

**58th Annual  
Windsor Cross Country Invitational  
Informational Packet  
Saturday, September 8th, 2018**

Location: *Windsor High School*

**Course:**

Varsity - 3.1 mile course, running the hill once

JV – 2.1 mile course, running the hill once

Majority of the course is on grass but the course does cross pavement several times.

Spikes are suggested!

**Order of Events:**

Coaches Meeting 9:00am

Varsity Boys 9:15am

Varsity Girls 9:45am

JV Boys 10:15 am

JV Girls 10:35am

**Awards: Awards will be handed out in the chute, team trophies mailed to coaches or given to them at next invitational**

Junior Varsity Girls 5 Individual ribbons

Junior Varsity Boys, 5 Individual ribbons

Varsity Girls 1 Team Plaque, 10 Individual medals

Varsity Boys 1 Team Plaque, 10 Individual medals

**You can add up to 10 runners in the both Varsity Races.**

Please **email** your intention to enter and the approximate number of athletes in each race [mpotenza@windsor-csd.org](mailto:mpotenza@windsor-csd.org)

**The entry procedure will be emailed to you once you let me know you are attending.**

- **Confirm your entry prior to September 1<sup>st</sup>.**
- **Rosters due September 3<sup>rd</sup> or sooner**
- **Please contact me with any questions, I can be reached at home 607-341-2313 (call or text) .**

T-Shirts and concession available near track.

Thanks,  
Mike Potenza

58<sup>th</sup> Windsor Invitational

School Name:\_\_\_\_\_

School Address:\_\_\_\_\_

Head Coaches Name:\_\_\_\_\_

Head Coaches E-mail:\_\_\_\_\_

Head Coaches Phone Number:\_\_\_\_\_

Yes; we plan on attending and our check is enclosed\_\_\_\_\_

Yes; we plan on attending and our check will be mailed separately\_\_\_\_

No; we are unable to attend this year\_\_\_\_\_

TEAMS ENTERED:

Please indicate the approximate number of runners in each race.

1. Varsity Boys \_\_\_\_\_ (10 runners max)

2. Varsity Girls \_\_\_\_\_(10 runners max)

3. JV Boys\_\_\_\_\_

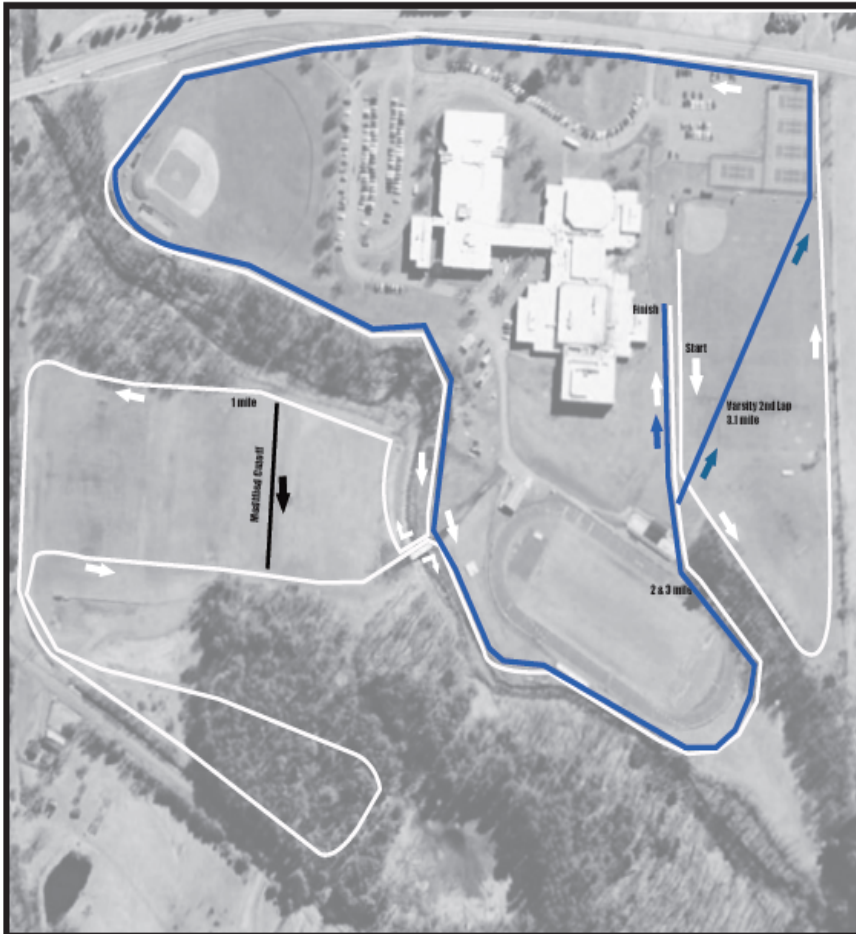
4. JV Girls \_\_\_\_\_

INVITATIONAL ENTRY FEE

The cost of this invitational is \$100.00 per school for all races or \$25.00 per race up to one hundred dollars. Make checks payable to Windsor Cross Country and mail to:

Windsor Cross Country  
Attn: Mike Potenza  
1191 St Rt 79  
Windsor, NY 13865

# Course map



## Course Information

Distance: Varsity 3.1mi  
JV - 2.1 mi  
Mod -1.5 mi

Surface: Grass w/ short  
pavement  
crossings

Terrain: Rolling

Course Route:  
1st lap - White (JV 2.1 miles)  
2nd lap - Blue (3.1miles)  
Modified - Gold

**No Spikes in Buildings Please!**

Created with

nitro professional