

# 1<sup>st</sup> Annual **Cardinal 7<sup>th</sup>-8<sup>th</sup>-JV Challenge** Cross Country Invitational

The Newark Valley Cross-Country program invites you to join us for the 1<sup>st</sup> Annual **Cardinal Challenge**. We are trying something a little different to have a showcase meet for our modified and JV athletes. 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:** Tuesday, October 27, 2009

**Place:** Newark Valley High School (Section IV)

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



**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 School District  
Send payment to: Sharon Mullins  
Newark Valley H.S.  
68 Wilson Creek Rd.  
Newark Valley, N.Y 13811

**Awards:** Team: trophies - top two teams in each race  
Individual: tee shirts - top ten in each race  
ribbons – places 11-40 in each race

## **Race Details:**

### **7<sup>th</sup>/8<sup>th</sup> 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 7<sup>th</sup> grade runner to move up to the 8<sup>th</sup> grade race to make a complete team of three. 8<sup>th</sup> graders will not be allowed to run down in the 7<sup>th</sup> 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.

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**Cardinal 7<sup>th</sup>-8<sup>th</sup>-JV Challenge  
XC Invitational Entry Form**



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 <sup>th</sup> Grade Boys	_____
_____	8 <sup>th</sup> Grade Boys	_____
_____	7 <sup>th</sup> Grade Girls	_____
_____	8 <sup>th</sup> Grade Girls	_____
_____	JV Boys	_____
_____	JV Girls	_____

Mail or E-mail this form to: Patrick Patterson  
Cross Country Coach  
Newark Valley HS  
68 Wilson Creek Rd.  
Newark Valley, NY 13811  
[ppatterson@nvcs.stier.org](mailto:ppatterson@nvcs.stier.org)