

“The LEGENDS Invitational”

October 12th, 2019

The *Legendary Sarah Coventry Cross Country Course*
At Silver Hill Technology Park, Rt. 88 South, Newark

NO ENTRY FEE!

LOCATION/ COURSE: The “Sarah Coventry Cross Country Course” is located at Silver Hill Technology Park, Rt. 88 South, Newark. (Use “FLCC, Newark” in your GPS). The 5k course was the Section V championship course for many years and was the State Meet course in 1991. The well-marked course features open grass fields, wooded trails, and varied terrain (hills!). This course rewards strength and the ability to handle the different rhythms of Cross Country running! The Modified course is 2 miles.

ENTRIES: Entries are made on <https://ny.milesplit.com/meets/368147>
Live Time results

ORDER OF EVENTS:

- 8:30 Course Opens
 - 10:00 Modified Boys (2 miles. Unlimited entry)
 - 10:25 Modified Girls (2 miles. Unlimited entry)
 - 10:55 JV Boys (5k. Unlimited entry)
 - 11:25 JV Girls (5k. Unlimited entry)
 - 12:00 *“Legends”* Recognition Ceremony - Honorees To Be Announced
 - 12:20 Varsity Boys (5k. Top 7)
 - 12:50 Varsity Girls (5k. Top 7)
- (All races led by golf cart)

AWARDS: (This is a minimum number of awards. We will increase them if there is a large number of schools)

- Winning team in Modified races.
- Top 2 Teams in JV races.
- Top 3 Teams in Varsity Races.
- Medals to top 15 in each race. (Handed out in the chute)

PARKING: We have over 300 parking spaces available. Please follow directions of parking attendants. We may ask buses to park off-site and return to pick-up. Absolutely NO PARKING along the roadways. Cars will be ticketed.

NO ENTRY FEE (Please buy an extra hot dog at our concession stand!)

INTENTION OF PARTICIPATE

Please let us know if you're coming! Give us an idea of your numbers.

School _____	Coach _____
# of Mod Boys _____	# of Mod Girls _____
# of JV Boys _____	# of JV Girls _____
# of Varsity Boys _____	# of Varsity Girls _____

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