

6th Annual Marion Cross Country Invitational “Final Tune-up”

Race times moved an hour later this year

*****Saturday October 24th 2015 11:00 AM*****

Marion Jr.-Sr. High School Campus - 4034 Warner Road Marion, NY
5000 meter course – grass, woods, with some hills - entirely on campus

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.

*If 32+ teams enter, then Varsity races split 50/50 into two races- Small/Large

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.

8:30 Open Race Registration begins - race day registration only

10:00 XC 5K Open Race - \$10.00 - Coaches welcome - several M/F age group awards

10:00 Course opens: Pick up race packets and tour the course

11:00 Modified Girls – 2 miles unlimited w/top 3 scored next 2 displace

11:30 Modified Boys – 2 miles unlimited w/top 3 scored next 2 displace

12:00 JV Girls – 5k unlimited

12:30 JV Boys – 5k unlimited

1:00 Varsity Girls– 5k 7 runners per team

1:30 Varsity Boys– 5k 7 runners per team

*2:00 or sooner -- Awards presentation (Team Trophies)

*If 32+ teams- Var. races split 50/50 (small run 1:00G, 1:30B) (large run 2:00G, 2:30B)

Awards:

*Medals to top 25 in each Varsity race

*Trophies to the top 3 teams in each Varsity race *JV top team trophy

*Place Ribbons in all races (#26-50 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

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.

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

Please email your intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer ppfeiffer@marioncs.org

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

Entries submitted online by **Wed. October 21st 2015 @ 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

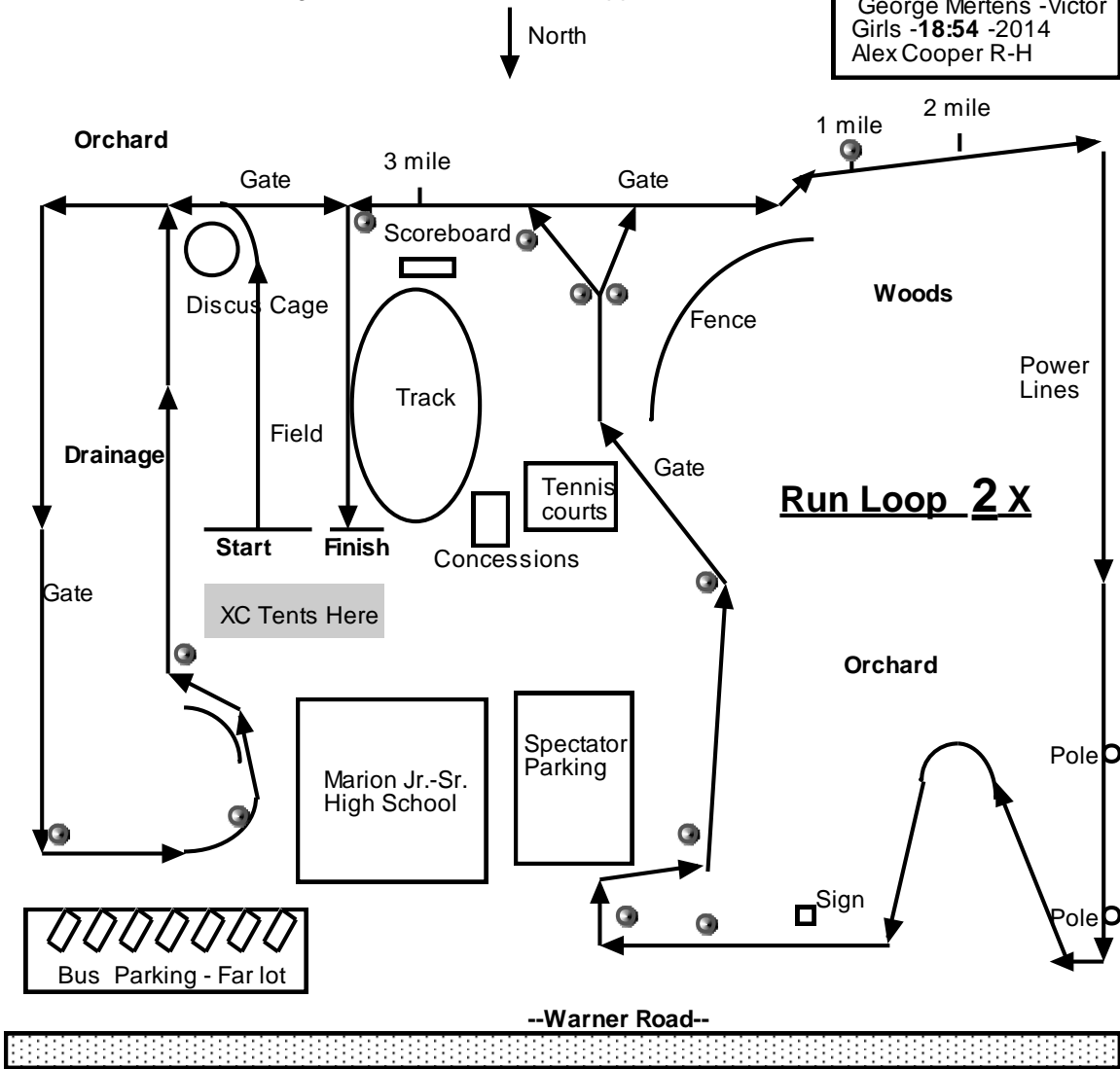
4034 Warner Road Marion, NY 14505

Marion Cross Country Course - 5000 m

● Cone or flag (Not Drawn to Scale) Map Revised 6/ 15

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 -**18:54** -2014
 Alex Cooper R-H



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

6th Annual Marion Cross Country 5K Open Race

Saturday October 24, 2015

Race Starts at 10:00a.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 8:30 – 10:00am

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 22 ****

Awards: Awards to the top Male and Female finishers in each age division:
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 10-24-15

(Parent/Guardian must sign if under 18)

Print Name _____

Address _____

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

Age _____ **Gender** _____ **DOB (MM/DD/YY)** _____