

32nd Annual Penfield Irondequoit

Cross Country Invitational Meet

Friday, October 4, 2019

4:10pm

Harris Whalen Park, Penfield, NY

Meet Directors:

- David Hennessey, Penfield HS (585-334-6323)
- Matt Tytler, Irondequoit HS/ Ann Porter, Irondequoit HS
- Ray Manuszak, Honorary Meet Director

Time	Event	Individual Awards	Team Awards
4:10pm	Modified Girls	Medals 1-15 Ribbons to All	1 st -3 rd Place
4:25pm	Modified Boys	Medals 1-15 Ribbons to All	1 st -3 rd Place
4:45 pm	Varsity Girls	Medals 1-15 Ribbons to All 5 th Annual Ray Manuszak Award for fastest girl of the day	1 st -3 rd Place
5:15pm	Varsity Boys	Medals 1-15 Ribbons to All 5 th Annual Ray Manuszak Award for fastest boy of the day	1 st -3 rd Place
5:45pm	Varsity B Boys	Medals 1-15 Ribbons to All	1 st -3 rd Place
5:46pm	Varsity B Girls	Medals 1-15 Ribbons to All	1 st -3 rd Place
6:20pm	Awards		

Teams may run 10 athletes in the Varsity Race

Event Information:

- Challenging 5K course over grass and wooded trails
- Souvenir t-shirts will be sold
- Concessions stand

Please NO PARKING on the road. Please inform your parents of this. There is parking at the Harris Hill Elementary School and at the top of the hill in the park as well as Wegman's across 441.

Busses should drop off athletes at the lodge and then park in the bus loop at Harris Hill School or at Wegman's.

Entry Fee:

- \$125 per school (Max for all races)
- \$40 per team level
- \$10 per individual

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Official Entry for: _____ (School)

Contact Name: _____ email/phone _____

Amount Enclosed: _____

\$125 (Max per school) \$40 per team \$10 per individual

Make checks payable to Penfield Cross Country Booster Club.

Send checks to:

Penfield XC Booster Club

Attn: Dave Hennessey

25 High School Drive

Penfield, NY 14526

Coaches: Please submit rosters through www.yentiming.com by Wednesday, Oct 2, 2019