

22<sup>nd</sup> Annual

# Seneca Invitational

5k / 3.1 Mile Cross Country Invitational

**Date:** Saturday, October 15<sup>th</sup>, 2011

**Location:** Seneca Park  
2222 St. Paul Street  
Rochester, NY



**Schedule:**

- 11:00am 5k Open Race (Unlimited Participants)
- 12:00pm 2-mile Girls Modified Race (unlimited #'s)
- 12:30pm 2-mile Boys Modified Race (unlimited #'s)
- 1:00pm 5k Girls Varsity B Race (unlimited #'s)
- 1:30pm 5k Boys Varsity B Race (unlimited #'s)
- 2:00pm 5k Girls Varsity A Race (7 runners per team)
- 2:30pm 5k Boys Varsity A Race (7 runners per team)
- **Awards Immediately Following**

**Individual Awards:**

Top Individual Finisher – “Varsity A” races  
#1 – 30 in “Varsity A” races receive medals  
#1 – 25 in “Varsity B” races receive medals  
#1 – 25 in “Modified” races receive medals  
Ribbons awarded to ALL finishers!

**Team Awards:**

#1 – 5 in “Varsity A” races  
#1 – 3 in “Varsity B” races  
#1 – 3 in “Modified” races

**Facilities:**

Check in at registration tent upon arrival.  
Bathrooms available, no locker rooms - come dressed ready to run.  
T-shirts and refreshments will be on sale throughout the event.  
Awards ceremony will be located at the west side of Trout Pond.

***Entry Fee:***

**\$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)

Make all checks payable to: *Greece Olympia Cross Country*

\*\*\*Mail Checks/Vouchers to: Greece Olympia High School, Athletic Department  
ATTN: Seneca Invite  
1139 Maiden Lane  
Rochester, New York 14615

***Athlete Entry, Timing & Results:***

Entry is to be done online through your team account (male / female) at

www.yentiming.com for Cross Country. **Entries are due by Thursday, October 13th by 8:00pm.** Simply login, update your roster, and make a meet entry for each potential runner.

***Other:***

If you have any questions or concerns, please contact either:

Coach Hale at [justin.hale@greece.k12.ny.us](mailto:justin.hale@greece.k12.ny.us)

Coach Wille at [kerry.wille@greece.k12.ny.us](mailto:kerry.wille@greece.k12.ny.us)