

**33rd Annual
Penfield-Irondequoit Cross Country Invitational
Harris Whalen Park
Friday, October 8, 2021**

ORDER OF EVENTS:

TIME	EVENT	INDIVIDUAL AWARDS	TEAM AWARDS
4:10 PM.	Modified Girls	medals 1 – 10/ Ribbons to All	1 st , 2 nd , 3 rd
4:25 P.M.	Modified Boys	Medals 1 – 10/ Ribbons to All	1 st , 2 nd , 3 rd
4:45P.M.	Varsity Girls	Medals 2 – 30/ Ribbons to All	1 st , 2 nd , 3 rd
5:15 P.M.	Varsity Boys	Medals 2 – 30/ Ribbons to All	1 st , 2 nd , 3 rd
5:44 P.M.	Boys' Varsity "B"	Medals 1 – 15/ Ribbons to All	1 st , 2 nd , 3 rd
5:45 P.M.	Girls Varsity "B"	Medals 1 – 15/ Ribbons to All	1 st , 2 nd , 3 rd

Girls will start 1 minute after the boys. There will be two chutes.

The Winner of the Boys and Girls' Varsity Races will receive a special award – the Ray Manuszak Award – named in honor of long time former Irondequoit cross country coach and Aquinas teacher, and one of the founders of the meet.

Both Long sleeve and shorts sleeve t-shirts will be available.

There will be a refreshment stand.

Important Information:

1. You May run up to 10 athletes in the Varsity races, unlimited entries in all other races.
2. Modified race is 1.5 miles, Varsity race is 5000meters
3. **Entries are due to Dave Yen of Yen Timing Services no later than 8:00 p.m. on Wednesday, October 6, 2021,**
4. Buses should park in the elementary school parking lot. Overflow parking may park across the street in the Wegman's parking lot.

Entry Fees:

1. Maximum - \$150.00 per school
2. \$40.00 per Varsity Team
3. \$35.00 per each sub varsity team
4. \$10.00 per individual

Please send checks, payable to:
Penfield Cross Country Boosters
c/o Dave Hennessey
Penfield High School
25 High School Drive
Penfield, NY 14526