

June 5, 2010

Dear Coaches,

We are pleased to announce that Queensbury High School will be holding the ***8th Annual Adirondack Cross-Country Classic*** on **September 18th, 2010**. We are interested in running a championship quality meet, which will attract the top teams from New York and surrounding states. This will be the same course that was run for the 2005 New York State Cross-Country Championships. The races will be held at the Queensbury School Campus on our 5000-meter course. The course will be run entirely on grass and trail surface on the Queensbury campus. The course starts with an open field of 400 meters before you reach the trails. There are no road crossings and the trails are wide and smooth. The course will offer 550 meters of open field to the finish. The course is rolling and fast with 2 challenging hills located at mile 1 and mile 2.

This year, due to the early race date and the late start for Modified teams we will run the modified races only as a scrimmage to make it possible for teams to get in the required number of practices necessary.

Timing will be computerized with results within 15 minutes of the conclusion of each race. Team awards will be picked up at the results tent and copies of all results will be offered immediately after awards are posted. Individual awards will be handed out at the end of the chute.

We look forward to seeing you and your team and hope you will consider attending our event. Make plans now to enter. The entry blank and a fact sheet are attached and are due by **September 8th**. ***Rosters need to be emailed to me no later than September 13th. I have attached a template of an excel file for you to submit your roster, please use this spreadsheet and leave blank columns blank. You may also submit your roster in a hytek format.*** Good luck in the coming year.

Sincerely,

Bob Underwood
Meet Director

**8th Annual Queensbury Adirondack Cross-Country Classic Invitational
NYSPHSAA State Meet Coaches Invitational
Saturday, September 18th, 2010
Queensbury Schools Campus, Queensbury, New York**

Location: Queensbury High School is located just off Exit 19 of I87 the Adirondack Northway. The campus sits at the base of the Adirondack Mountains and is just 7 miles south of Lake George.

Facility: Queensbury offers an outstanding facility with a large gym, new locker rooms, and adequate restroom facilities for both athletes and spectators.

Entry Fee: \$75 per team, \$140 for both boys and girls teams.

Course: The 5000-meter course is rolling and fast and is run entirely on grass and trails. There are 2 challenging hills located at mile 1 and mile 2. There are over 400 meters of open grass field at the start and finish. The freshmen course will be 1.6 miles and will be fast and rolling with no major hills. **** **Site of the 2005 State X-C Championships.**

Concession stand: Refreshments and t-shirts will be sold.

Teams/Scoring: Teams will score 5 runners out of a possible 7 entered in all races. Teams may enter a maximum of 7 athletes in the varsity races. The JV, modified, and freshmen races will have unlimited entries.

Awards: Team trophies will be awarded to 1st, 2nd, and 3rd in each varsity and JV race. Championship shoe bags will be awarded to the winning team and coach in each of the races. Individual medals will be awarded to the top 25 in the varsity, jv, modified and freshmen races. Ribbons will be awarded to 75th place in all races.

Tentative race schedule: Racing will start at 9 AM. We will email final race schedule on September 14th after the entry deadline, The schedule will also be available on our web site.

Race Schedule

- | | |
|----------------------------|---------------------------|
| 1. Modified Girls | 2. Modified Boys |
| 3. Freshmen Girls | 4. Freshmen Boys |
| 5. Girls Varsity Divisions | 6. Boys Varsity Divisions |
| 7. JV Girls | 8. JV Boys |

Contact Information: Bob Underwood – Queensbury High School
School # 518-824-4600 x4123 Home # 518-656-3127
Email runderwood@queensburyschool.org

Complete and return this form as soon as possible. Teams will need to enter their rosters and submit them to me by Monday, September 21st. Please include all your athletes and their grades even if they may not run.

Make checks or school vouchers payable to: **Queensbury Schools**

Send to: Bob Underwood
Queensbury High School
409 Aviation Rd.
Queensbury, N.Y. 12804
Fax: 518-824-4682
Home phone: 518-656-3127
School phone: 518-824-4600 x4123
Email: runderwood@queensburyschool.org

Entry Deadline: Wednesday September 8th, 2010

Rosters Deadline: Emailed to me in excel format by September 13th 2010

School: _____
School Classification: _____
Coach: _____
School Phone: _____
Home Phone: _____
Fax #: _____
Email address: _____

Please check your preference for seeded or unseeded in the varsity races. Schools will be seeded by school size unless you request to be placed in a different race.

	<u>Seeded +large schools</u>	<u>Unseeded + Small Schools</u>
Boys varsity	_____	_____
Girls varsity	_____	_____