

# PEMBROKE DRAGON INVITATIONAL

SATURDAY, OCTOBER 16<sup>TH</sup>, 2010 @ 10:00AM



**Where?** Pembroke Town Park located next to Pembroke Jr./Sr. High School on Route 77 just south of Route 5. We are 5 miles east of Akron and 13 miles west of Batavia. Take NYS Thruway to exit 48A and go south ½ mile. Drop off and Bus parking is at high school. Cars can park at the Town Park (just south of the school on Route 77).

**Races** There will be 7 races held this year. We will hold a JV girls race if there are enough entries. We usually attract small to medium sized schools from Section V and VI.

**Course** This is a **new**, shorter 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. Spikes are recommended.

**Scoring** Both boys and girls varsity races will score the top 5 runners. Tiebreaker will be the place of the #6 runner. Top 7 runners only for varsity races. There will be no team scoring for modified or JV races. Please fill out and turn in individual cards and team result sheets to the scoring table ASAP. Full varsity results will be posted on [www.lcaatrackxc.com](http://www.lcaatrackxc.com) and [www.tullyrunners.com](http://www.tullyrunners.com) websites.

**Awards** Varsity races: the top 3 teams will receive a trophy, race winners will receive a trophy; 1st–20<sup>th</sup> finishers receive a medal.

JV race: Top 5 get a medal.

Modified races: Top 3 receive medals, all others get a ribbon.

**Facilities** The Town Park has shelters, bathrooms and Port-O-Potties.

## Schedule

9:45am	Open Race
10:00am	Modified Boys
10:20am	Modified Girls
10:40am	Varsity Boys
11:10am	Varsity Girls
11:40am	JV Boys
12:10pm	JV Girls
Awards ASAP (next to scoring table)	

**Refreshments and Pembroke Invitational T-Shirts will be available at the Town Park**

Questions? Call Mike Hoffman (716)491-5834

Fill out the form below and return to:

Michael Hoffman

Pembroke Junior/Senior High School

PO Box 308

Routes 5 and 77

Corfu, NY 14036

Make checks or forms payable to **Pembroke Varsity Club**

We hope you will be able to join us on Oct. 16<sup>th</sup>. Your prompt response is greatly appreciated. Please confirm ASAP, if you plan to attend.

Complete and return payment by Oct. 1<sup>st</sup>, 2010.

School\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

Coach name\_\_\_\_\_email\_\_\_\_\_

School phone\_\_\_\_\_

Home phone\_\_\_\_\_Cell phone\_\_\_\_\_

<u>Number of runners</u>	Total cost \$_____
Modified Boys _____	\$40 per team
Modified Girls _____	\$10 per individual
	\$75 total package
Varsity Boys _____	
Varsity Girls _____	
JV Boys _____	
JV Girls _____	
Open Race _____	\$10 entry fee for each runner. You get a free t-shirt