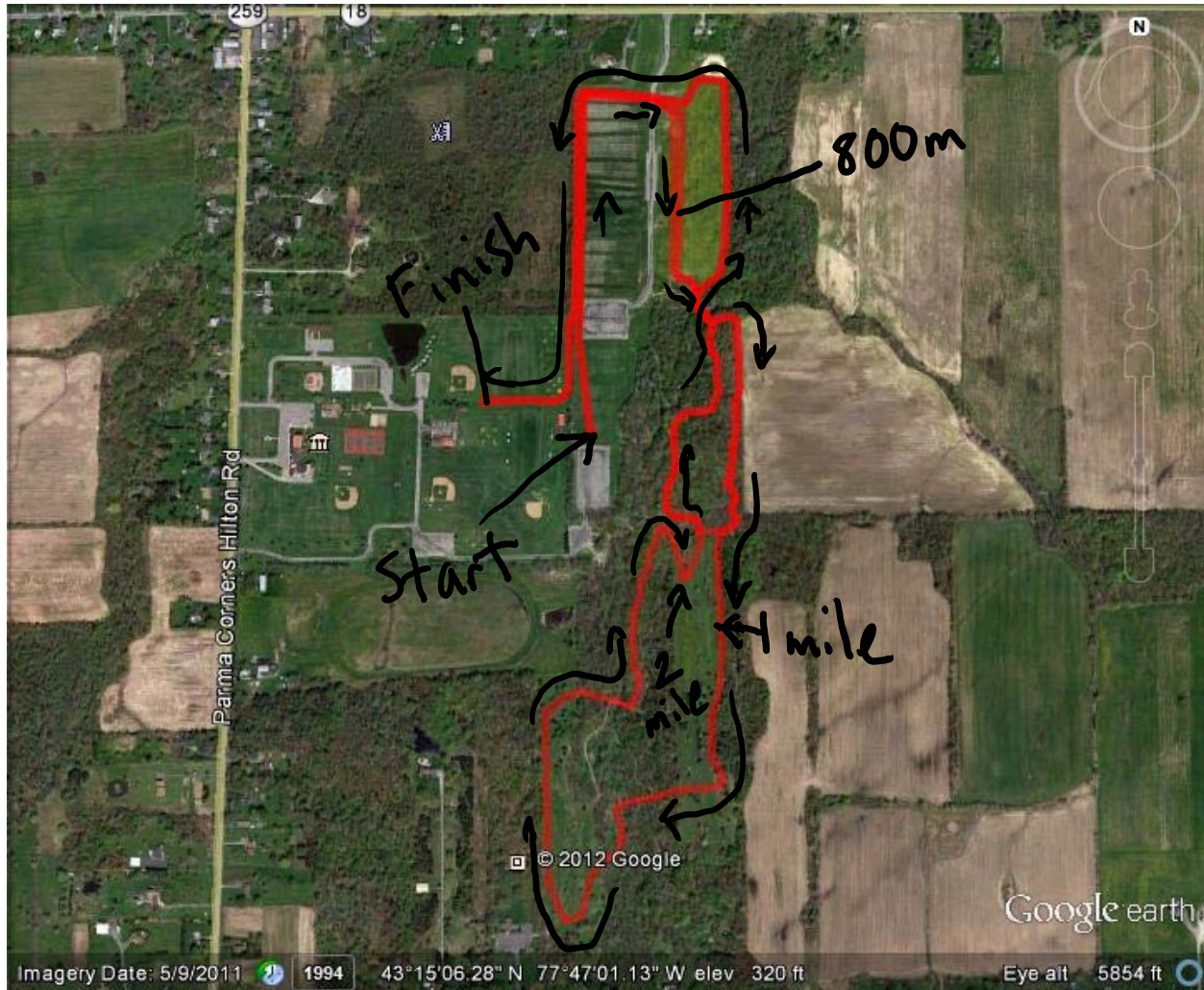


2nd Annual Parma Park XC Invitational

- Date: Saturday, September 7th 2013
- 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* Race (2 mile) Unlimited entries
Novice* races are for athletes who are new to XC or to the 5K distance
Novice race will not be officially timed – coaches can get their own times |
| 10:00 am | Varsity Girls race 1 Teams top 3 runners (3 will score) |
| 10:30 am | Varsity Boys race 1 Teams top 3 runners (3 will score) |
| 11:00 am | Varsity Girls race 2 Teams second 4 runners (3 will score) |
| 11:30 am | Varsity Boys race 2 Teams second 4 runners (3 will score) |
| 12:00 pm | JV Girls Unlimited entries |
| 12:30 pm | JV Boys Unlimited 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
- 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.



Parma Park Invitational Course Map



Miles will be marked.

Novice race ends at 2 mile mark – coaches can get their times there