

Owego Cross Country Invitational 2019

Dear Coach,

We invite you and your runners to be a part of the annual Owego Invitational which will be held at **Owego Free Academy** on Saturday **September 14th**, 2019. Please email me your intentions so I can make every attempt to accommodate each team.

Courses: *Varsity and Junior Varsity:* 3.1 miles (wheeled). *Modified Course:* 1.55 mile loop. Spikes are recommended for this varsity course. This is a fast, flat course with a stadium finish and great spectator viewing.

Races: and the time schedule for the meet:

8:50 a.m. Coaches Meeting at the Finish Line
9:10 a.m. Modified Boys
9:35 a.m. Modified Girls
9:55 a.m. J.V. Boys
10:40 a.m. Varsity Girls
11:15 a.m. Varsity Boys
11:45 a.m. J.V. Girls
12:15 p.m. Awards Ceremony

Awards:

Team Trophies 1st - 3rd places in Varsity divisions (Large School) and (Small School)
 1st - 3rd places JV boys (1 division)
 1st & 2nd places in Modified divisions (Large School) and (Small School)

Individual Awards

T-Shirts Top 10 in varsity races receive t-shirts
 Top 10 in JV races receive t-shirts
 Top 5 in modified races receive t-shirts

Medals Top 15 in Varsity races
 Top 15 in JV races
 Top 10 in Modified Races

Entry Fees: \$150 School Maximum, \$75 for a single team, \$15 for individuals.

DEADLINES: Entries will be made using sydexsports.com (call me with any questions). Entries will be due by 8:00pm **Wednesday September 11th, 2019** in

Please email me at 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

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 email me and then send your entry fee or voucher along with your entry form. You will then still use Sydex to enter you official roster by the 11th. Please email me with any questions.

Claim forms/checks are made out to

Owego Booster Club
Owego Apalachin Middle School
3 Sheldon Guile Boulevard
Owego, NY 13827

2019 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

Varsity: _____ Boys _____ # of competitors _____ Girls _____ # of Competitors

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

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John Heath, Varsity Cross Country Coach
Owego Free Academy