



**24rd ANNUAL PENFIELD IRONDEQUOIT
CROSS COUNTRY INVITATIONAL
FRIDAY OCTOBER 7th, 2011
HARRIS WHALEN PARK
4:10 PM**

MEET DIRECTORS

- **DAVID HENNESSEY-PENFIELD H.S. - (HOME 585-334-6323)**
- **MATT TYTLER – 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 – 2nd Annual Ray Manuszak Award (give to the fastest girl of the day)

- Teams may run 10 athletes in the Varsity Races.

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

- Teams may run 10 athletes in the Varsity Races.

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

- Friday event of Columbus Day weekend
- Challenging 5K course over grass and wooded trails
- T - SHIRTS : Souvenir t-shirts will be sold.
- There will be a concession stand.
- NO parking along the road, please. Please inform your parents of this. There is parking at the Harris Hill Elementary School, at the top of the hill in the park and across the road at Wegmans.

1. www.yentiming.com is providing the online entry of rosters for ALL the races.
 - a. Name, grade, and sex is all that is needed. Please submit the roster by October 4th..
 - b. Athletes will be assigned a race number, please make sure that athlete is wearing the
 - c. CORRECT number.
 - d. 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 4th, however.
 - e. Full results will be posted that weekend on Yen’s site.
2. TOP 10 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).
5. ENTRY FEES:
 - a. \$ 115.00 PER SCHOOL (MAXIMUM FOR ALL RACES)
 - b. \$ 35.00 PER TEAM
 - c. \$ 10.00 PER INDIVIDUALS

24th 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 4. Coaches need to contact Coach Yen for a password.