

YELLOW JACKET CROSS-COUNTRY

C/O DAN FORBES

11 WALLING BLVD.

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Dear Coach:

The 2010 Cross-Country season is rapidly approaching. As in past years, the Oneonta Cross-Country Team is anxiously waiting to fire up the season with its annual invitational meet. As last year, this year's course will be approximately 2.5 miles with hills, flats, grass, and some blacktop. We recommend running in racing flats or short spikes. The races will begin in the usual place behind the Physical Education wing of the high school and finish as the runners enter the track and field stadium.

Date: Saturday, September 11th, 2010

Times:

8:30-10 am - Tours of the course

10:00 - JV Boys Race (unlimited entries)

10:30 – JV Girls Race (unlimited entries)

11:00 - Varsity Girls Race (unlimited entries)

11:30 - Varsity Boys Race (limit of 7 entries)

12:00 – Awards

Entry Fee: \$80.00 per school. Make checks payable to: VARSITY O CLUB

Awards

Team:

Boys and Girls Varsity Races - 1st and 2nd Place Trophies

JV Boys Race - 1st Place Trophy

JV Girls Race – 1st Place Trophy

Individual: Boys and Girls Varsity Races - t-shirt to top 20
JV Boys Race - t-shirts to top 5
JV Girls Race – t-shirts to top 5

Special awards to all Finishers

Feel free to email your intentions to this email. Thank you for your time. We all look forward to seeing you in September!

Dan Forbes