

26TH ANNUAL PENFIELD IRONDEQUOIT CROSS COUNTRY INVITATIONAL

Friday, October 3, 2014

4:10 PM

Harris Whalen Park • Penfield

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 PM	MODIFIED - GIRLS	Medals 1-15; Ribbons to All	1 st – 3 rd Place
4:25 PM	MODIFIED - BOYS	Medals 1-15; Ribbons to All	1 st – 3 rd Place
4:45 PM	VARSITY* - GIRLS	Medals 2-25; Ribbons to All	1 st – 3 rd Place; 4th Annual Ray Manuszak Award given to the fastest girl of the day
5:15 PM	VARSITY* - BOYS	Medals 2-25; Ribbons to All	1 st – 3 rd Place; 4th Annual Ray Manuszak Award given to the fastest boy of the day
5:44 PM	VARSITY 'B' - BOYS	Medals 1-15; Ribbons to All	1 st – 3 rd Place
5:45 PM [^]	VARSITY 'B' - GIRLS	Medals 1-15; Ribbons to All	1 st – 3 rd Place
6:20 PM	TEAM AWARDS		

*Team may run 10 Athletes in the Varsity Races

[^]Varsity 'B' Girls will start One Minute after the Varsity 'B' Boys

EVENT INFORMATION

- Friday Event of Columbus Day weekend
- Challenging 5K course over grass and wooded trails
- T - SHIRTS : Souvenir t-shirts will be sold
- 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 Yen's site.

2. Top 10 in Varsity Race; Unlimited Runners in Other Races

3. Modified Race is 1.5 Miles. Modified Athletes may NOT wear Spikes

4. Buses and School Vans MUST Drop-Off Athletes and Park at Penfield High School or in the Top Parking Lot at the top of the course.

5. ENTRY FEES:

- \$ 120.00 PER SCHOOL (Maximum for All Races)
- \$ 40.00 PER TEAM
- \$ 10.00 PER INDIVIDUAL

26TH ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL

OFFICIAL ENTRY FOR: _____ (SCHOOL)

CONTACT NAME: _____ E-MAIL/PHONE: _____

AMOUNT ENCLOSED

_____ \$120.00 MAXIMUM _____ \$40.00 PER RACE _____ \$10.00 PER INDIVIDUAL

TOTAL \$ _____

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
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Coaches, please submit your rosters through [www.yentiming.com](http://www.yentiming.com) by **October 1st**.

Coaches need to contact [bsparacino@gmail.com](mailto:bsparacino@gmail.com) for any password/account issues. Same Team account from Spring Track is being used