



Whitney Point Golden Eagles Cross Country Invitational

When: Tuesday, October 19th, 2010- 4:30PM

Where: Whitney Point Central School District-The entire course will be behind the CEA elementary school on the fields and pathways around dike.

Packet Pick Up: Packets of information will be delivered to the coach by a greeter when the bus drops off the runners behind the CEA elementary school.

Courses: 2 courses have been designed one for Varsity 5000 meters and one for Modified 2500 meters. The course offers a variety of challenges over flat, rolling and hilly terrain. Spikes can be worn in all Varsity and Junior Varsity races. Modified runners may not wear spikes

Coaches Meeting: There will be a coaches meeting at 4:15 near the start of the races.

Race Times:

Modified Boys-4:30PM

JV Boys-4:33PM

Modified Girls - 4:35PM

Varsity Boys - 5:05PM

Varsity and JV Girls - 5:30PM

Awards: Awards will be given to the Top Runners and Top Teams. There will be an award ceremony for the top teams in the CEA elementary gym at the conclusion of the races.

Team Scoring: Scoring will be based upon finishing places. Sixth runner represents tie-breaker. Team scoring will be calculated and posted in the CEA gym foyer.

Registration Fee:

Entry fee for more than 2 races	\$100.00
Entry fee for 2 races	\$80.00
Entry fee for 1 race	\$50.00
Individual runners	\$20.00
Make checks payable to	Whitney Point C.S.D.

Restroom: Runners will be able to use restroom in the C.E.A. elementary hallway and locker rooms as well port-a-johns at the start.

Parking: The buses will drop off the teams behind the C.E.A. elementary school. Buses then will park at the St. Patrick Catholic Church across the street. Spectators may park in the lots in front of the high school and C.E.A. elementary school. No parking will be permitted along the roadway behind the C.E.A. elementary school.

Contact Information: Murphee Hayes - Athletic Director, WP High School, P.O. Box 249, Whitney Point, NY 13862, phone-(607) 692-8245, fax-(607) 692-8256 or mhayes@wpcsd.org Rebecca Molloy- Cross Country Coach rmolloy@wpcsd.org

Whitney Point Eagles Cross Country Invitational Registration Form

Coach's Name: _____

School Address: _____

Home Phone #: _____

Cell Phone #: _____

School Phone #: _____

Fax Number: _____

E-Mail Address: _____

Please check one:

_____ Yes, we plan on attending the Whitney Point Invite

_____ No, we do not plan on attending the Whitney Point Invite

Entries: Please check the following races that you wish to compete in and record the estimated number of runners to participate in race.

Varsity Boys _____ Number of Teams _____ Number of Individuals _____

Varsity Girls _____ Number of Teams _____ Number of Individuals _____

JV Boys _____ Number of Teams _____ Number of Individuals _____

Modified Boys _____ Number of Teams _____ Number of Individuals _____

Modified Girls _____ Number of Teams _____ Number of Individuals _____

Please make checks payable to: Whitney Point Central School District

Return Registration form by October 1, 2010

Murphee Hayes

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e-mail mhayes@wpcsd.org