

# 7<sup>th</sup> Annual Marion Cross Country Invitational “Final Tune-up”

**\*\*\*Saturday October 22<sup>nd</sup> 2016 10:00 AM\*\*\***

Marion Jr.-Sr. High School Campus - 4034 Warner Road Marion, NY  
5000 meter course – grass, woods, with some hills - entirely on campus

Price: \$125 per school \$15 per individual

Up to “7” allowed in Varsity races

Unlimited JV and Modified entries

Computerized- team scoring/results/barcodes for every runner/every race

Large schools and small schools - run together ALL races team scored.

\*If 32+ teams enter, then Varsity races split 50/50 into two races- Small/Large

We would like to create a championship style atmosphere before league champs and sectionals. See your top runners run in a championship style scored meet.

This is also a great chance to have a quality race without the stress of a title on the line.

9:00 Course opens: Pick up race packets and tour the course

10:00 Modified Girls – 2 miles unlimited w/top 3 scored next 2 displace

10:30 Modified Boys – 2 miles unlimited w/top 3 scored next 2 displace

11:00 JV Girls – 5k unlimited

11:30 JV Boys – 5k unlimited

12:00 Varsity Girls– 5k 7 runners per team

12:30 Varsity Boys– 5k 7 runners per team

\*1:00 or sooner -- Awards presentation (Team Trophies)

\*If 32+ teams- Var. races split 50/50 (small 12:00G, 12:30B) (large 1:00G, 1:30B)

## **Awards:**

\*Medals to top 25 in each Varsity race

\*Trophies to the top 3 teams in each Varsity race \*JV top team trophy

\*Place Ribbons in all races (#26-50 Varsity, #1-50 all others) - handed out in chute

\*Prizes and Races may be increased further depending on # of entries

Concessions: Bagels, Fruit, Pizza, Coffee, Hot cocoa, Gatorade, Donuts, Candy, etc.

Limited Meet T-shirts will be available for sale

Please email intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer [ppfeiffer@marioncs.org](mailto:ppfeiffer@marioncs.org)

# Marion XC Invitational Entry Form:

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

Coach Name: \_\_\_\_\_

Coach Phone: \_\_\_\_\_

Coach Email: \_\_\_\_\_

Expected Number of runners in each race:

Modified Boys \_\_\_\_\_ Modified Girls \_\_\_\_\_

JV Boys \_\_\_\_\_ JV Girls \_\_\_\_\_

Varsity Boys \_\_\_\_\_ Varsity Girls \_\_\_\_\_

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\*\*\*\*\*Please turn in entry form with your payment\*\*\*\*\*

\*Individual entries will be done online through [Yentiming.com](http://Yentiming.com).

\*Your full roster in each race must be submitted online to be entered.

\*Every athlete will have a specific race number/barcode.

Please email your intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer [ppfeiffer@marioncs.org](mailto:ppfeiffer@marioncs.org)

Price: \$125 per school \$15 per individual

Entries submitted online by **Wed. October 19<sup>th</sup> 2016 @ 8PM**

**WWW.YENTIMING.COM**

Please make checks/vouchers payable to: **Marion Track Club**

Please send your payment with completed entry form to:

Paul Pfeiffer "XC Invite"

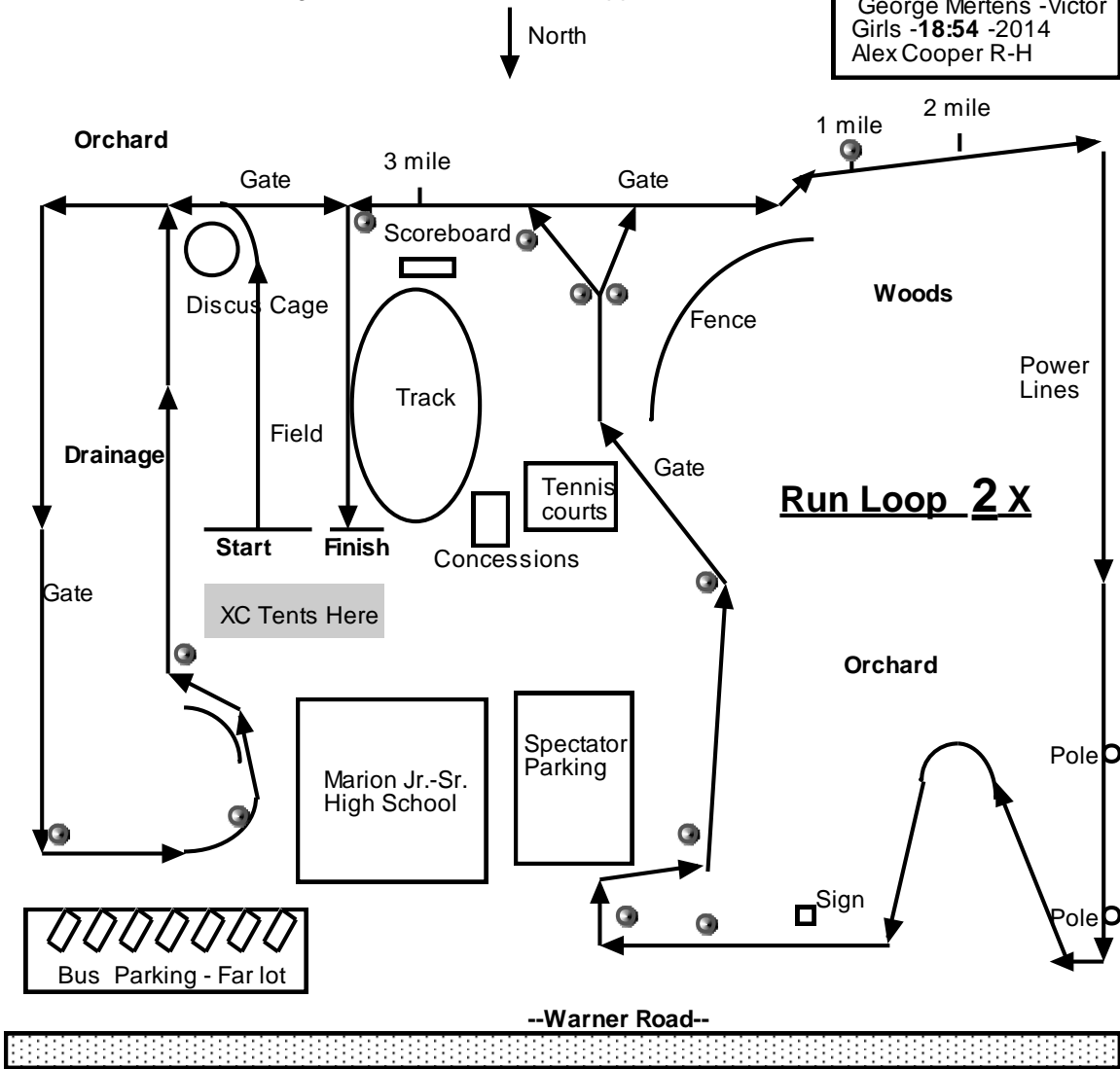
Marion Jr.-Sr. High School

4034 Warner Road Marion, NY 14505

**Marion Cross Country Course - 5000 m**  
 ● Cone or flag (Not Drawn to Scale) Map Revised 6/ 15

This course includes a few hills, with some uneven terrain through the orchard and woods. Approx. 90 ft. climb.

Boys - **16:36** -2013  
 George Mertens -Victor  
 Girls -**18:54** -2014  
 Alex Cooper R-H



**\*\*Modified run the same course with only 1 upper loop - 3200m**