

Liverpool Central School District
24th Annual Liverpool Invitational
Hosted by the Liverpool Running Club

Meet Co-Directors- George L. Ball III, Tracey Vannatta

Date- Saturday October 17, 2009

Place- Longbranch Park. Take John Glenn Blvd. to intersection of John Glenn and Longbranch Road, make a left. Go about 2 miles to park on the right.

Time- The races start at 9:15 A.M. See the full schedule below

Format for Varsity In the boys' varsity, coaches must designate their 1, 2 and 3 runners for the first race. In the next race, the 4, 5, 6 and 7 runners compete. We will score 6 runners- three from each race. This format gives your typical "middle of the pack" runner a chance to be in the front of the race and take more ownership of the season.

The girls' varsity race will be conducted the same way as above.

The boys' junior varsity will be conducted the same way as the varsity races except, we will score only five runners.

The girls' J.V. will be one race and we will score five runners.

All Varsity and J.V. races will combine the AA/A/B with the C/D and then we will pull the scores out from the combined results.

Format For Modified The modified races for both boys and girls will be run normally. We will combine the AA/A/B, with C/D into one race.

Concession Stand- There will be a concession stand open for spectators and complimentary bagels and juice for the coaches.

<u>Order of Races-</u>	1) Girls' Mod	9:15 A. M.
	2) Boys' Mod	9:40 A. M.
	3) Boys' J.V	
	#1 race for runners 1, 2, 3	10:05 A.M.
	#2 race for all other runners	10:35 A.M.
	5) Boys' Varsity	
	#1 race for runners 1, 2, 3	11:05 A. M.
	#2 race for runners 4, 5, 6, 7	11:30 A.M.
	6) Girls' Varsity	
	#1 race for runners 1, 2, 3	11:55 A. M.
	#2 race for runners 4, 5, 6, 7	12:30 P.M.
	8) Girls' J.V. one race for all J.V. runners	1:05 P.M.

Awards- Team- Varsity-trophies for 1st-3rd. J. V and Modified- first and second place trophies.

Individual- T-Shirts will be given to the top 10 in each of the four varsity races and ribbons to the top 11-35. In the J. V. races, t-shirts to the top 5 and then ribbons to 6-25 runners. In the Modified races t-shirts to top 5 and then ribbons 6-25.

Entry Fee- \$90.00 for each school. Make checks payable to:
 Liverpool Running Club
 c/o George Ball
 4338 Wetzels Road
 Liverpool, New York 13090

Entry Format- There is no pre-meet entry. We will use place cards for results.

Questions or concerns- e-mail gball@twcny.rr.com

Liverpool High School Cross Country Invitational

Entry Form

Coach _____

School _____

Address _____

Mail Entries to:

George Ball
Liverpool High School
4338 Wetzel Road
Liverpool, New York 13090

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