Inaugeral Parma Park XC Invitational

Date: Saturday, September 8th 2012

Where: Parma Town Hall Park, located on Route 259 in Parma, NY between Parma Center Road

and Peck Road.

Course: The Parma Park Invitational will be run on the NEW Monroe County Cross Country

Championship course. This will be your team's opportunity to race on the Monroe County Championship course. Note the Monroe County League meet course will not be run at this invitational. The two courses are different. The course is almost entirely on either grass or dirt/gravel trails. It is a fairly flat course with a few short steep hills and several wooden bridges.

Who: Any JV/Varsity teams interested in attending. There will not be a modified race although,

modified teams are welcome to go thru the walk thru.

Schedule: 8:00 am Course walk thru

8:45 am Course trails are closed to spectators (there are areas that are easily

accessible to spectators in the woods that are not on the course)

Runners are allowed to warm-up on the course but must be prepared to

get completely off of trails when racers are on it.

9:00 am Novice* Girls (2 mile) Unlimited entries 9:30 am Novice* Boys (2 mile) Unlimited entries

Novice* races are for athletes who are new to XC or to the 5K distance

10:00 amVarsity Girls race 1Teams top 4 runners (3 will score)10:30 amVarsity Boys race 1Teams top 4 runners (3 will score)11:00 amVarsity Girls race 2Teams second 4 runners (3 will score)11:30 amVarsity Boys race 2Teams second 4 runners (3 will score)

12:00 pmJV GirlsUnlimited entries12:30 pmJV BoysUnlimited entries

Scoring: Varsity scores will combine each team's top 3 from race 1 and each team's top 3 in race 2. JV

and Novice races will not be scored. No awards will be given out.

Online Entries: Please be sure your entire roster is entered into the database at www.yentiming.com by

September 1st and be sure to designate who will be racing.

Entry Fees: Cost per team is \$80 – Checks can be made out to "Hilton Cross County" and must be received

prior to the meet. A majority of the proceeds will be donated to the Parma Park department to

help maintain the park's trails and wooded section of the park.

Interested? Email Mike Szczepanik – mszczepanik@hilton.k12.ny.us by September 1st to secure a spot.

