



# 24<sup>th</sup> Annual Seneca Invitational

3.1 Mile Cross-Country Invitational

Saturday, October 12<sup>th</sup>, 2013

At Seneca Park Zoo, Rochester, New York

Hosted by Greece Olympia Cross-Country Program

## ***Schedule***

- 11:00 am 3 mile open Race (Unlimited Participants)
- 12:00 pm 2 mile Girls Modified Race (unlimited #'s)
- 12:30 pm 2 mile Boys Modified Race (unlimited #'s)
- 1:00 pm 3 mile Girls Varsity B race (unlimited #'s)
- 1:30 pm 3 mile Boys Varsity B race (unlimited #'s)
- 2:00 pm 3 mile Girls Varsity A Race (7 runners per team)
- 2:30 pm 3 mile Boys Varsity A Race (7 runners per team)
- ***Awards Immediately Following***

## ***Awards***

#1 – 30 in Varsity Races Receive Medals

#1 – 25 in “B” Races Receive Medals

#1 – 25 in “Modified” Races Receive Medals

Ribbons awarded to ALL finishers

## ***Team Awards:***

#1 – 5 Varsity Races

#1 – 3 “B” Races

#1 – 3 “Modified” Races

Top Individual Finisher – Varsity “A” Races

## ***Facilities***

Start / Finish Check in at Tent on arrival.

Bathrooms available, No Locker rooms come dressed ready to run.

T-shirts and refreshments will be on sale throughout the event

Awards are all located at “West” side of Trout Pond

# 2013 Seneca Invitational

You are cordially invited to the 2013 Seneca Invitational Cross Country Meet on Saturday, October 12<sup>th</sup> at the Seneca Park Zoo beginning at 12:00 (noon) (11:00 am/Open Race)

Please respond “**ASAP**” by email (lynn.collister@greece.k12.ny.us) if you will be attending. Kindly complete entry/registration form, insurance information and payment to the address below. Entries are due by Friday, October 4, 2013.

Mail Entries to: Greece Olympia High School, Athletic Department  
1139 Maiden Lane, Rochester, New York 14615

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## 2013 Seneca Invitational Entry Form

Name of School: \_\_\_\_\_ Phone: \_\_\_\_\_

Coach: \_\_\_\_\_ Phone: \_\_\_\_\_

Enter my school in the following races:

<u>Race:</u>	<u># of Runners (approximately)</u>
_____ Boy's Varsity "A"	_____
_____ Girl's Varsity "A"	_____
_____ Boy's Varsity "B"	_____
_____ Girl's Varsity "B"	_____
_____ Boy's Modified	_____
_____ Girl's Modified	_____

**\$10.00 per runner** (up to 4 per race)

**\$50.00 per team per race** (Varsity "A" – 7 runners max, all others unlimited entry)

**\$100.00 per school maximum entry** (entry all races)

- Check or voucher should accompany all entry applications
- Each school must provide a Certificate of Insurance Form along with their entry form.
- Ask your Athletic Director if uncertain regarding insurance form.
- Make all checks payable to: **Greece Olympia Cross Country**.
- There will be an open race on the 3.1 mile Varsity course at 11:00am for only \$10....Coaches....Join in!!!

**2013 Seneca Invitational “Open Race” 5K**  
Saturday, October 12th, 2013  
At Seneca Park Zoo



(In conjunction with the 2013 Seneca Invitational)

Start Time: 11:00am

The 2013 Seneca Invitational “Open Race” will benefit a Greece family in need. On behalf of the Greece Olympia Cross Country Program, thank you for your support and participating in this year’s event.

Walkers are welcome to participate.

**Course:** Course mostly flat, wood chip trails, gravel park service road, grass field.  
Same 3.1 mile cross country course as Varsity / Varsity “B” races.

**Entry fee:** \$ 10.00 per person

\*\*\* Mail Entries and Payment to: Greece Olympia, Athletic Department

ATTN: Seneca Invite Open Race

1139 Maiden Lane, Rochester, NY 14615

\*\* MAILED IN ENTRIES ARE DUE NO LATER THAN **THURSDAY, OCTOBER 10** \*\*

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**Seneca Invitational “Open Race” / Entry Form**

Name: \_\_\_\_\_ Age \_\_\_\_\_ Birthday: \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

\* I understand the risks involved in participating in a 3.1 mile cross country race. I hereby give my assurance that I am in good physical condition and able to participate in this activity. I assure all responsibility or proper health and medical insurance in the event that I may need it.

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Signature of Participant or Parent / guardian (under 18)

Date

Make all checks payable to: **Greece Olympia Cross Country**  
**\$10 entry fee / per participant**

