

2nd Annual Cardinal 7th-8th-JV Challenge
Cross Country Invitational
Newark Valley Central School District
Wednesday, October 27, 2010



The Newark Valley Cross-Country program invites you to join us for the 2nd¹ Annual **Cardinal Challenge**. We hope to see you join us in the challenge. See specific race details below!

Some details about our course: fairly flat, with a few small hills or rises and, approximately mid-way through for all races, one significant hill. It is well-groomed and has wide avenues for running. The course is 3.1 miles in length for the junior varsity races and 1.52 miles for the modified races.

Date: Wednesday, October 27, 2010

Place: Newark Valley High School (Section IV)

Times:
3:40 - Coaches meeting
4:00 - 7th Grade Boys Run
4:20 - 7th Grade Girls Run
4:40 - 8th Grade Boys Run
5:00 - 8th Grade Girls Run
5:20 - Junior Varsity Boys Run
5:50 - Junior Varsity Girls Run

Deadline: Please have the Entry Form to us no later than September 28, 2010

If you have any questions please contact Coach Patrick Patterson at ppatterson@nvcs.stier.org

Fee: See Entry Form

Awards: Team: plaques - top two teams in each race
Individual: Trophies 1st– 30th

Race Details:

7th/8th Grade Race Details:

Since this invitational is splitting your modified teams into grade levels, we will not follow traditional scoring rules. Team scores will be determined adding up your first three runners (not five) across the line. All other cross country rules will remain the same.

Your athletes **MUST** be placed into their grade level race. The **ONLY** exception to this rule is if you need one 7th grade runner to move up to the 8th grade race to make a complete team of three. 8th graders will not be allowed to run down in the 7th grade race.

Junior Varsity Race Details:

We purposefully did not include varsity races for this meet to allow those athletes rest days for the upcoming championship season. So, please make sure that runners entered in these races are not regular varsity scorers (top 5).

Other Meet Details:

There will be a brief awards ceremony at the end of the meet in the multi-purpose room in the high school for team awards and recognition of the top ten in each race. Individual awards will be given out at the finish line. Locker facilities are available in the high school. No spikes may be worn in the building. Use only the designated areas, any runner caught wandering the building will be disqualified with their entire team.

There will be a concession stand throughout the meet.

Busses must park in the front of the school in the large parking lot.

2nd Annual Cardinal 7th-8th-JV Challenge
Cross Country Invitational Entry Form
Newark Valley Central School District
Wednesday, October 27, 2010



Name of School _____
School Address _____
Coaches Name _____
E-Mail address _____
Phone # _____

Yes we do plan on attending: _____
No we do not plan on attending: _____

<u>Check if entering this race</u>	<u>Race</u>	<u>Approximate # of athletes</u>
_____	7 th Grade Boys	_____
_____	8 th Grade Boys	_____
_____	7 th Grade Girls	_____
_____	8 th Grade Girls	_____
_____	JV Boys	_____
_____	JV Girls	_____

Fee: \$20.00 per race OR
\$10.00 per individual runner OR
\$80.00 maximum amount per school for all 6 races
Make checks payable to: Newark Valley Booster Club
Send payment to: Newark Valley H.S.
c/o Newark Valley Booster Club
68 Wilson Creek Rd.
Newark Valley, N.Y 13811