



**23rd ANNUAL PENFIELD IRONDEQUOIT
CROSS COUNTRY INVITATIONAL
FRIDAY OCTOBER 8th, 2010
HARRIS WHALEN PARK
4:10 PM**

MEET DIRECTORS

- DAVID HENNESSEY-PENFIELD H.S. - (HOME 585-334-6323)
- MATT TYLER – IRONDEQUOIT H.S.
- ANN PORTER – IRONDEQUOIT H.S.
- RAY MANUSZAK – HONARARY MEET DIRECTOR

ORDER OF EVENTS

TIME - EVENT - INDIVIDUAL - AWARDS - TEAM AWARDS

4:10 P.M. MODIFIED - GIRLS MEDALS 1 – 15, RIBBONS TO ALL - TEAM AWARDS 1 – 3

4:25 P.M. MODIFIED - BOYS MEDALS 1 – 15, RIBBONS TO ALL - TEAM AWARDS 1 – 3

4:45 P.M. VARSITY GIRLS – MEDALS 2-25 - RIBBONS TO ALL - TEAM AWARDS 1st through 3rd PLACE – 1st Annual Ray Manuszak Award (give to the fastest girl of the day)

5:15 P.M VARSITY BOYS – MEDALS 2-25 - RIBBONS TO ALL - TEAM AWARDS 1st through 3rd PLACE – 1st Annual Ray Manuszak Award (given to the fastest boy of the day)

5:44 P.M. BOYS VARSITY 'B' MEDALS 1-15 - RIBBONS TO ALL/ TEAM AWARDS 1st through 3rd PLACE

5:45 P.M. GIRLS VARSITY 'B' MEDALS 1-15 - RIBBONS TO ALL/ TEAM AWARDS 1st through 3rd PLACE – GIRLS WILL START 1 MINUTE AFTER THE BOYS

6:20 P.M. TEAM AWARDS

- **T - SHIRTS : BOTH LONG SLEEVE AND SHORT SLEEVE SHIRTS WILL BE sold (Gnarly Graphics - They did the Indoor Section V shirts in 2010.)**
- **THERE WILL BE A CONCESSION STAND**
- **Friday event of Columbus Day weekend**
- **Challenging 5K course over grass and wooded trails**

IMPORTANT INFORMATION

1. www.yentiming.com is providing the online entry of rosters for ALL the races. Name, grade, and sex is all that is needed. Please submit the roster by October 6. Athletes will be assigned a race number, please make sure that athlete is wearing the CORRECT number.

Coaches contact Coach Yen for a password (www.yentiming.com). If you are competing in the Genesse College Invitational or the McQuaid Invitational, you do not have to type a new roster – it will be transferred. Please report changes to that roster by the 6th, however.

Full results will be posted that weekend on Yen's site.

2. ONLY TOP 7 IN VARSITY RACE; UNLIMITED RUNNERS IN OTHER RACES!!

3. THE MODIFIED RACE IS 1 MILE AND HALF. MODIFIED ATHLETES MAY NOT WEAR SPIKES.

4. BUSES AND SCHOOL VANS MUST DROP ATHLETES OFF AND PARK AT PENFIELD HIGH SCHOOL OR IN THE TOP PARKING LOT (top of the course).
ENTRY FEES:

\$ 115.00 PER SCHOOL (MAXIMUM FOR ALL RACES)

\$ 35.00 PER TEAM

\$ 10.00 PER INDIVIDUALS

23rd ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL
OFFICIAL ENTRY FOR : _____ (SCHOOL)

PLEASE SEND CHECKS OR VOUCHERS TO:
"PENFIELD CROSS COUNTRY BOOSTER CLUB"
ATTENTION DAVID HENNESSEY
PENFIELD HIGH SCHOOL
25 HIGH SCHOOL DRIVE
PENFIELD, NEW YORK 14526

\$115.00 MAXIMUM _____
OR

\$35.00 PER RACE _____

\$10.00 PER INDIVIDUAL _____

TOTAL _____

Coaches, please submit your rosters to www.yentiming.com by October 6. Coaches need to contact Coach Yen for a password.