

28th West Seneca West Cross Country



Saturday, September 16, 2023
Sunshine Park (West Seneca, New York)
3.1 Mile/5 Kilometer Grassy Trail Course

EVENTS SCHEDULE

- 9:30 AM – Freshmen/Sophomore GIRLS
- 10:15 AM – Freshmen/Sophomore BOYS
- 10:45 AM – Varsity “B” (Junior/Senior) GIRLS
- 11:30 AM – Varsity “B” (Junior/Senior) BOYS
- 12:15 PM – “SMALL” Schools VARSITY GIRLS
- 12:45 PM – “LARGE” Schools VARSITY GIRLS
- 1:15 PM – “SMALL” Schools VARSITY BOYS
- 1:45 PM – “LARGE” Schools VARSITY BOYS
- 2:15 PM – TEAM / INDIVIDUAL AWARDS & FASTEST RUNNERS RECOGNITION

Event Director Contact Information

<p>Pete Szymanski pszymanski698@gmail.com (716) 480-2333</p>
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Participation and Entry Deadline is **FRIDAY, SEPTEMBER 8, 2023**

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

*revised 6/15/23

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.

- \$200 for both boys and girls teams (FroshSoph/Varsity "B"/Varsity included)
- \$115 for either boys or girls teams (FroshSoph/Varsity "B"/Varsity included)
- \$25 per FroshSoph/Varsity "B"/Varsity individual without entering any other race

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

Send Check/Voucher to:

Marissa Fallacaro-Dougherty - Athletic Director
West Seneca CSD - Athletic Office
1445 Center Road
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 three miles (past Union Road) until you reach the park, which will be the second park 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 VI 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, another coach to be determined, and the Event Director. Any protests must be clearly written and explained before given to anyone on the Games Committee.

Entry Information: All 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. An unlimited number of competitors may participate in the team scored freshmen/sophomore races or the team scored junior/senior Varsity "B" races. All freshmen or sophomores not Varsity race caliber can only participate in the freshmen/sophomore races. All juniors or seniors not Varsity race caliber can only participate in the Varsity "B" junior/senior races. Runners who are typically Varsity caliber should not be participating in any other races. Any 7th or 8th grader participating in this competition on either level must have been approved through the NYSPHSAA Athletic Placement 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 for this season.

Results Information: A timing system will be employed as the primary mode of producing results. Primary results will be finalized by manually recording bib numbers in the order of finish through the chute. A video of each race may back up each set of results. There may be a secondary video back up. A copy of the race results will be posted as the races conclude.

Course Information: 99% grassy, rolling trail course (almost half of course is raced on the trails) that is partially viewer friendly and generally accessible. Mile markers can be easily located on the course. ¼” or 3/8” spikes are strongly recommended.

Commemorative Apparel: A limited number of t-shirts produced by **Winged Foot** will also be sold for a cost of \$15 each.

Recognition:

Freshmen/Sophomore (per Gender)

- ★Top Team Award
- ★Ribbons through 25th place

Varsity "B" (per Gender)

- ★Top Team Award
- ★Medals through 10th place
- ★Ribbons 11th through 25th place

Varsity (per Division)

- ★Top Three Team Award
- ← same as JV
- ★Ribbons 11th to 30th place

**Special awards to the *Fastest Boy and Girl Runner of the Invitational!!!*

Concessions: There will be a concession booth that will feature a variety of snacks and refreshments.

General Information:

- **Our course map is attached as the final page of this document. Please bring your own copies.** A limited amount of course maps will be available the day of the competition.
- **Runner's Roost** of Orchard Park will be on site with a limited inventory.
- Teams may not divide their teams into "A" and "B" Varsity teams (etc.) to enter into each Varsity division.
- Team awards will be distributed during our Awards Ceremony at the conclusion of the day's races. **All individual awards will be distributed at the end of the finish line chute.**
- Please be sure to clean up outside of the rest room facilities as best as possible before entering the rest rooms. Also, **please keep your team areas as clean as possible** by bringing your own garbage bags to use.
- Results/information will be posted on the day of the competition and on the following web sites:

www.tullyrunners.com

<http://ny.milesplit.com>

- Teams that are traveling distances that require an overnight stay can email the meet directors about accommodations.
- An **Excelsior** athletic trainer will be on hand for any medical situations as will be paramedics from the **East Seneca Fire Company**.

Sunshine Park Course Records

Sunshine Park 5 KM GIRLS Top Ten Non-Championship Times

1	18:42.9	- Katrina Patterson	- Clarence	- 9/12/15
2	18:46.05	- Ally Ortega	- Sweet Home	- 9/14/13
3	19:01.16	- Naomi Wistner	- Williamsville North	- 9/13/14
4	19:05.04	- Marta McLaughlin	- East Aurora	- 9/15/12
5	19:05.17	- Livia Chase	- Starpoint	- 9/15/12
6	19:09.06	- Sophia Tasselmyer	- East Aurora	- 9/13/14
7	19:09.69	- Marta McLaughlin	- East Aurora	- 9/14/13
8	19:10.60	- Samantha Peterman	- Sweet Home	- 9/14/13
9	19:11.01	- Sydney Nowicki	- Lockport	- 10/7/17
10	19:12.75	- Fiona Danieau	- East Aurora	- 9/13/14

Sunshine Park 5 KM GIRLS Top Ten All-Times

1	18:37.4	- Sophia Tasselmyer	- East Aurora	- 10/31/14
2	18:42.4	- Aileen Doyle	- Sweet Home	- 10/31/14
3	18:42.9	- Katrina Patterson	- Clarence	- 9/12/15
4	18:45.1	- Abbey Lang	- Lockport	- 10/31/14
5	18:46.05	- Ally Ortega	- Sweet Home	- 9/14/13
6	18:52.8	- Naomi Wistner	- Williamsville North	- 10/31/14
7	18:56.25	- Sophia Tasselmyer	- East Aurora	- 11/6/15
8	19:01.16	- Naomi Wistner	- Williamsville North	- 9/13/14
9	19:01.3	- Fiona Danieau	- East Aurora	- 10/31/14
10	19:05.04	- Marta McLaughlin	- East Aurora	- 9/15/12

Sunshine Park 5 KM BOYS Top Ten Non-Championship Times

1	15:41.61	- Kenneth Vasbinder	- East Aurora	- 9/13/14
2	16:03.36	- Cal Puskar	- Orchard Park	- 10/7/17
3	16:05.37	- Thomas Hornberger	- Lake Shore	- 9/15/12
4	16:07.27	- Calvin Butlak	- Lake Shore	- 9/13/14
5	16:09.68	- Sean Phillips	- East Aurora	- 9/15/12
6	16:10.53	- Dylan Servos	- Alden	- 9/13/14
7	16:11.11	- Dawson Bathgate	- East Rochester	- 9/13/14
8	16:11.32	- Armani Merlino	- Lancaster	9/15/18
9	16:15.06	- Tom Appenheimer	- Cardinal O'Hara	- 9/15/18
10	16:17.69	- Peter Rindfuss	- Hamburg	- 9/13/14

Sunshine Park 5 KM BOYS Top Ten All-Times

1	15:41.61	- Kenneth Vasbinder	- East Aurora	- 9/13/14
2	15:49.0	- Kenneth Vasbinder	- East Aurora	- 10/31/14
3	16:01.3	- Mitchell Daddario	- Sweet Home	- 10/31/14
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7	16:06.4	- Christopher Nowak	- Sweet Home	- 10/31/14
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10	16:10.53	- Dylan Servos	- Alden	- 9/13/14

(Competitors are NYS Section VI unless otherwise noted)

28th West Seneca West Cross Country **Classic 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: _____ (please write legibly)

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 Varsity “B” (Junior/Senior) – unlimited entries
- GIRLS Varsity “B” (Junior/Senior) – unlimited entries
- BOYS Freshmen/Sophomore – unlimited entries
- GIRLS Freshmen/Sophomore – unlimited entries
- BOYS Individual Entry – Maximum of two
Total Number ____ Varsity/Varsity “B”/FS? ____
- GIRLS Individual Entry – Maximum of two
Total Number ____ Varsity/Varsity “B”/FS? ____

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Checks payable to: West Seneca Central Schools

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

Post Mail Payment to:

**West Seneca Central Schools
Athletic Department
1445 Center Road
West Seneca, NY 14224**

TOTAL Entry Fee: \$ _____

- Post Mail to **Marisa Fallacaro-Dougherty – Athletic Director** (address above) ...AND/OR...
- E-Mail a copy of this completed form to mbiddle@wscschools.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 8th, 2023!!!

WEST SENECA INVITE

SUNSHINE PARK COURSE MAP

