

**EDWIN SPRINGSTEAD (SHAKER) CROSS-COUNTRY INVITATIONAL (HOSTED BY SHAKER HIGH SCHOOL CROSS COUNTRY TEAMS)
SATURDAY SEPTEMBER 7, 2019**

COURSE: COLONIE TOWN PARK, LATHAM, N.Y. (VARSITY/JV: ~3.03 MILES)
(FRESH/MOD: ~1.5 MILES)

ENTRIES: EACH SCHOOL MAY ENTER ONE TEAM OF SEVEN (7) RUNNERS IN THE VARSITY RACES WITH UNLIMITED ENTRIES IN THE JUNIOR VARSITY, FRESHMAN, AND MODIFIED RACES.

ENTRY FEE:

VARSITY BOYS AND GIRLS RACES - \$40.00 PER TEAM/GENDER (7 RUNNERS)
J.V. BOYS AND GIRLS RACES - \$30.00 PER TEAM/GENDER (UNLIMITED)
FRESHMAN BOYS AND GIRLS RACES - \$30.00 PER TEAM/GENDER (UNLIMITED)
MODIFIED BOYS AND GIRLS RACES - \$30.00 PER TEAM/GENDER (UNLIMITED)

MAXIMUM ENTRY FEE - \$180.00 PER SCHOOL

*****CHECKS SHOULD BE MADE OUT TO: "SHAKER BOOSTER CLUB"*****

MAIL CHECKS/INVOICES TO:

COACH KEITH WEISS, MEET DIRECTOR
SHAKER HIGH SCHOOL ATHLETIC OFFICE
445 WATERVLIET-SHAKER ROAD
LATHAM, NEW YORK 12110.

**ROSTERS MUST BE SUBMITTED ON: ny.milesplit.com
DEADLINE FOR ROSTERS IS SEPTEMBER 4th**

AWARDS:

VARSITY RACES - TEAM PLAQUES TO CHAMPION AND RUNNER UP TEAMS,
T-SHIRTS TO CHAMPION TEAMS, INDIVIDUAL MEDALS TO FINISHERS 1-25

ALL OTHER RACES - TEAM PLAQUE TO CHAMPION, INDIVIDUAL MEDALS TO
FINISHERS 1-25

MEET SCHEDULE:

9:00 AM: MODIFIED GIRLS RACE
9:20 AM: MODIFIED BOYS RACE
9:40 AM: FRESHMAN GIRLS RACE
10:00 AM: FRESHMAN BOYS RACE
10:20 AM: VARSITY GIRLS RACE
11:00 AM: VARSITY BOYS RACE
11:40 AM: JV GIRLS RACE
12:20 PM: JV BOYS RACE
AWARDS CEREMONY FOLLOWING THE JV BOYS RACE

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SCHOOL: _____

COACH'S NAME: _____

CELL PHONE: _____

EMAIL ADDRESS: _____

RACES ENTERING:

GIRLS	"X" IF ENTERING
VARSITY (\$40)	
J.V. (\$30)	
FRESH (\$30)	
MODIFIED (\$30)	

BOYS	"X" IF ENTERING
VARSITY (\$40)	
J.V. (\$30)	
FRESH (\$30)	
MODIFIED (\$30)	

TOTAL ENTRY FEE
(MAXIMUM \$180 PER SCHOOL): _____

TYPE OF PAYMENT:

CLAIM FORM () CHECK ()