

Marion Cross Country Invitational “Final Tune-up”

Saturday October 23rd 2010 10:00 AM

Marion Jr.-Sr. High School Campus - 4034 Warner Road Marion, NY
5000 meter course – grass, woods, with some hills - entirely on campus
Site of last years Wayne Finger lakes League Championships

Price: \$100 per school / \$70 per team / \$15 per individual
Up to 10 allowed in Varsity races
Unlimited JV and Modified entries

Large school and small school divisions - run together. Only Varsity races scored.
Our goal is to have complete computerized results for all races.

We would like to create a championship style atmosphere before league champs and sectionals. See your top runners run in a championship style scored meet.
This is also a great chance to have a quality race without the stress of a title on the line.

9:00 Course opens: Pick up race packets and tour the course
10:00 Modified Boys
10:30 Modified Girls
11:00 Varsity Boys
11:30 Varsity Girls
12:10 JV Boys
12:40 JV Girls
1:20 Awards presentation (Team Trophies, Fastest runner, Top 5 T-shirts)

Awards:

T-shirts to top 5 in each Varsity race Division (20)
Trophy to individual winner of each Varsity race (2)
Trophy to winning team in each varsity race Division (4)
Ribbons in all races 1-50 (handed out in chute)

*Prizes and Races may be adjusted depending on # of entries

Concessions: Bagels, Donuts, Pizza, Candy, Chips, Fruit, Coffee, Hot cocoa, Gatorade, Water

Limited Meet T-shirts will be available for sale - Long sleeve and short sleeve

Please email intentions to Coach Pfeiffer ASAP
e-mail Paul Pfeiffer ppfeiffer@marioncs.org

Marion XC Invitational Entry Form:

School Name: _____

Coach Name: _____

Coach Phone: _____

Coach Email: _____

Expected Number of runners in each race:

Modified Boys _____ Modified Girls _____

JV Boys _____ JV Girls _____

Varsity Boys _____ Varsity Girls _____

Please turn in entry form with your payment

Individual entries will be done online through Yentiming.com.

Your full roster in each race must be submitted online to be entered.

Race day: only scratches no additions

Every athlete will have a specific race number/barcode.

**You will receive an email with further instructions when entry is received

Please email your intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer ppfeiffer@marioncs.org

Price: \$100 per school / \$70 per team / \$15 per individual

Send payment by **October 15th 2010**

Please make checks payable to: **Marion Track Club**

Please send your payment with completed entry form to:

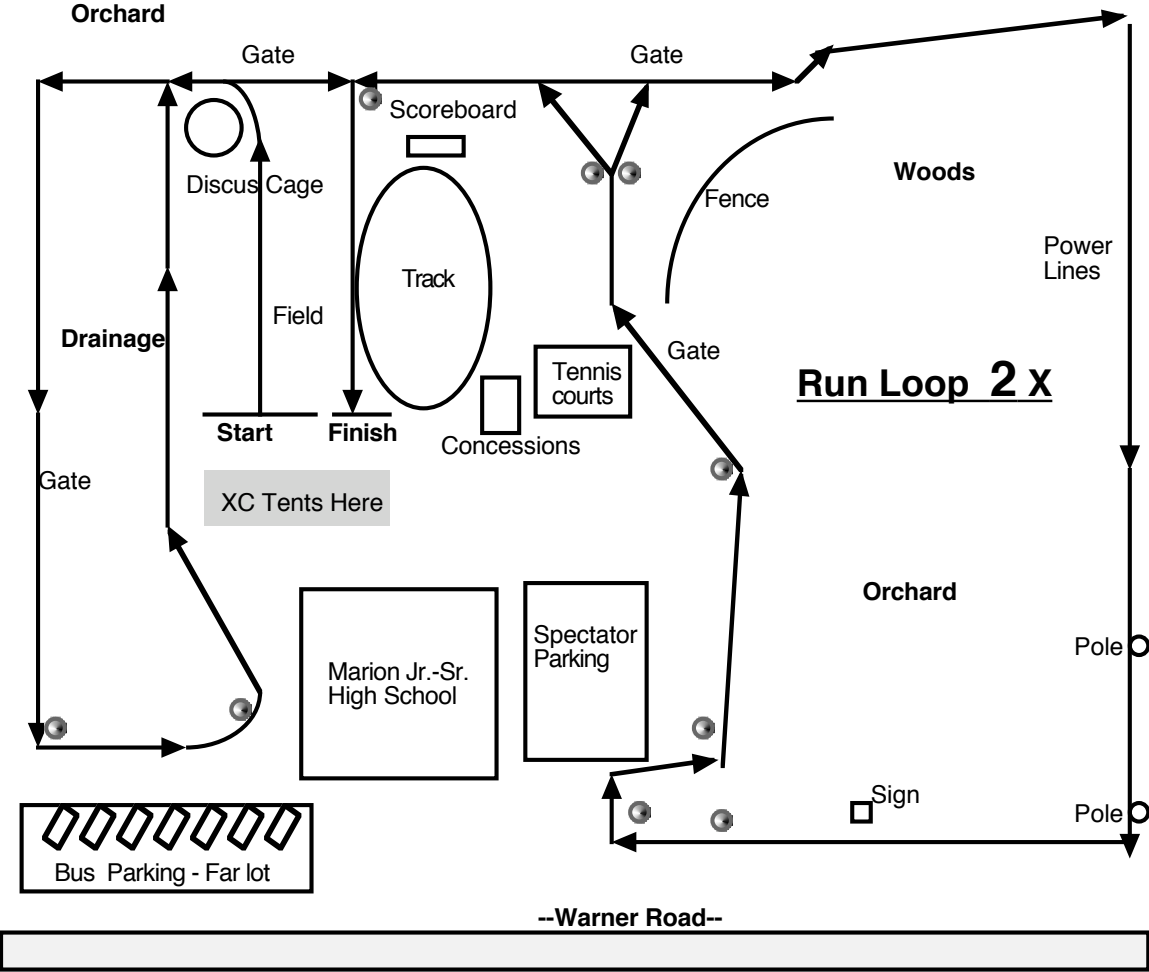
Paul Pfeiffer "XC Invite"

Marion Jr.-Sr. High School

4034 Warner Road Marion, NY 14505

Marion Cross Country Course - 5000 m
 ● Cone or flag (Not Drawn to Scale) Map Revised 6/ 10

This course includes a few hills, with some uneven terrain through the orchard and woods. Approx. 90 ft. climb.



← Route 21 ----- 200 meters