

4th Annual Marion Cross Country Invitational “Final Tune-up”

*****Saturday October 19th 2013 10:00 AM*****

Marion Jr.-Sr. High School Campus - 4034 Warner Road Marion, NY
5000 meter course – grass, woods, with some hills - entirely on campus
Site of the 2009 Wayne Finger Lakes League Championships

Price: \$100 per school \$15 per individual
Up to “7” allowed in Varsity races
Unlimited JV and Modified entries
Computerized- scoring/results/barcodes for every runner

Large schools and small schools - run together. Only Varsity races scored.

We would like to create a championship style atmosphere before league champs and sectionals. See your top runners run in a championship style scored meet.
This is also a great chance to have a quality race without the stress of a title on the line.

7:30 Open Race Registration begins - race day registration only
9:00 XC 5K Open Race - \$10.00 - Coaches welcome - several M/F age group awards
9:00 Course opens: Pick up race packets and tour the course
10:00 Modified Boys
10:30 Modified Girls
11:00 Varsity Boys
11:30 Varsity Girls
12:10 JV Boys
12:40 JV Girls
1:20 or sooner -- Awards presentation (Team Trophies, Fastest runner)

Awards:

- *Medals to top 10 in each Varsity race (20)
- *Trophy to individual winner of each Varsity race (2)
- *Trophy to winning team in each varsity race (2)
- *Ribbons in all races 1-50 (handed out in chute)
- *Prizes and Races may be adjusted depending on # of entries

Concessions: Bagels, Fruit, Pizza, Coffee, Hot cocoa, Gatorade, Donuts, Candy, etc.
Limited Meet T-shirts will be available for sale

Please email intentions to Coach Pfeiffer ASAP
e-mail Paul Pfeiffer ppfeiffer@marioncs.org

Marion XC Invitational Entry Form:

School Name: _____

Coach Name: _____

Coach Phone: _____

Coach Email: _____

Expected Number of runners in each race:

Modified Boys _____ Modified Girls _____

JV Boys _____ JV Girls _____

Varsity Boys _____ Varsity Girls _____

*****Please turn in entry form with your payment*****

Individual entries will be done online through Yentiming.com.

Your full roster in each race must be submitted online to be entered.

Race day: only scratches no additions

Every athlete will have a specific race number/barcode.

**You will receive an email with further instructions when entry is received

Please email your intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer ppfeiffer@marioncs.org

Price: \$100 per school \$15 per individual

Send payment by **October 14th 2013**

Please make checks payable to: **Marion Track Club**

Please send your payment with completed entry form to:

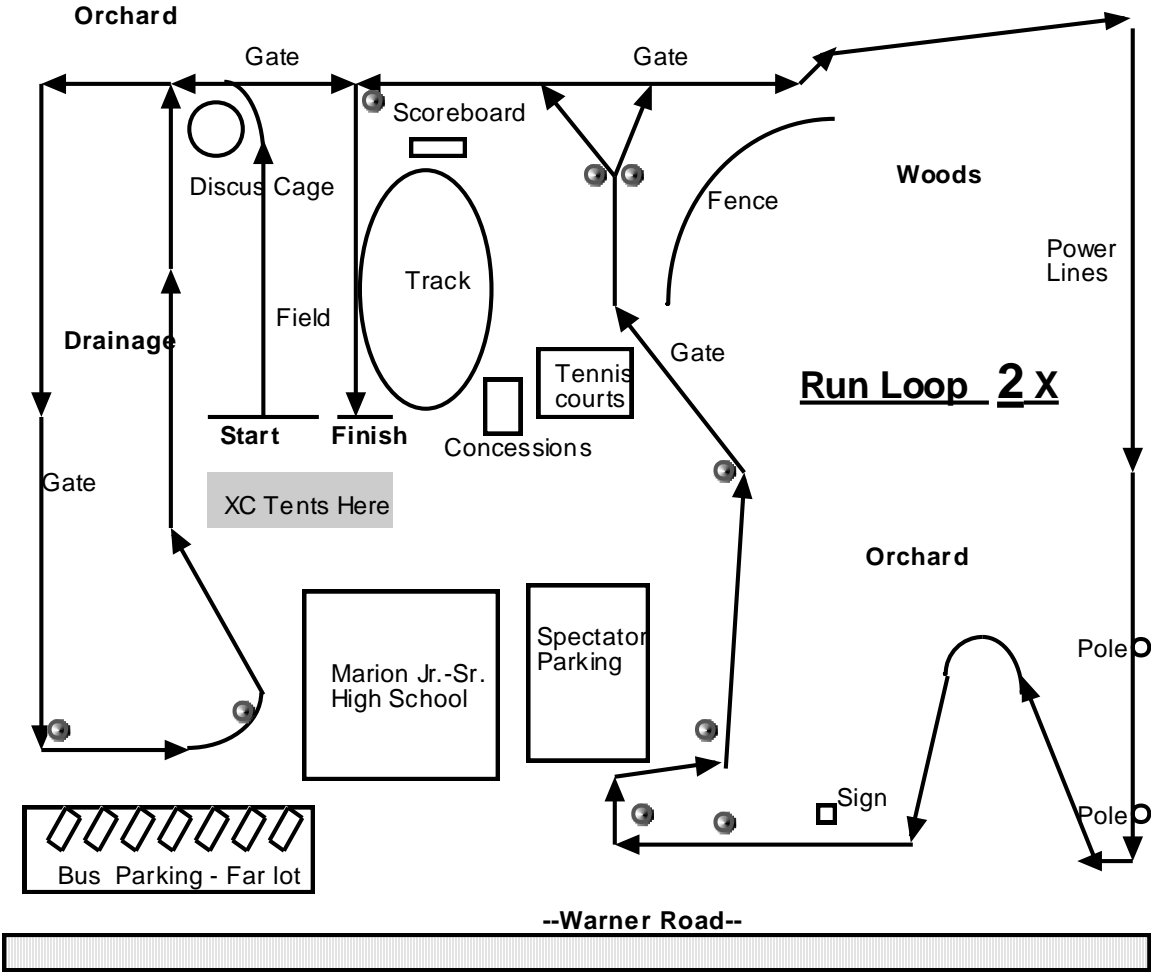
Paul Pfeiffer "XC Invite"

Marion Jr.-Sr. High School

4034 Warner Road Marion, NY 14505

Marion Cross Country Course - 5000 m
 ● Cone or flag (Not Drawn to Scale) Map Revised 7/ 11

This course includes a few hills, with some uneven terrain through the orchard and woods. Approx. 90 ft. climb.



← Route 21 ----- 200 meters

Marion Cross Country Invitational 5K Open Race

Saturday October 19, 2013

Race Starts at 9:00 a.m.

Location: Marion HS, 4034 Warner Road, Marion NY 14505

Entry Fee: \$10.00 Register between 7:30am and 8:45am near the finish line. Checks payable to: Marion Track Club

Awards: Awards to the top Male and Female finishers in each of the following age divisions: 14/under, 15-18, 19-24, 25-29, 30-39, 40+

Course: The open race is the first race of the day, before the start of the Marion Invitational, and will begin at 9:00am. We use the same 5K cross country course as the Varsity HS races. Course maps will be available during registration.

Open Race Entry Form

Waiver of Liability

I know that competing in this race is potentially a hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a meet official relative to my ability to safely complete my race. I assume all the risks associated with competing in this race including, but not limited to: falls, contact with other participants, the effects of weather, including cold, snow and/or ice, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Marion High School and Marion Track Club, their representatives and successors from all claims or liabilities of any kind arising from my participation in this meet.

Signature _____ Date 10-19-13
(Parent/Guardian must sign if under 18)

Print Name _____

Address _____

City/Town _____ **State** _____ **Zip** _____

E-Mail _____ **Age** _____ **Gender** _____