58th Annual Windsor Cross Country Invitational Informational Packet Saturday, September 7th, 2019

Location: Windsor High School

Format: Due to construction / change in week the format has changed to a relay

- 3 person teams 2 k per leg (6k total)
- 1st and 2nd members of team run back to start line and hand off baton, 3rd member of each team veers to finish line following dotted line
- Each team of 3 will be assigned a hip number (similar to a track relay)
- Incomplete teams may compete by running a leg of the 2k (1 or 2 runners but will not be given hip numbers)
- We will get team total times , you are responsible if you want splits for your runners
- Bring your own batons

Course:

Flat and fast

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

Order of Events: (will run ahead of time if we can)

Coaches Meeting 8:45 am Varsity Boys 9:00am Girls Race 9:30 am JV Boys 10:05 am

Girls JV TBA (most likely all girls will run in the varsity race due to low numbers in the past, only full teams will count for scoring)

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

Varsity Girls 1Team Plaque Varsity Boys 1 Team Plaque

You can have up to 4 teams in Varsity (12 runner's total) Incomplete teams or individual runners in JV for boy's race

Please **email** your intention to enter and the approximate number of teams in each race 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 August 31st.
- Rosters due September 2nd 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

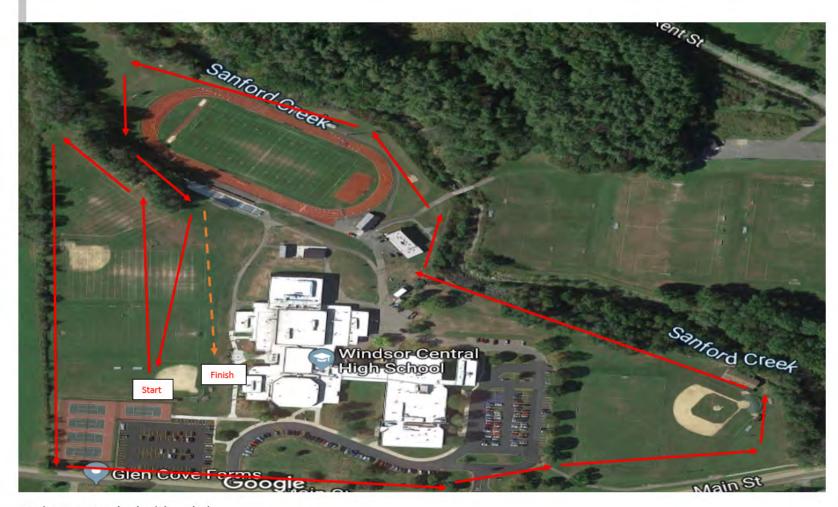
59th Windsor Invitational

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 (12runners max)
2. Varsity Girls(12 runners max)
3. JV Boys
4. JV Girls
INVITATIONAL ENTRY FEE The cost of this invitational is \$125.00 per school for all races or \$25.00 per race up to

The cost of this invitational is \$125.00 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



Windsor 3 person 6k relay (2k per leg)

1st and 2nd members of team run back to start line and hand off baton, 3rd member of each team veers to finish line following dotted line