

# Pembroke Cross-Country Invitational

## Saturday October 10<sup>th</sup>, 2009



**Where** Pembroke Junior/Senior High School located at the intersection of Routes 5 and 77, 13 miles west of Batavia, ½ mile south of NYS Thruway Exit 48A.

**Races** There will be 7 races held this year. We added a Girl's JV race, if there is enough interest (at least 10 entries). We usually attract many small to medium sized schools from both Section V and VI.

**Course** The course features rolling hills and a run through the school's nature trails. The course is 95% on grass surface and offers many opportunities to observe the races. This is a new course

**Awards** Varsity races: the top 3 teams will receive a trophy, race winners will receive a trophy; 2nd –10<sup>th</sup> finishers receive a medal.  
JV races: the top 5 receive a medal.  
Modified races: top 5 receive medals, all others get a ribbon.

**Entry fee** **\$75.00 per school, \$40 per team and \$10 per individual.**  
**Facilities** Limited changing and restroom facilities are available.

### Schedule

9:45am Open Race  
10:00am Boy's Modified  
10:20am Girl's Modified  
10:40am Boy's Varsity  
11:10am Girl's Varsity  
11:40am Boy's JV  
12:10pm Girl's JV  
Awards ASAP

**Refreshments and Pembroke Invitational T-Shirts will be available**

Questions? Call Mike Hoffman (585) 599-4525 ext. 1205 (school) or (716) 649-1783 (home)  
email- [mhoffman@pembroke.k12.ny.us](mailto:mhoffman@pembroke.k12.ny.us)

Fill out the form below and return to:  
Michael Hoffman, XC Coach  
Pembroke Junior/Senior High School  
PO Box 308  
Routes 5 + 77  
Corfu, NY 14036

We hope that you will be able to join us on October 17<sup>th</sup>. Your prompt response is greatly appreciated. Please confirm ASAP, if you plan to attend.

**Complete and return with payment by Oct. 1<sup>st</sup>, 2009**

Pembroke Invitational  
October 10<sup>th</sup>, 2009

Make checks or claim forms payable to: Pembroke Varsity Club.

School \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Coach Name \_\_\_\_\_ email \_\_\_\_\_

Coach Name \_\_\_\_\_ email \_\_\_\_\_

School Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

# Of runners

\$40 per team, \$10 per individual or  
\$75 for the total package

Boy's Modified \_\_\_\_\_

Girl's Modified \_\_\_\_\_

Boy's Varsity \_\_\_\_\_

total \$ \_\_\_\_\_

Girl's Varsity \_\_\_\_\_

Boy's JV \_\_\_\_\_

Girls's JV \_\_\_\_\_