

# Owego Cross Country Invitational 2014

Dear Coach,

We invite you and your runners to be a part of the annual Owego Invitational which will be held at scenic Pheasant Hill Country Club in Owego, NY on Saturday **September 20<sup>th</sup>**, 2014. Pheasant Hill is located just minutes from exit 64 on Rt. 17 (86). We have had great experiences hosting our invitational along with the S.T.A.C. Championships at this site for the past three years and look forward to racing at Pheasant Hill once again in 2014!

**Courses:** *Varsity and Junior Varsity:* 3.1 miles (wheeled). *Modified Course:* 1.60 mile loop. Spikes are recommended for this varsity course. This golf course has rolling hills with great spectator viewing. **No spikes for Modified.**

**Races:** and the time schedule for the meet:

- 8:40 a.m. Coaches Meeting at the Finish Line
- 9:10 a.m. Modified Girls (large school)
- 9:30 a.m. Modified Boys (small school)
- 9:50 a.m. Modified Girls (large school)
- 10:10 a.m. Modified Boys (small school) (*Awards Ceremony for modified races 11:00 a.m.*)
- 10:30 a.m. JV Boys
- 11:00 a.m. Varsity Girls (Up to 8 runners)
- 11:30 a.m. Varsity Boys (Up to 8 runners)
- 11:55 a.m. JV Girls
- 12:20 p.m. Awards Ceremony

## **Awards:**

- Team Plaques     1<sup>st</sup> - 3<sup>rd</sup> places in Varsity divisions (Large School) and (Small School)  
                          1<sup>st</sup> - 3<sup>rd</sup> places JV boys and girls (1 division)  
                          Top 7 runners on 1<sup>st</sup> place teams Varsity & JV) receive t-shirts  
                          1<sup>st</sup> – 3<sup>rd</sup> places in Modified divisions
  
- Individual Awards    Top 20 in varsity races receive t-shirts  
                              Top 15 in JV races receive t-shirts  
                              Top 10 in modified races receive t-shirts
  
- Individual Medals    20<sup>th</sup>- 40<sup>th</sup> in Varsity races (awarded in chute)  
                              16<sup>th</sup>-30<sup>th</sup> in JV races (awarded in chute)  
                              11<sup>th</sup> – 25<sup>th</sup> in Modified Races

**Please email me at [heathj@oacsd.org](mailto:heathj@oacsd.org) to confirm your entry as soon as possible.** Please contact me with any questions, I can be reached at home by phone at (570) 250-8515

John Heath, Varsity Cross Country Coach  
Owego Free Academy

**Entry Fees:** \$140 School Maximum, \$70 for a single team, \$12 for individuals.

**DEADLINES:** Entries will be made using sydexsports.com (call me with any questions). Rosters and race designation will be due by 9:00pm **Wednesday September 17<sup>th</sup>, 2014** in Sydex. Do your best to get entries in before Wednesday. Teams that don't have entries in by the deadline may not have athletes officially entered in the meet.

If you are interested in attending, please send your entry fee or voucher along with your entry form below and return it to the following address by Friday September, 5th. You will then still use Sydex to enter you official roster by the 17<sup>th</sup>. Please email me with any questions.

Claim forms/checks are made out to

Owego Apalachin Sports Booster  
**c/o Cross Country**  
Owego Free Academy  
1 Sheldon Guile Boulevard  
Owego, NY 13827

## 2014 Owego Invitational Entry Form

School \_\_\_\_\_ Address \_\_\_\_\_

Coach \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Please check the races your team will be participating in with approximate entry #'s:

Modified: \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors      \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

JV:      \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors      \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

Varsity:      \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors      \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

\_\_\_\_\_ FEE ENCLOSED      **(FEE will be mailed)**      \_\_\_\_\_ FEE will be presented at the event

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