

21st Annual Seneca Invitational

3.0 Mile Cross-Country Invitational

Saturday, October 16th, 2010
At Seneca Park Zoo, Rochester, New York
Hosted by Greece Olympia Cross-Country Program

Schedule

- 11:00 am 3 mile open Race (Unlimited Participants)
- 12:00 pm 2 mile Girls Modified Race (unlimited #'s)
- 12:30 pm 2 mile Boys Modified Race (unlimited #'s)
- 1:00 pm 3 mile Girls Varsity B race (unlimited #'s)
- 1:30 pm 3 mile Boys Varsity B race (unlimited #'s)
- 2:00 pm 3 mile Girls Varsity A Race (7 runners per team)
- 2:30 pm 3 mile Boys Varsity A Race (7 runners per team)
- ***Awards Immediately Following***

Awards

#1 – 30 in Varsity Races Receive Medals
#1 – 25 in “B” Races Receive Medals
#1 – 25 in “Modified” Races Receive Medals
Ribbons awarded to ALL finishers

Team Awards:

#1 – 5 Varsity Races
#1 – 3 “B” Races
#1 – 3 “Modified” Races
Top Individual Finisher – Varsity “A” Races



Facilities

Start / Finish Check in at Tent on arrival.
Bathrooms available, No Locker rooms come dressed ready to run.
T-shirts and refreshments will be on sale throughout the event
Awards are all located at “West” side of Trout Pond

“Running With The Best”

2010 Seneca Invitational

You are cordially invited to the 2010 Seneca Invitational Cross Country Meet on Saturday, October 16th at the Seneca Park Zoo beginning at 12:00 (noon) (11:00 am/Open Race)

Please respond **“ASAP”** by email (lynn.collister@greece.k12.ny.us) if you will be attending. Kindly complete entry/registration form, insurance information and payment to the address below. Entries are due by Friday, October 8th, 2010.

Mail Entries to: Greece Olympia High School, Athletic Department
1139 Maiden Lane, Rochester, New York 14615

2010 Seneca Invitational Entry Form

Name of School: _____ Phone: _____
Coach: _____ Phone: _____

Enter my school in the following races:

<u>Race:</u>	<u># of Runners (approximately)</u>
_____ Boy’s Varsity “A”	_____
_____ Girl’s Varsity “A”	_____
_____ Boy’s Varsity “B”	_____
_____ Girl’s Varsity “B”	_____
_____ Boy’s Modified	_____
_____ Girl’s Modified	_____

\$10.00 per runner (up to 4 per race)
\$50.00 per team per race (Varsity “A” – 7 runners max, all others unlimited entry)
\$100.00 per school maximum entry (entry all races)

- Check or voucher should accompany all entry applications
- Each school must provide a Certificate of Insurance Form along with their entry form.
- Ask your Athletic Director if uncertain regarding insurance form.
- Make all checks payable to: **Greece Olympia Cross Country.**
- There will be an open race on the 3 mile Varsity course at 11:00am for only \$10....Coaches....Join in!!!

2010 Seneca Invitational "Open Race"

Saturday, October 16th, 2010

At Seneca Park Zoo



(In conjunction with the 2010 Seneca Invitational)

Start Time: 11:00am

The 2010 Seneca Invitational "Open" race will benefit a Greece family in need. On behalf of the Greece Olympia Cross Country Program, thank you for your support and participating in this year's event.

Awards: Medals to top "7" finishers (male and female), Ribbons to all finishers.

Walkers are welcome to participate.

Course: Course mostly flat, wood chip trails, gravel park service road, grass field.

Same 3 mile cross country course as Varsity / Varsity "B" races.

Entry fee: \$ 10.00 per person

Seneca Invitational "Open" Race / Entry Form

Name: _____ Age _____ Birthday: _____

Address: _____ Phone # _____

* I understand the risks involved in participating in a 3 mile cross country race. I hereby give my assurance that I am in good physical condition and able to participate in this activity. I assure all responsibility or proper health and medical insurance in the event that I may need it.

Signature of Participant or Parent / guardian (under 18)

Date

Make all checks payable to: **Greece Olympia Cross Country**
\$10 entry fee / per participant