



1st Annual
“HOT DOG RACE & COOK OUT!”
Wednesday, August 30th
Newark High School
“A Cross Country Race With A
Cook-Out!”

COURSE: 2 mile grass race course with 1 short, but challenging hill

RACES: Fr-Soph Girls, Fr-Soph Boys, Jr-Sr Girls, Jr-Sr Boys, Open

ORDER of RACES:

3:30 Course Opens

4:45 Open (These age groups: Middle School, Fr-So, Jr-Sr, 19-29, 30-39, 40-49, 50-59, 60+)

5:15 Fr-Soph Boys

5:40 Fr-Soph Girls

6:10 Jr-Sr Boys

6:20 Food Begins to be served!

6:35 Jr-Sr Girls

Cook Out!

PROCEDURE: We'll be using a pull-tag system: each runner will wear a *tag* the will be *pulled* at the finish. Coaches - you may prepare the tags in advance or use ours when you arrive.

AWARDS: Medals to Top 10 in Scholastic Races; Top 5 in Age Groups in Open Race (This is a minimum. If the field is large, we'll add to the awards.)

ENTRY FEES: \$40/School (This includes coaches & runners in the open race.)

Entry fee for *others in the Open race* is \$7.

Please make checks payable to: **Newark Cross Country Booster Club**

Mail to: Newark Cross Country Booster Club

C/O Joe Contario

Newark High School

Peirson Ave

Newark, NY 14513

NOTE: *We'll have an official so that the scholastic races may count as a "meet."*
Athletes who have sufficient number of practices should run in those races, others may run in the Open race.

Coaches who run in the Open Race will be entitled to an additional cookie!

QUESTIONS? – Joe Contario at coachcontario@gmail.com OR 315 521-7405