

26th Annual Bob Greene / Newark Valley
Cross-Country Invitational
Newark Valley High School
Saturday, October 17, 2009



The Newark Valley Cross-Country program invites you to join us for the 26th Annual Bob Greene/Newark Valley Invitational. We have decided to move the date of our Invite from a Tuesday to a Saturday so that more teams have an opportunity to participate. Our course is fairly flat, with a few small hills or rises and, approximately half-way through for all races, one significant hill. It is well-groomed and has wide avenues for running. The course is 3.1 miles (5000 meters) in length for the Varsity and JV races and 1.5 miles for the Junior High and 9th grade races.

Meet Schedule (subject to change depending upon # of entries)

9:30 Coaches Meeting
10:00 Junior High Boys Race
10:12 Junior High Girls Race
10:25 9th grade Race (Boys and Girls combined)
10:45 Varsity Boys Race
11:10 Varsity Girls Race
11:40 JV Boys Race
12:05 JV Girls Race
1:00+/- Awards Ceremony

- Limit seven (7) runners per Varsity team.
- There is no limit for the number of JV, 9th grade, or Junior High runners.
- When responding with your intention to enter (see below), be sure to indicate the approximate number of runners in each of the various races.
- No Varsity team may enter the JV races.
- Junior High entries are limited to 7th and 8th graders.
- There is a special race held for 9th graders, who will run the Modified (Junior High) course. Please make sure that runners entered in the 9th grade race are not regular scores for your team.

Depending upon the number of runners in each race, we may need to add more sections of the race. Therefore, it is important that you return the **Intention To Enter Form** (by mail or email) by **September 18, 2009**, with your estimated number of runners for each race.

It is our intention to use Sydex for the Entry process and for the race results. More information will be sent to participating schools by the end of September regarding the races, schedule, and entry procedures.

Fee: \$35 per race
\$10 per individual
Maximum amount: \$150 per school

Prior to October 17th, have your check made payable to: Newark Valley Central School District and send it to:

Sharon Mullins – Athletic Director
Newark Valley High School
P.O. Box 547
68 Wilson Creek Road
Newark Valley, NY 13811

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Team Awards:

Team trophy for 1st place in each race.

However, 2 trophies will be awarded for the Varsity Boys race and 2 trophies for the Varsity Girls race.

All Varsity Boys will run in the same race and all Varsity Girls will run in their own one race, but each of the races will be scored by divisions, with a trophy awarded to the Large School Division Champion and to the Small School Division Champion. Varsity scoring divisions will be determined by putting the largest 50% of participating schools into the Large School Division, regardless of NYS classification designation.

Individual Awards:

Varsity Boys:	T-shirts for places 1-15 & ribbons for places 16-50
Varsity Girls:	T-shirts for places 1-15 & ribbons for places 16-50
JV Boys:	T-shirts for places 1-10 & ribbons for places 11-30
JV Girls:	T-shirts for places 1-10 & ribbons for places 11-30
Jr. High Boys:	T-shirts for places 1-10 & ribbons for places 11-30
Jr. High Girls:	T-shirts for places 1-10 & ribbons for places 11-30
9 th Grade Boys:	T-shirts for places 1-3 & ribbons for places 4-12
9 th Grade Girls:	T-shirts for places 1-3 & ribbons for places 4-12

- ❖ Locker Room facilities are available in the High School.
- ❖ No spikes may be worn in the building.
- ❖ Any runner caught wandering the hall will be disqualified with their entire team.
- ❖ The Newark Valley Booster Club will be operating a concession stand throughout the meet.
- ❖ There will be a limited number of T-shirts for sale.

Buses will park in the front of the school in the diagonal slots. That area will accommodate 22 buses. Additional bus parking will be provided if needed.

Thank you.

INTENTION TO ENTER FORM (Please return by September 18, 2009)

Name of School:

Name of Coach:

Phone #:

Email:

Name of Coach:

Phone #:

Email:

We plan on entering the following estimated number of runners in each of the following races:

Varsity Boys (max 7) _____

Varsity Girls (max 7) _____

JV Boys (no limit) _____

JV Girls (no limit) _____

9th Grade Boys (no limit)* _____

9th Grade Girls (no limit)* _____

Jr. High Boys (no limit) _____

Jr. High Girls (no limit) _____

Mail or email this form to Eric D'Arcy or Brian Trippany
Cross-Country Coach
Newark Valley High School
P.O. Box 547
68 Wilson Creek Road
Newark Valley, NY 13811
edarcy@nvcs.stier.org
btrippany@nvcs.stier.org

* 9th grade race is combined boys & girls, but list separately here.