

2019 MIDLAKES CROSS COUNTRY INVITATIONAL

Site of the 2019 Section V Cross Country Championships

Date: Saturday, September 21, 2019

Location: Midlakes Central School District – 1490 State Route 488 Clifton Springs NY, 14432

Course: A challenging 5000 meter Varsity/JV and 1.5 mile Modified course on campus. Maps available on Section V XC website.

Entries: All entries will be made online to www.yentiming.com Entry deadline is Saturday, September 14, 2018 at 8:00 pm. *Late entries will only be accepted with a \$50.00 late fee.*

Entry Fee: \$150.00 per school
Make checks payable to: Midlakes Running Boosters

Send payment to: Julie Backus
1510 State Route 488
Clifton Springs NY 14432

Concessions: Concessions and Shirts sales will be available.

Awards:

	Varsity	JV	Modified
Team	Top 3 teams in each race	Top team in each race	Top team in each race
Individual	Medals Top 25 in each race, Ribbons 26-50	Ribbons 1-50	Ribbons 1 - 50

Coaches Information: Make sure entries are in on time. Races will run on time every 30 minutes. Runners exceeding 40 minutes may be pulled from the course to prevent overlapping. Individual awards will be handed out in the chute, team awards can be picked up at the check-in tent after they are announced. Please set tents up in the designated area and clean your area once you are finished. *The school will not be open for athletes or coaches.*

Conduct of Meet: Varsity races will be limited to 7 runners per team. JV and Modified races will be unlimited entry. All races will be team scored. Race assignments will be set up equally after the entry deadline. Due to the expected number of schools, entries are due September 14th, teams will be divided into divisions and a final meet program with race schedule will be on the www.sectionvtrack.com site Monday September 16th. Races will start with the smaller schools running first followed by the larger schools running later in the day.

Projected Order of Races: (Subject to change based on number of teams and entries)

- 9:00 Course Opens
- 10:00 Race 1 DIII Varsity Girls
- 10:30 Race 2 DIII Varsity Boys
- 11:00 Race 3 DII/DIII JV Girls
- 11:30 Race 4 DII/DIII JV Boys
- 12:00 Race 5 Modified Girls
- 12:30 Race 6 Modified Boys
- 1:00 Race 7 DII Varsity Girls
- 1:30 Race 8 DII Varsity Boys
- 2:00 Race 9 DI JV Girls
- 2:30 Race 10 DI JV Boys
- 3:00 Race 11 DI Varsity Girls
- 3:30 Race 12 DI Varsity Boys

**Email intent to compete and entry form to Julie Backus – Meet Director
jbackus@midlakes.org**

Entry Form: Please check off what races you will be running

School: _____

	Coach	Email	Varsity	JV	Mod
BOYS					
GIRLS					