



2019 PANTHER XC PROWL

Wallkill Senior High School
Friday September 6, 2019



Friday September 6, 2019

Cost:

\$175 per School

or

\$100 per Team (Boys or Girls)

4:00 PM Start

Contact: Eric McLaud (C) 845-800-1369

Athletic Office 845-895-7158

Athletic Fax 845-895-9261

Send email to Eric McLaud at esmclaud@yahoo.com by Friday August 30 and then make arrangements for PO or check payable to “Wallkill Senior High School - Varsity Cross Country” to be sent.

Your email of intent is an **entry fee**, not a participation fee!!

Mail Checks, PO, or Voucher to:

Wallkill Senior High School
Athletic Department: Attn: Coach Eric McLaud
PO Box 310 90 Robinson Drive
Wallkill, NY 12589

YOU WILL COMPETE ON OUR “Redesigned” 3.05 mile course that includes a tour through our MULTI PURPOSE FACILITY and our new softball/baseball complex.

General Rules of the Meet:

Team Rosters are to be entered through Milesplit. ALL ENTRIES MUST BE IN NO LATER THAN Thursday September 5. All Results will be done on HYTEK.

Medals will be given to top 30 runners in each race.

No Team Scoring will be done.

Order of Events

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|-----------------------------|---|
| 4:00 PM Girls Beginner Race | 1.9 Miles (Freshman or 1 st Year XC Runners) |
| 4:20 PM Boys Beginner Race | 1.9 Miles (Freshman or 1 st Year XC Runners) |
| 4:40 PM Girls Varsity Race | 3.1 Miles |
| 5:10 PM Boys Varsity Race | 3.1 Miles |

A second Varsity Race will be added if necessary.