

2010 Stock-Conwicke Cross Country Invitational

Dear Coach,

Vestal Central High School and Union-Endicott High School invite you to the **50th annual** Sid Stock-Ted Conwicke Cross Country Invitational. Once again, we expect the weather to be great!

Respectfully yours,

Vestal/UE XC Coaches

DATE: Saturday, October 9th, 2008

WHERE: Arnold Park, Vestal, NY (Section IV)

Directions: Take Route 17/ I-86 to exit 67 south (Rt.26 South – Vestal). Continue 1 mile on Rt. 26 to the top of the hill. At the blinking yellow light, turn left onto Pierce Hill Road. Continue on Pierce Hill for 1.2 miles to Andrews Road on your right. Arnold Park is 100 yards up the road. Bus parking is on the right. Facilities at Arnold Park are limited but there are bathrooms and a concession stand will be running.

TIME: 9:00 Coaches Meeting
9:15 Modified Girls
9:40 Modified Boys
10:00 Jr. Varsity Girls
10:35 Jr. Varsity Boys
11:05 Varsity Girls
11:40 Varsity Boys

Course Description: The course is a true cross country course. We have found that flats or pin can be used and longer spikes work well if the ground is wet. The trails have been improved/woodchipped but require concentration by the runner. The varsity course is a hilly 3.1 miles and the modified course is 1.5 miles. Both courses start fairly flat leading you to gradual and steep trails going into winding trails. The high point of the course is reached by the middle of the race and finishes with a long stretch of winding downhills and flats.

Team Awards: 1st and 2nd place team trophies in all races

Individual Awards: T-shirts

First 20 finishers in Varsity Boys

First 20 finishers in Varsity Girls

First 10 finishers in JV Boys

First 10 finishers in JV Girls

First 20 finishers in Modified Boys

First 20 finishers in Modified Girls

Ribbons

21-50th place in Varsity/Modified Races

11th-50th place in JV Races

ONLY COACHES MAY PICK UP AWARDS AFTER EACH RACE

Registration Information: 2010 Stock-Conwicke Invitational

Entry Fee - \$125.00 per school max - \$40.00 per race or \$10.00 per runner

Entry Deadline October 6th, 2010

School Name: _____

Coaches Name: _____

Payment Enclosed (circle) YES NO

Enter the races by writing the approximate number of runners planned to participate in each event.

Modified Boys _____ Modified Girls _____

JV Boys _____ JV Girls _____

Varsity Boys _____ Varsity Girls _____

Send Payment and Registration Form to: Vestal Athletic Department

205 Woodlawn Drive

Vestal, NY 13850

FAX: 757-2351

Make vouchers/checks payable to: Vestal Central School District

Contact Information: Gary Fancher – (607) 757-2236

SEE YOU THERE