VIKING XC INVITATIONAL AT VALLEY CENTRAL HIGH SCHOOL
SATURDAY, OCTOBER 16, 2010

VARSITY RACES: 1 BOYS AND 1 GIRLS
FRESHMAN RACES: 1 BOYS AND 1 GIRLS
MODIFIED RACES: 1 BOYS AND 1 GIRLS

$40 / RACE OR $200 BLANKET ENTRY: TOTAL:_____
---unlimited entries---

Make check or claim for entries payable to: Valley Central High School XC
attn: Ron Hebbard

Mail to: Valley Central High School
ATTN: Ron Hebbard
1175 Rte. 17k
Montgomery, NY 12549

any questions:
call…854-457-2400, ext.7024
email…rhebbard@vcmail.ouboces.org

ENTRIES MUST BE RECEIVED BY OCTOBER 8

ORDER OF RACES:

9:00am	modified girls	1.5m	1st place team, top 25 individual awards
9:20am	modified boys	1.5m	1st place team, top 25 individual awards
9:45am	novice girls	2.0m	1st place team, top 25 individual awards
10:05am	novice boys	2.0m	1st place team, top 25 individual awards
10:30am	varsity girls	3.1m	1st – 3rd team, top 25 individual awards
11:00am	varsity boys	3.1m	1st – 3rd team, top 25 individual awards

---both courses are all grass except for the last 200m, which is on the track