



26th Annual Penfield Irondequoit

Cross Country Invitational

Friday October 4th, 2013

Harris Whalen Park

4:10 pm

MEET DIRECTORS:

David Hennessey-Penfield H.S. (Home 585-334-6323)

Matt Tytler – Irondequoit H.S./Ann Porter – Irondequoit H.S.

Ray Manuszak – Honorary Meet Director

ORDER OF EVENTS:

TIME - EVENT - INDIVIDUAL - AWARDS - TEAM AWARDS

4:10 P.M. MODIFIED - GIRLS MEDALS 1 – 15, RIBBONS TO ALL - TEAM AWARDS 1 – 3

4:25 P.M. MODIFIED - BOYS MEDALS 1 – 15, RIBBONS TO ALL - TEAM AWARDS 1 – 3

4:45 P.M. VARSITY GIRLS – MEDALS 2-25 - RIBBONS TO ALL – TEAM

AWARDS 1st through 3rd PLACE – 3rd Annual Ray Manuszak Award (give to the fastest girl of the day) - Teams may run 10 athletes in the Varsity Races.

5:15 P.M VARSITY BOYS – MEDALS 2-25 - RIBBONS TO ALL - TEAM AWARDS 1st through 3rd PLACE – 3rd Annual Ray Manuszak Award (given to the fastest boy of the day) - Teams may run 10 athletes in the Varsity Races.

5:44 P.M. BOYS VARSITY ‘B’ MEDALS 1-15 - RIBBONS TO ALL/ TEAM AWARDS 1st-3rd

5:45 P.M. GIRLS VARSITY ‘B’ MEDALS 1-15 - RIBBONS TO ALL/ TEAM AWARDS 1st -3rd
GIRLS WILL START 1 MINUTE AFTER THE BOYS

6:20 P.M. TEAM AWARDS

- Friday event - Challenging 5K course over grass and wooded trails
- T - SHIRTS : Souvenir t-shirts will be sold. There will be a concession stand.

NO parking along the road, please. Please inform your parents of this. There is parking at the Harris Hill Elementary School, at the top of the hill in the park and across the road at Wegmans.

1. www.yentiming.com is providing the online entry of rosters for ALL the races.
-Submit your meet roster by October 1st. Contact bsparacino@gmail.com for any account race declarations by October 1st .
- Athletes will be assigned a race number, please make sure that athlete is wearing the CORRECT number. Full results will be posted that weekend on www.yentiming.com.
2. TOP 10 IN VARSITY RACE; UNLIMITED RUNNERS IN OTHER RACES.
3. THE MODIFIED RACE IS 1 MILE AND HALF. MOD.ATHLETES MAY NOT WEAR SPIKES
4. BUSES AND SCHOOL VANS MUST DROP ATHLETES OFF AND PARK AT PENFIELD HIGH SCHOOL OR IN THE TOP PARKING LOT (top of the course).
5. ENTRY FEES:
- \$ 115.00 PER SCHOOL (MAXIMUM FOR ALL RACES)
- \$ 35.00 PER TEAM
- \$ 10.00 PER INDIVIDUALS

26th ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL

OFFICIAL ENTRY FOR : _____ (SCHOOL)

PLEASE SEND CHECKS OR VOUCHERS TO:

“PENFIELD CROSS COUNTRY BOOSTER CLUB”

ATTENTION DAVID HENNESSEY

PENFIELD HIGH SCHOOL

25 HIGH SCHOOL DRIVE

PENFIELD, NEW YORK 14526

\$115.00 MAXIMUM _____

\$35.00 PER RACE _____

\$10.00 PER INDIVIDUAL _____

TOTAL _____

Coaches, please submit your rosters through www.yentiming.com by October 1st. Coaches need to contact bsparacino@gmail.com for any password/account issues. Same Team account from Spring Track is being used.