



Saturday, September 19th, 2009
Firemen's Park (West Seneca, New York)
3.1 Mile/5 Kilometer Flat & Grassy Course

EVENTS SCHEDULE

- 10:00 AM – JUNIOR VARSITY GIRLS
- 10:30 AM – JUNIOR VARSITY BOYS
- 11:00 AM – DIVISION 2 VARSITY GIRLS
- 11:30 AM – DIVISION 1 VARSITY GIRLS
- 12:00 PM – DIVISION 2 VARSITY BOYS
- 12:30 PM – DIVISION 1 VARSITY BOYS
- 1:00 PM – TEAM / INDIVIDUAL AWARDS & FASTEST RUNNERS RECOGNITION



Event Directors Contact Information

Emilio Mancino
emancino@westseneca.wnyric.org
(716) 677-3801 ext. 4347 (school voice mail)
(716) 725-9258
**use only if necessary*

Pete Szymanski
pszymanski@csufsd.org
(716) 897-7800 ext. 1234 (school voice mail)
(716) 480-2333
**use only if necessary*

Participation and Entry Deadline is FRIDAY, SEPTEMBER 4th, 2009

****Please directly contact a Meet Director after this date.
We'll do our best to accommodate your program!**

Competition Information

Entry Fees:

ALL entry fees should be paid before the day of competition! Please be sure your athletic office understands and is timely with payment.

- \$90 for both boys and girls teams (JV & Varsity included)
- \$60 for either boys or girls teams (JV & Varsity included)
- \$25 per JV/Varsity individual

**Teams must have three (3) or more runners in order to avoid the individual entry fee.

Send Check/Voucher to:

Timm Slade
Admin. Building – West Seneca CSD Athletic Office
1397 Orchard Park Rd.
West Seneca, NY 14224

Make Checks payable to: **West Seneca Central School District

Directions: Interstate 90 (Thruway) to exit 55 then take Ridge Road (East). Turn right onto Orchard Park Road (Route 240) and follow up to East-West Road. Go left onto East-West Road and continue about two miles (past Union Road) until you reach the park, which will be on your left. Drop off and parking directions will be distributed as we approach the date of the competition.

Rules: This competition is governed by the National Federation of High Schools, the New York State Public High Schools Athletic Association, Section 6 Athletics, and the Erie County Interscholastic Conference. Jewelry, uniform, and electronics rules are in effect and will be enforced. The Games Committee will be comprised of the head official, Pete Szymanski, and Emilio Mancino. Any protests must be clearly written and explained before given to anyone on the Games Committee.

Entry Information: Varsity races must have a minimum of five (5) runners to be eligible for team scoring. There will be a maximum of seven (7) runners in all Varsity races. There is no limit to the number of Junior Varsity runners that can be entered. Runners who are typically Varsity caliber should not be participating in the Junior Varsity races. Any 7th or 8th grader participating in this competition on either level must have been approved through the NYSPHSAA Selective Classification process.

[The attached entry form should accompany the payment.](#) Be sure to complete it legibly and carefully. The determination of divisions will be based on school enrollment data compiled by the NYSPHSAA.

Scoring Information: Numbered cards will be handed out just past the finish line to each runner who successfully completes the course. Coaches will collect and record the numbered cards that their team's runners hand to them immediately following the completion of their race. Completed score cards AND the individual numbered cards must be submitted to the clerks at the scoring table as soon as possible. Any missing scoring information (i.e. score cards, place cards) will result in an incomplete score for that team.

Course Information: 99% grassy and flat course that is extremely viewer friendly and accessible. Half mile and mile markers are generally in the same areas of the course. Quarter-inch spikes are strongly recommended.

Recognition:

Junior Varsity (per Gender)

One Team Award

Medals through 10th place

Ribbons through 30th place

Varsity (per Division)

Team Awards to the top three (3) scoring teams

Medals through 10th place

Ribbons through 20th place

****Awards to the Fastest Boy and Girl Runner of the day as well as Runner's Roost Gift Certificates for the boy and/or girl setting new the invitational course record!!!**

Concessions: There will be a concession booth that will feature a variety of snacks and refreshments. A limited number of t-shirts produced by Winged Foot will also be sold for a cost of \$10 to \$15.

General Information:

- Course maps will be provided to all participating teams the day of the competition. Please contact the meet directors if a course map is wanted prior to the day of the competition.
- Runner's Roost will be on site and has graciously offered a \$50 gift certificate per gender for any boy or girl who bests the current invitational course records listed below.
- Teams may not divide their teams into "A" and "B" Varsity teams (etc.) to enter into each Varsity division.

BOYS West Seneca Invitational 5 Kilometer Course Record:

Scott Longwell - Pittsford Sutherland (N.Y.S. Section 5) - 16:29.9
set 9/15/07 in the Boy's Large School Race

GIRLS West Seneca Invitational 5 Kilometer Course Record:

Amanda Solly - West Seneca East (N.Y.S. Section 6) - 18:25.6
set 9/15/07 in the Girl's Large School Race

- Please be sure to clean up outside of the rest room facilities as best as possible before entering the rest rooms.
- Results will be posted on the day of the competition and on the following web sites:

www.section6runs.com
www.tullyrunners.com
www.armoryfoundation.org
www.section6.e1b.org

- Teams that are traveling distances that require an overnight stay can email the meet directors about accommodations.
- An athletic trainer may be on hand for any medical situations.

(Entry form below/on next page)

15th West Seneca Cross Country Invitational Entry Form

➔ **PLEASE WRITE/TYPE CLEARLY!!!** ←

Team Name & Mascot: _____
(Example: West Seneca West Indians)

NYSPHSAA Enrollment: _____ (Catholic and/or Private Schools must provide total population)

Full Coaches Name(s): _____

Full E-Mail Address: _____

Phone Number: (include area code if not 716) _____ - _____ - _____

****Please check off appropriate races below that your program will be represented in.**

BOYS Varsity – up to seven (7) top runners

GIRLS Varsity – up to seven (7) top runners

BOYS Junior Varsity – unlimited entries

GIRLS Junior Varsity – unlimited entries

BOYS Individual Entry (Maximum of two)
Total Number? ____ Varsity or JV? ____

GIRLS Individual Entry (Maximum of two)
Total Number? ____ Varsity or JV? ____

TOTAL Entry Fee: \$ _____

➤ Post Mail to **Timm Slade (Athletic Director)** (address above)

...AND/OR...

➤ E-Mail a copy of this form to **mkbiddle@westseneca.wnyric.org** (PREFERRED!)

...AND/OR...

➤ Fax a copy of this form to **(716) 677-3142 c/o MaryKay Biddle (Director's Secretary)**

NOTE: Enrollments may be checked if event management is not familiar with a school or there are any concerns to be alleviated. Participation and Entry Deadline is FRIDAY, SEPTEMBER 4th, 2009!!!