



John Izzo Cross Country Classic
September 23, 2023
Letchworth State Park, High Banks Recreation Area

Dear Coach,

We invite you and your runners to be a part of the inaugural John Izzo XC Invitational hosted by the Dansville and Rush-Henrietta XC teams.

PLEASE send your intent to compete NLT Sept 1st to Lynn Auble or Mike De May so we can confirm one or two divisions based on entries....THANK YOU!

100% of the profits from this meet will go to help fund the Section V Cross Country Hall of Fame and Section V XC All Stars.

Course: A flat fast course with a mix of grass and wooded trails. Spikes recommended, but not necessary.

Course Records: 15:47.1, Jake Passalugo, Fairport / 18:42.3, Candace Tytler, Irondequoit

Order of Events: **Please Note - D1 is enrollment of 450+ while D2 is 449 or less**

9:00am D2 Girls Sub Varsity (unlimited)	11:15pm D1 Girls Sub Varsity (unlimited)
9:40am D2 Boys Sub Varsity (unlimited)	11:55pm D1 Boys Sub Varsity (unlimited)
10:15am D2 Girls Varsity (Top 7 only)	12:30pm D1 Girls Varsity (Top 7 only)
10:45am D2 Boys Varsity (Top 7 only)	1:00pm D1 Boys Varsity (Top 7 only)

Awards: Varsity - Top 3 teams / Sub Varsity - First Place

Individual Awards: Varsity - Top 15 / Sub Varsity - Top 15 *Champion T-shirts to each race winner

Entry Information

Entries are due by 8:00pm, Wed, September 20th on Yen Timing <http://www.yentiming.com/>

Entry fee is \$160.00 for a combined boys & girls, \$100.00 for a single gender team

Makes checks payable to Section V Athletics

Send payment to Section V c/o XC All Stars - XC HOF
131 Drumlin Court - Maple Building
Newark, NY 14513

Questions or concerns please contact co-meet directors:

Mike De May at 585-259-9565 / coachdemay@yahoo.com

Lynn Auble at 585-322-3460 / aublel@dansvillecsd.org