

# 35<sup>th</sup> Annual Penfield – Irondequoit Invitational

Harris Whalen Park

Friday, October 6<sup>th</sup> , 2023

## ORDER OF EVENTS

Time	Event	Individual Awards	Team Awards
4:10	Modified Girls	Awards 1-7/Ribbons to All	1 <sup>st</sup> , 2 <sup>nd</sup>
4:25	Modified Boys	Awards 1-7/Ribbons to All	1 <sup>st</sup> , 2 <sup>nd</sup>
4:45	Varsity Girls	Awards 1-7	1 <sup>st</sup> , 2 <sup>nd</sup>
5:15	Varsity Boys	Awards 1-7	1 <sup>st</sup> , 2 <sup>nd</sup>
5:44	Boys' Varsity "B"	Awards 1-7/Ribbons to All	1 <sup>st</sup> , 2 <sup>nd</sup>
5:45	Girls Varsity "B"	Awards 1-7/Ribbons to All	1 <sup>st</sup> , 2 <sup>nd</sup>

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

Sundown at 6:30.

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.

Shirts will be available. We will honor cash and venmo.

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 races are 5000 meters
3. Entries are due to Dave Yen of Yen Timing Services no later than 8:00 p.m. on Tuesday, October 3, 2023.
4. Leonetiming will be doing the timing.
5. Buses should park in the elementary school parking lot. Overflow parking may park across the street in the Wegman's parking lot. We do not have the lodge this year, and half the lodge parking lot will be reserved for the group that reserved it.

ENTRY FEES: 1. Maximum – \$175.00 per School

2. \$45.00 per Varsity Team

3. 40.00 per each sub varsity team

4. \$10.00 per individual

Please send checks, payable to:

Penfield Cross Country Boosters

c/o Anthony Kerr

Penfield High School

25 High School Drive

Penfield, New York 14526

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Official Entry For: \_\_\_\_\_ (School)

Contact Name: \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

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