

## **SANDY CREEK CROSS COUNTRY INVITATIONAL 2011**

“Cross the Creek 5K”

**WHEN:** October 22rd, 2011 LIMITED TO 10 TEAM ENTRIES

**WHERE:** Sandy Creek Central School

**MEET DIRECTOR:** Jim Pelton- 387-3465 (Work) 783-9823 (cell) email:  
jpelton@sccs.cnyric.org

**COURSE:** This is a flat course of open school fields and woodchip trails in the woods. Modified trail will be just under 2 miles and the varsity course is 3.1 miles. The spectator friendly course consists of 2.5 laps.

### **RACE SCHEDULE**

**8:45** Coaches Meeting

**9:00** Boys Modified

**9:30** Girls Modified

**10:00** Boys Varsity

**10:40** Girls Varsity

**11:20** Kids Fun Run-free

**11:30** XC Mile-free

**12:00** Community 5k

**ENTRY FEE:** The entry fee is \$90 per school (both boys and girls); \$45 for schools with only a boys *or* girls team *or* only a modified or varsity team. Please send entry form with voucher or check payable to:

**Sandy Creek Booster Club c/o Jim Pelton** by 10/7/2011.

Mail your voucher or check with confirmation to:

Mr. Jim Pelton – XC Coach

Sandy Creek High School

124 Salisbury Street

Sandy Creek, NY 13145

**RACE PROCEDURE:** Each runner will receive a race tag which must be worn on the front of the uniform. Coaches will need to fill out the tags for their team(s), so plan accordingly time wise!

◇ Athletes winning a t-shirt will be given a coupon at the finish for their t-shirt – **NO COUPON, NO T-SHIRT**. Coaches of winning teams can pick up t-shirts inside the high school cafeteria.

◇ Check-in and hospitality area for all coaches and bus drivers will be the high school cafeteria in the back of the school. Coaches meeting at 8:45 in the high school cafeteria to cover any last minute details.

**AWARDS:** T-shirts 1-10 in modified races, 1-10 in the varsity races and to the winning teams in the varsity races (no duplicates).

**SANDY CREEK CROSS COUNTRY INVITATIONAL 2011**

SATURDAY, OCTOBER 22, 2011

SANDY CREEK HIGH SCHOOL

**ENTRY FORM**

School \_\_\_\_\_ Fax # \_\_\_\_\_

Address \_\_\_\_\_ School Phone \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Boy's Coach \_\_\_\_\_ Email \_\_\_\_\_

Girl's Coach \_\_\_\_\_ Email \_\_\_\_\_

**ATTENTION COACHES:**

- 1.) **PLEASE INCLUDE A ROSTER WITH YOUR ENTRY FORM. WE NEED ROSTER PRIOR TO INVITE IN ORDER TO ENTER IN THE DATA ON THE HY-TEK SYSTEM**
- 2.) **SCORING WILL BE DONE USING HY-TEK AND INDIVIDUAL TAGS.**
- 3.) **RESULTS WILL BE EMAILED TO TULLYRUNNERS WEBSITE LATER SATURDAY AFTERNOON.**
- 4.) **AWARDS MY CHANCE IN 2011. OUR STAFF IS CURRENTLY REVIEWING AWARDS.**

**Please indicate which races you will be entering teams in:**

**Boys Varsity \_\_\_\_\_ Girls Varsity \_\_\_\_\_ Boys Modified \_\_\_\_\_ Girls Modified \_\_\_\_\_**

Mail your voucher or check with confirmation to:

**Sandy Creek Booster Club c/o Jim Pelton**

Sandy Creek High School

124 Salisbury Street

Sandy Creek, NY 13145

ENTRY DEADLINE: OCTOBER 7, 2011



# Sandy Creek Central School

## Cross the Creek 5K Run

Presented by the Sandy Creek Cross Country Team

**What:** 5K FUN Run (Approximately 3.1 miles)

**When:** Saturday, October 22, 2011  
11:20 Kids Fun Run (FREE)  
11:30 XC Mile (FREE)  
12:00 Community 5K

**Where:** Sandy Creek Central School Cross Country Trail  
124 Salisbury Street  
Sandy Creek, New York 13145

**Event Highlights:** Race on the same trail as the Sandy Creek Comet Cross Country Team. After watching your favorite runner race in the Sandy Creek Invitational, celebrate with a race of your very own.

**Entry Fees:** Pre-Registration Deadline: October 7, 2011  
(t-shirts guaranteed for pre-registration)

5K Run entry with t-shirt:	\$15.00
XC Mile	FREE
Fun Run entry(Ribbins for all finishers):	FREE

**Race Day:** 5k Run entry: \$20.00  
(t-shirt *may be* available, not guaranteed)  
Fun Run entry: FREE  
XC Mile FREE

**Pre-Registration:** To be pre-registered, your completed registration form must be received on/before October 7, 2011.

Please make checks payable to:

**Sandy Creek Booster Club c/o Jim Pelton**

Please mail checks to:

**Jim Pelton**

**124 Salisbury Street**

**Sandy Creek, NY 13145**



# Sandy Creek Central School

## Cross the Creek 5K Run

**Saturday, October 22, 2011 – 11:20 a.m.**  
**Half Mile, Mile, and 5K FUN Run Entry Form**  
One entry form per person (please photocopy as needed)

Circle Event:            Kids Fun Run            XC Mile            5k walk/run

Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Age on 10/23/10: \_\_\_\_\_

T-shirt size (Only for 5k participants): Adult            Adult M            Adult L

**NOTE:** Shirts will be provided to all pre-registered participants. Those registering on-site October 22, are not guaranteed a t-shirt or correct size.

Registration:

- |                          |   |         |
|--------------------------|---|---------|
| <input type="checkbox"/> | Individual Pre-Registration (until October 7) | \$15.00 |
| <input type="checkbox"/> | On-site Registration (after October 7)        | \$20.00 |
| <input type="checkbox"/> | Fun run                                       | FREE    |
| <input type="checkbox"/> | XC Mile                                       | FREE    |

Make checks payable to:            **Sandy Creek Booster Club c/o Jim Pelton**

Mail to:                                    124 Salisbury Street  
Sandy Creek, NY 13145  
Attention – Jim Pelton