

***Green Mountain Lake Cross Country Invitational
Lakeside Park, Pawling, New York
October 17th, 2009***

Site of the 2010 NYSPHSAA X-C Championships

You are invited to enter the 1st Annual Green Mountain Lake Cross Country Invitational hosted by Pawling High School. Come and join us and take the opportunity of running on Pawling's scenic 5,000 meter championship course. Section I Northern County teams have raced the course at the County Championship, but some changes to the layout have been made to upgrade the site for a State Championship Meet.

The course offers a variety of running terrain with most of the grass covered course winding through trails. The first mile is in the primary park area and is flat and fast while the 2nd half of the course offers a challenging hill and scenic trails. Great awards, music, play by play announcing, and food await your team. The awards include a trophy to the winner of each race and custom medals 20 deep in all varsity races, 10 deep in all sub-varsity races. The top team and runner-up in each varsity race will receive a trophy, and the top team in the sub-varsity race will receive an award.

DATE: Saturday, October 17th 2009

PLACE: Lakeside Park, Pawling, New York

RACES: Varsity (Maximum 7 Runners)
Junior Varsity (Unlimited)
Freshman (Unlimited)

ENTRY PAYABLE TO: Pawling High School
30 Wagner Road
Pawling, NY 12564

ENTRY FEE: Blanket Boys Team Entry Fee of \$125
Blanket Girls Team Entry Fee of \$125
Individual Team Race Entry Fee of \$50
Individual Athlete Race Entry Fee of \$10

CONTACT: Adam Muroski: Meet Director
(845) 489-6375
email: gowava@gmail.com

Jack Power Assistant Meet Director
(845) 855-4620 (school)
(845) 337-7152 (cell)
(845) 855-4617 fax

powerjack@hotmail.com

or

powerj@pawlingschools.org

MEET ENTRY BLANK
Please fill complete neatly

Name of School: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Boys Coach: _____ Email: _____

Daytime Phone: _____ Evening Phone: _____

Girls Coach: _____ Email: _____

Daytime Phone: _____ Evening Phone: _____

Please indicate the number of athletes you intend to enter in each race. Remember that Varsity races are limited to 7 Athletes ONLY and the rest are UNLIMITED.

Freshman Boys _____ Freshman Girls _____

Junior Varsity Boys _____ Junior Varsity Girls _____

Varsity Boys _____ Varsity Girls _____

ENTRY PAYABLE TO: Pawling High School

Mail Entry to: Pawling High School
Att. Jack Power
30 Wagner Rd.
Pawling, New York 12564

DEADLINE/ Wednesday October 7th, 2009

PROCEDURE:

We will be using computer scoring so it is necessary for you to submit a roster. Please list ONLY the athletes you expect to run on your roster. Please type the names and e-mail to: Gene Dall at genedall@optonline.net . If you prefer you may FAX the roster to Gene at 845-942-5182.

2009 Green Mountain Lake ORDER OF EVENTS

- | | |
|---------|--------------------------------------|
| 1:00 pm | Boys Frosh (1.5 miles) |
| 1:15 pm | Girls Frosh (1.5miles) |
| 2:00 pm | Boys Junior Varsity I (5000 meters) |
| 2:30 pm | Girls Junior Varsity (5000 meters) |
| 3:00 pm | Boys Junior Varsity II (5000 meters) |
| 3:30 pm | Boys Varsity I (5000 meters) |
| 4:00 pm | Girls Varsity I (5000 meters) |
| 4:30 pm | Boys Varsity II (5000 meters) |
| 5:00 pm | Girls Varsity II (5000 meters) |

***Varsity Race will be divided by school size**

Green Mountain Lake Invitational T-shirts will be sold at \$10 each and refreshments will be available at the Recreation Dept. snack shop.