



1st Annual High School FISHER - RODENBECK INVITE Friday, September 1, 2023 (Co-Sponsored by Rush Henrietta XC)

St. John Fisher College looks forward to hosting your cross country teams at the 1st **Annual High School Fisher - Rodenbeck XC Invite on Friday, September 1, 2023**. This meet will be run in conjunction with a follow-on collegiate meet later in the day. The Girl's 4,000 meter race will start at 10:00 a.m. with the Boy's 4,000 meter race starting at 10:45 a.m. This meet is designed to provide a small, convenient, early-season competitive opportunity for all teams involved.

Entries: Coaches will submit entries through Direct Athletics. Entries will open at 1:00 p.m. on Wednesday, August 16 and will close at 10:00 a.m. on Wednesday, August 30.

Course/Race: The race will be run on a 2K loop course. The course is run 98% on grass, 2% hard packed dirt surface with rolling terrain. Spikes are recommended. Course will be open for inspection at 8:00 a.m. on September 1st.

Entry Fee: The entry fee is \$100.00 per team (total \$200.00 for both boy's and girl's teams) and there are no entry limits. Payment must be paid either directly to Direct Athletics or with check on race day.

Awards: Trophy to each individual winner. Dri-Fit T-shirts to top 10 (non-winning team) Trophy to each winning team. Winning team - Top 7 runners receive Dri-Fit T-shirts (No double dipping).

Timing and Results: Leone Timing will time the meet with results being made available immediately at the conclusion of the race.

Location: The course is located on the old Fisher golf course on South Campus. Number 23 on the Campus Map.

Parking: Team vans and buses will be allowed to park in Lots V and W (see Campus Map)

Facilities: There will be porta potties at the site of the course. Shower facilities will be available on Main Campus.

Should you have any questions, please do not hesitate to contact me at (585) 385-5272 or mhenchen@sjfc.edu. We look forward to seeing you September 1st.

Please note: We will need at least 3 teams to participate in order to hold this meet. Please let me know via e-mail if you plan to attend. mhenchen@sjfc.edu.



2K Loops

Mile 2 (Loop 2)

1K, 3K

1 Mile (Loop 1)

Trainer

Finish

Team Tents

Start

2K

PORTA POTTIE

Wynd's Woods Trail

Wynd's Woods Trail

Duxbury V