

34th Annual
Penfield – Irondequoit Invitational
Harris Whalen Park
Saturday, October 8, 2022

Due to bussing issues for many schools, we were asked to move the meet to Saturday.

ORDER OF EVENTS

TIME	EVENT	INDIVIDUAL AWARD	TEAM AWARDS
10:00 a.m.	Modified Girls	Medals 1 – 10/ Ribbons to All	1 st , 2 nd , 3 rd
10:30 a.m.	Modified Boys	Medal 1 – 10/ Ribbons to All	1 st , 2 nd , 3 rd
11:00 a.m.	Varsity “B” Girls	Medals 1-15/Ribbons to All	1 st , 2 nd , 3 rd
11:30 a.m.	Varsity “B” Boys	Medals 1 – 15/ Ribbons to All	1 st , 2 nd , 3 rd
12:00 p.m.	Varsity Girls	Medals 2 – 30/ Ribbons to All	1 st , 2 nd , 3 rd
12:30 p.m.	Varsity Boys	Medals 2 – 30/ Ribbons to All	1 st , 2 nd , 3 rd

The Winner of the Boys’ and Girls’ Varsity Races will receive a special award – the Ray Manuszak Award- named in honor of long time former Irondequoit Cross Country Coach and Aquinas teacher, and one of the founders of the meet.

Both Long Sleeve and Short Sleeve shirts will be available.

There will be a refreshment stand.

IMPORTANT INFORMATION

1. You May Run up to 10 athletes in the Varsity Races, unlimited entries in all other races.
2. Modified Race is 1.5 miles, Varsity races are 5000 meters
3. Entries are due to Dave Yen of Yen Timing Services no later than 8:00 p.m. on Thursday, October 6, 2022.
4. Buses should park in the elementary school parking lot. Overflow parking may park across the street in the Wegman’s parking lot.

ENTRY FEES:

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| 1. Maximum – \$175.00 per School | Please send checks, payable to:
Penfield Cross Country Boosters
c/o Dave Hennessey
Penfield High School
25 High School Drive
Penfield, New York 14526 |
| 2. \$45.00 per Varsity Team | |
| 3. 40.00 per each sub varsity team | |
| 4. \$10.00 per individual | |