

# 5<sup>th</sup> Annual Marion Cross Country Invitational “Final Tune-up”

**\*\*\*Saturday October 18<sup>th</sup> 2014 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: \$125 per school \$15 per individual  
Up to “7” allowed in Varsity races  
Unlimited JV and Modified entries  
Computerized- team scoring/results/barcodes for every runner/every race

Large schools and small schools - run together. ALL races team 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 Girls – 2 miles unlimited w/top 3 scored  
10:25 Modified Boys – 2 miles unlimited w/top 3 scored  
10:50 JV Girls – 5k unlimited  
11:30 JV Boys – 5k unlimited  
12:00 Varsity Girls– 5k 7 runners per team  
12:30 Varsity Boys– 5k 7 runners per team  
\*1:00 or sooner -- Awards presentation (Team Trophies)

#### **Awards:**

- \*Medals to top 20 in each Varsity race (40)
- \*Trophies to the top 3 teams in each Varsity race (6)
- \*Place Ribbons in all races (#21-50 Varsity, #1-50 all others) - handed out in chute
  - \*Prizes and Races may be increased further 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](mailto: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 \_\_\_\_\_

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

\*Individual entries will be done online through [Yentiming.com](http://Yentiming.com).

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

\*Every athlete will have a specific race number/barcode.

Please email your intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer [ppfeiffer@marioncs.org](mailto:ppfeiffer@marioncs.org)

Price: \$125 per school \$15 per individual

Entries submitted online by **October 15<sup>th</sup> 2014 @ 8PM**

**WWW.YENTIMING.COM**

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

Please send your payment with completed entry form to:

Paul Pfeiffer "XC Invite"

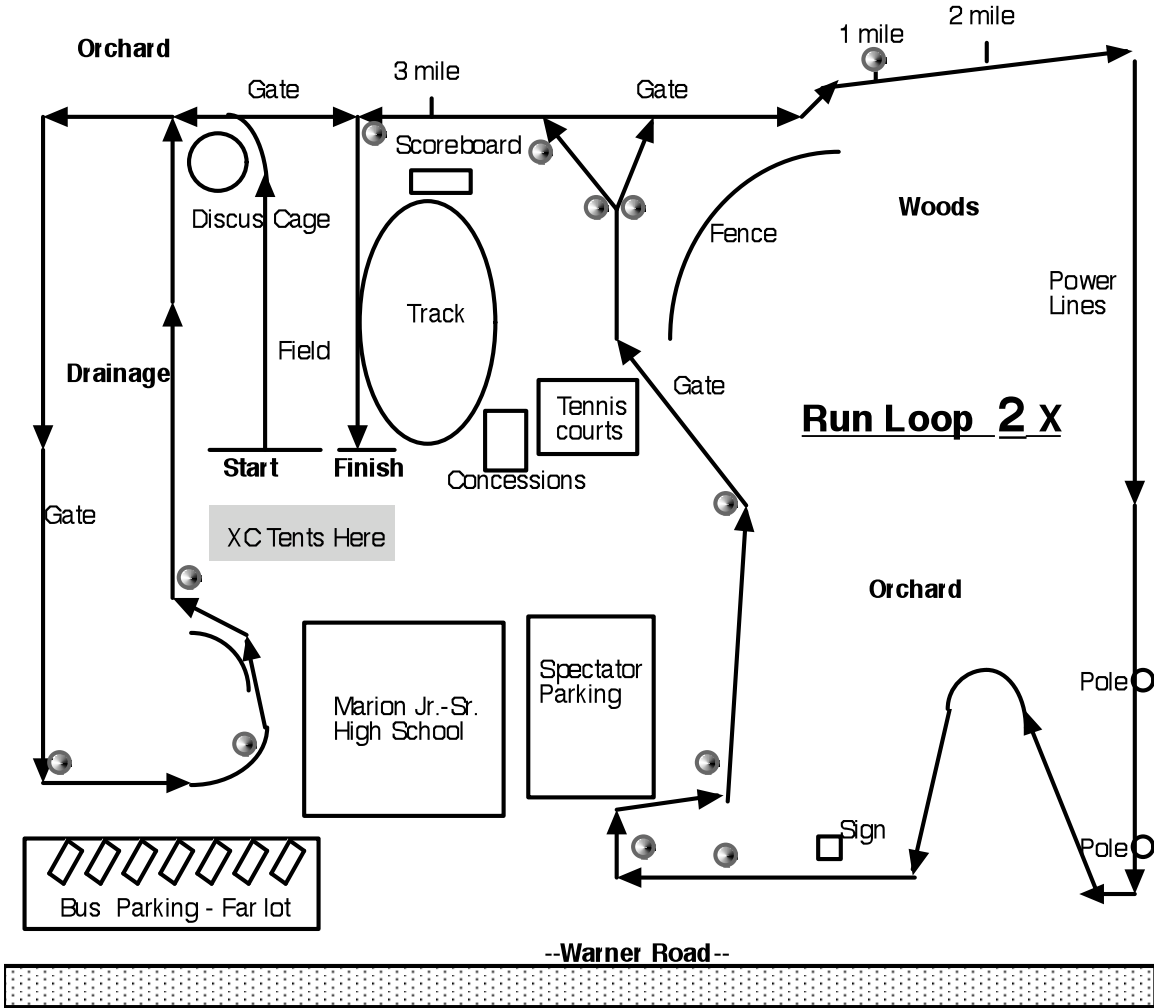
Marion Jr.-Sr. High School

4034 Warner Road Marion, NY 14505

**Marion Cross Country Course - 5000 m**  
 ● Cone or flag (Not Drawn to Scale) Map Revised 6/14

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

Boys - **16:36** -2013  
 George Mertens -Victor  
 Girls - **19:11** -2012  
 Kaitlyn Neal -Skaneatele



**\*\*Modified run the same course with only 1 upper loop - 3200m**

# 5th Annual Marion Cross Country 5K Open Race

Saturday October 18, 2014

Race Starts at 9:00a.m.

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

**Entry Fee:** \$10.00 (Checks payable to Marion Track Club)

**Registration:** Race day registration will be from 7:30 – 8:30

OR

Pre-register by sending entry form and payment to:

Marion Track Club

4034 Warner Road

Marion, NY 14505

**\*\* MAILED IN ENTRIES ARE DUE BY THURSDAY, OCTOBER 16 \*\***

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

**Course:** The open race is the first race of the day, before the start of the Marion Invitational. 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 10-20-14

(Parent/Guardian must sign if under 18)

**Print Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Age** \_\_\_\_\_ **Gender** \_\_\_\_\_ **DOB (MM/DD/YY)** \_\_\_\_\_