

Site of the 2011 NYSPHSAA XC Championship

7th Annual VVS Cross Country Invitational

Saturday, September 18, 2010

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

Location/Facility: VVS Middle/ High School Campus. Bathroom, locker room facilities and gym will be available in the High 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. Course map on page 2.

Upkeep: The course has been undergoing ongoing updating and maintenance since Sectionals in 2004. Many coaches' comments and ideas have been put into place to help make this course more runner, coach and spectator 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 reduce some of the repetitive inter-league match ups. All efforts will be made to attempt to keep the races equally competitive. We will have the race assignments posted on Tullyrunners by September 14.

Important: Timing and Scoring: **Please enter your athletes through <http://www.onlineentries.com> by September 13th.** You are limited to 10 runners in the Varsity race. All other runners will be entered in the JV race. **This is the only way to register for the meet. Try to come to the meet with as few changes as possible.**

Tentative Order of Events

<u>Morning Races</u>		<u>Afternoon Races</u>	
Time	Race	Time	Race
9:00 am	Varsity Girls I	12:00 pm	Varsity Boys III
9:30 am	Varsity Girls II	12:30 pm	Varsity Boys IV
10:00 am	Varsity Boys I	1:00 pm	Varsity Girls III
10:30 am	Varsity Boys II	1:30 pm	Varsity Girls IV
11:00 am	JV Girls I and II	2:00 pm	JV Boys III and IV
11:30 pm	JV Boys I and II	2:30 pm	JV Girls III and IV

***Please send a notice of intent to tbauer@vvschools.org in advance of entry to help aid in assigning the races. In the email all that is needed is:

Coaches' Name(s), School ...and do you prefer a morning race or afternoon race? We will try to accommodate all requests.

Awards:

...In Varsity Races:

Individual Awards:

Top 100 Ribbons

Top 20 T-shirts

Team Awards:

1st-2nd-3rd –Trophy

...In JV Races:

Individual Awards:

Top 100 Ribbons

Team Awards:

Winning Team-Trophy

Entry Fee: \$125.00 for two teams, \$70.00 for one team, \$15 for individual runners. Please send checks or vouchers made payable to VVS All Sports Boosters Club c/o Jason Merrill by race day.

Refreshments/T-shirts: Concessions at the meet include coffee, juices, Powerade, water, hamburgers, hotdogs, pizza. Souvenir t-shirts will be available for \$10.

**2010 VVS Invitational
Vernon-Verona-Sherrill High School/Middle School
5275 Route 31, Verona, NY 13478
September 18, 2010**

