

ALEXANDER CROSS COUNTRY INVITATIONAL

Date: 10/18/2019

Location: Alexander Central

Course: 2 loop Varsity—trying to make it a 3.1 course this year
1 Loop Modified—will be close to 2 miles

Team Registration: First 15 schools entries will be accepted--please email intent to participate to jsherman@alexandercsd.org by September 28, 2019. We are still working on who will time for us. As soon as we know, we will send that info out.

Scoring: Top 7 runners(Varsity) will be used for Scoring

- Modified Races – unlimited entries—spikes allowed
- Varsity Races-- unlimited entries

Awards:

Varsity (Boys and Girls)

Ribbons- Places 11-50

Medals to winning team –Top 7 Runners

T-Shirts to Top 10 Runners(Varsity Races) Boys and Girls

T-Shirts to Top 11th Grade Runner-10th Grade Runner-9th Grade Runners
not in the Top 10 of the Race

Modified

T-Shirts-winner for Boys and Girls

Ribbons- all runners

Entry fee: \$125.00/School-- \$70 for just boys or girls team--\$15.00/ind runner

Race Schedule

2:45- Registration and course tour

4:20- (7th and 8th)Boys

4:30- (7th and 8th)Girls

4:45- Varsity Boys

5:15- Varsity Girls

**Registration for
Alexander Cross Country Invitational 2019**

School Name: Coach: Phone:

Address: Town: State Zip

PLEASE indicate which teams will participate

Boys Varsity _____

Girls Varsity _____

Boys Modified _____

Girls Modified _____

Return Registration Form or email information by 9/28/2019 and fees (or purchase order) by 10/14/19

Make Fees out to: **Alexander Varsity Club**

Thank You!

Send To: Andrew Buckenmeyer, Jessica Sherman, or Robert Adams

Alexander Central

3314 Buffalo St.

Alexander, N.Y. 14005

Phone: (585) 591-1551

Athletic Director: Robert Adams (Ext. 2304) or email at radams@alexandercsd.org

Coach Andrew Buckenmeyer Cell (585)506-6497 or email at abuckenmeyer@alexandercsd.org

Coach Jessica Sherman (Ext. 2212) Cell(585)813-7794 or email at

jsherman@alexandercsd.org