

**The Twenty-first Annual  
Marathon Cross Country Invitational**

This year's Invitational will be held at the Appleby Elementary School, Saturday, October 24, 2009. Upon arrival, please follow the directions of the parking attendant. Coaches may pick up maps and race packets at the elementary cafeteria upon arrival or at the coaches' meeting.

Below is the schedule of events for the invitational.

**SCHEDULE OF EVENTS**

8:45 General Information Posted in Cafeteria	
9:15 Modified Girls Race (Small).....	(Unlimited)
9:35 Modified Boys Race (Large) .....	(Unlimited)
9:55 Modified Girls Race (Large).....	(Unlimited)
10:15 Modified Boys Race (Small) .....	Unlimited)
10:35 Boys Varsity Unseeded Race .....	(Limit of 9)
(In order to enter two unseeded teams you must have a seeded team or permission from the meet director)	
11:00 Boys Varsity Seeded Race .....	(Limit of 9)
11:20 Girls Varsity Unseeded .....	(Limit of 9)
(In order to enter two unseeded teams you must have a seeded team or permission from the meet director)	
11:50 Girls Varsity Seeded .....	(Limit of 9)
(You may run two girls teams in the seeded race or put your 8th runner and up in the girls Unseeded Race)	
12:15 Boys Junior Varsity .....	(Unlimited)
12:40 Girls Junior Varsity.....	(Unlimited)

**PLEASE NOTE THE FOLLOWING**

- 9th Graders that participate in the modified races must be in a league that promotes a modified program otherwise they run JV or Varsity.
- Awards Ceremony to Follow in Elementary Gym.

**REGISTRATION INFORMATION**

To allow us the opportunity to continue to offer a quality meet we must limit the total number of schools participating to 45. Entries will be accepted on a first come first serve basis, and must be postmarked by October 10, 2008.

**FEES**

The entry fee for more than 2 Races .....	\$100
The entry fee for 2 Races .....	\$80
The entry fee for 1 Race.....	\$50
Individual runners .....	\$20

**Please make check/vouchers payable to: Marathon Cross Country Invitational**

## COURSE DESCRIPTION

The course is fully marked and offers a variety of challenges over a moderately hilly terrain. Spikes are recommended and may be used in all Varsity and Junior Varsity Races. Entries in the Modified races may not wear spikes.

## RACE DISTANCES

Boys & Girls Varsity .....	5000 Meters
Boys Junior Varsity .....	5000 Meters
Boys & Girls Modified Races .....	2500 Meters

## AWARDS

### Team Awards for all Races

Team Plaques .....	Places 1-3 for Modified, JV, Unseeded Races
Team Plaques .....	Places 1-5 for Seeded Races

### Other Team Award

Varsity Coed Team Plaques .....	Places 1-3
(Combined Total Time of Top 3 Boys & Top 3 Girls)	
Spirit & Sportsmanship Plaque .....	Coaches' Vote

### Individual Awards for all Races

Plaques .....	Places 1-5
T-Shirts .....	Places 1-10
Individual Medals .....	Places 11-20
Individual Awards .....	21-50

### Specialty Awards

All Time Top 50 Certificates To Be Mailed, Fastest Varsity Male & Female Freshman Award By Time

## QUESTIONS

If you should have any questions regarding the meet please contact Coach Todd A. James at (School) 607-849-3223 or (Home) 607-849-6227.

## ACCOLADES FROM COACHES AND SPECTATORS

- Your volunteers put on an AWESOME invitational. I couldn't get over how much you guys did for the athletes at every level. You deserve to be commended. Sometimes recognition is lost if you're not on the winning team or not on varsity. I felt as though I was at the State meet for XC and they were giving awards for the different classes. Again GREAT JOB and please let those involved know they are appreciated by us "Northern folks from Syracuse". Greg Broton, Assistant Coach-CNS Cross Country
- Great invite. Thanks. Ran like clock work. Congrats. Kids love the course and the meet. Mark Dixson, Candor Cross Country
- Congratulations on yet another feat of organization, competition, sportsmanship, and celebration. You sure know how to throw a running festival!! Thank you for the enormous role you play in the world of running and the standards of excellence you set.
- With gratitude, Marie Fitzsimmons, Watkins Glen
- Great Invitational, I don't know how you do it. I do have to state I have never received results that quick in all my years of coaching. Tom Jansen, Horseheads
- That was a well organized meet and presentation! Rich, Ithaca

- THANK YOU!!! Once again the Marathon Invitational was the highlight of the XC season!!! I have attended the last 6, both as a parent and now as a coach. You run an amazing meet.
- Great job with the invite! The best weather I think we have ever had. Everything ran smooth and I appreciate all the hard work you put into it. Thanks again.
- Fantastic Meet!!! It would be tough to match the quality of the Marathon Invitational. It is a pleasure being a part of it. Scott Weeks, Groton.
- Thanks for a great day! The races were super as was the course.
- I live very close to the Marathon Elementary school and watched this event for the very 1st time and I was in awe of the huge turn out, 48 Schools or so I was told, from CNS to Corning to Susquehanna etc. Very festive atmosphere, tents, Frisbee, football games etc... My kids and I really enjoyed the event. Quite something to see a start with hundreds of kid's alls running down hill for position. As to the visibility I have always loved the elementary school for athletic events, the view is stellar and I believe fits the event well. As for parking, I knew the area, go to the top by the bus garage, your likely hood of better parking is good that way and less distance to the start line.
- Hey, speaking as someone who's run a big meet (albeit on a track), you and your troops did a heck of a job w/ that meet. It's a great meet! Dare I say the most competitive in Section 4 all season?
- To watch a race you can stand in one spot and see the kids four times and it's still a short walk to the finish line.
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- Thanks for a great meet Saturday. As usual, it went flawlessly, except for that one less point my girls needed. Actually, we are very happy to have tied with C-NS! Mike Cordi, Maine Endwell
- Thank you so very much for your generosity and hospitality. Your knowledge, love of XC, devotion to the league and gracious patience are all so appreciated. What outstanding work you do. You are a gem. Marie, Watkins Glen, XC
- What a GREAT EVENT! I know you are proud of it and we love coming there. Every aspect of the meet was awesome. I know how hard it is to put on an invite, but to do it the way you and your staff do is phenomenal. Thanks again...See you at Sectionals. Lou, Corning Cross Country

**REGISTRATION**

**Limited to the first 45 teams**

COACH'S NAME:	SHIRT SIZE: S M L XL XL
SCHOOL ADDRESS:	
HOME PHONE #	
CELL PHONE #	
SCHOOL PHONE #	
FAX PHONE #	
E-MAIL ADDRESS:	

**PLEASE CHECK ONE**

\_\_\_ Yes, I plan to attend the 21st Annual Marathon Invite

\_\_\_ No, I do not plan on attending the 21st Annual Invite, but keep me on the mailing list.

**OFFICIAL ENTRY FORM**

Please check the following races that you wish to compete in and record the estimated number of runners to participate in each race.

<b>Check Race</b>	<b>Name of Race</b>	<b>Estimated Runners</b>
_____	.....Modified Girls (7-9th Unlimited).....	_____
_____	..... Modified Boys (7-9th Unlimited).....	_____
_____	..... Boys Varsity (Limited to 9 runners).....	_____
_____	..... Girls Varsity (Limited to 9 runners).....	_____
_____	..... Boys Junior Varsity (Unlimited) .....	_____
_____	..... Girls Junior Varsity (Unlimited) .....	_____

**ABILITY OF YOUR VARSITY TEAMS  
PLEASE CHECK ALL THAT APPLY**

Girl's Team:  Incomplete Do not Seed  Incomplete but Seed  Weak  Average  Above Average  Strong

Boy's Team:  Incomplete Do not Seed  Incomplete but Seed  Weak  Average  Above Average  Strong

**RETURN REGISTRATION FORM BY Oct. 14, 2009**

**Todd A. James, X-C Coach  
PO Box 339, 1 East Main Street  
Marathon Central School  
Marathon, New York 13803  
or  
Phone/Fax to 607-849-3223**