Please check off appropriate races that your program will be represented in.

BOYS VARSITY - UP TO SEVEN (7) TOP RUNNERS

GIRLS VARSITY - UP TO SEVEN (7) TOP RUNNERS

BOYS JV - UNLIMITED ENTRIES

GIRLS JV - UNLIMITED ENTRIES

BOYS INDIVIDUAL ENTRY (MAXIMUM OF 2)

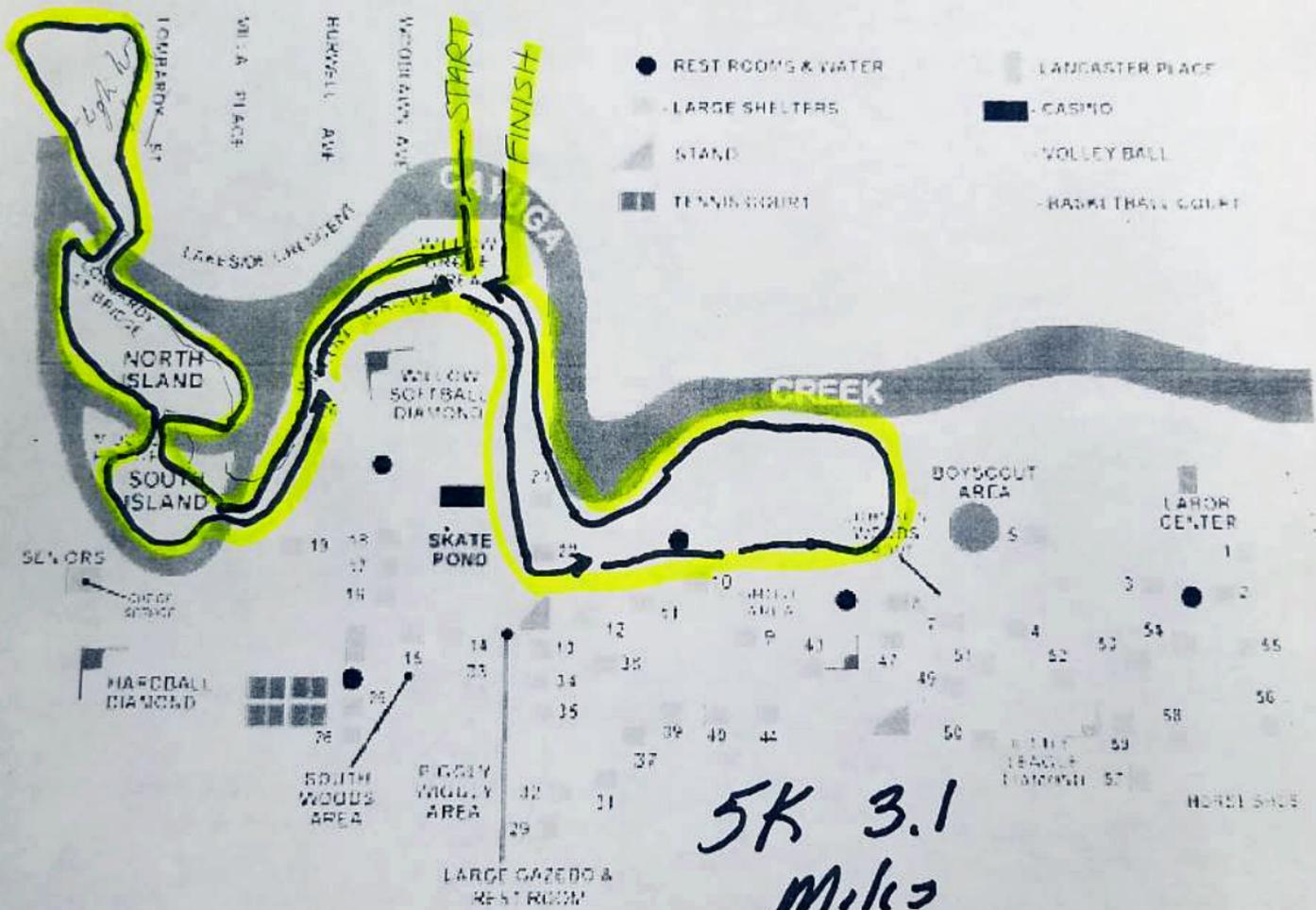
Total Number? _____ Varsity or JV? _____

GIRLS INDIVIDUAL ENTRY (MAXIMUM OF 2)

Total Number? _____ Varsity or JV? _____

TOTAL ENTRY FEE: \$ _____

- Please make checks out to: St. Mary's High School.
- Mail to: St. Mary's High School
142 Laverack Ave
Lancaster, NY 14086
Attention: Melanie Adams
- Participation and Entry Deadline is Friday September 24, 2021.
- Note: Enrollments may be checked if event management is not familiar with school or there are any concerns to be alleviated.



5K 3.1
Miles