

# 6<sup>th</sup> Annual VVS Cross Country Invitational

## Site of the 2011 State Championship

Saturday September 12, 2009

Hosted by the VVS Cross Country Teams and the VVS All-Sports Boosters Club

There will be a home football game at 10 am that day so all XC athletes are to use the Middle Schools locker rooms only.

**Location/Facility:** VVS Middle/ High School Campus. Bathroom, locker room facilities and gym will be available in the Middle school. For Rochester and Albany area schools, VVS is located about 2 miles from exit 33 on the Thruway.

**Course:** Our course consists of challenging hills, open fields, and wooded trails . Wooded trails are fully mulched, hills are cover in stone dust and the open fields are grass. Spikes are highly recommended. The course has had some layout changes from 2008!! Improved drainage, mulch, and minor hills added.

**Upkeep:** The course has been undergoing updating and maintenance since sectionals in 2004. Many coaches' comments and ideas have been put into place to help make this course more runner and coach friendly. The woods sections are fully mulched and the hills have been top coated in stone dust. The course is 50/50 grass and mulch—an excellent running surface.

**Race Setup:** To add a bit of variety to our races, we are attempting to “randomly place” teams to try to reduce some of the repetitive inter-league match ups. Please no requests. Remember there are only two races. All efforts will be made to attempt to keep the races equally competitive. We will have the race assignments posted on Tullyrunners by September 9th.

**Timing and Scoring:** **Please send a notice of intent to [tbauer@vvschools.org](mailto:tbauer@vvschools.org) in advance of entry to help aid in assigning the races. In the email all that is needed is: Coach's Name(s), School, and will be attending. All coaches must enter their teams on line at <http://www.onlineentries.com>. The deadline for entering your teams is September 8, 2009.**

### Tentative Order of events

#### Time Race

9:00 am Varsity Girls Red  
9:40 am Varsity Girls White  
10:20 am Varsity Boys Red  
10:35 am Varsity Boys White  
11:10 am JV Boys  
11:45 am JV Girls

**Awards:**...In Varsity Races: ...

Individual Awards:

Top 100 Ribbons

Top 20 T-shirts

Top 10 Medals Team Awards:

Fastest Boy and Girl-Trophy each

Team Awards:

Winning Team- Plaque

2<sup>nd</sup>-4<sup>th</sup> -Trophy

In JV Races:

Individual Awards:

Top 50 Ribbons

Top 10 T-shirts

Winning Team-Trophy

**Entry Fee:** \$100.00 for two teams, \$60.00 for one team, \$20 for individual runners. Please send checks or vouchers made payable to VVS All Sports Booster Club C/O Jim Burton, Athletic Director, VVS High School, 5275 Route 31, Verona, NY 13478

**Refreshments/T-shirts:** Coaches Continental Breakfast from 7:00 am until 9:00 am in the Middle School Gym. Complete concessions at the meet including coffee, juices, Powerade, water, bagels, hotdogs, pizza and souvenir t-shirts will be available for \$10.