

# 13<sup>th</sup> Annual Marion Cross Country Invitational “Final Tune-up”



**\*\*\*Saturday October 21<sup>st</sup> 2023 10:00 AM\*\*\***

Marion Jr.-Sr. High School Campus - 4034 Warner Road Marion, NY  
5000 meter course – grass, woods, with some hills - entirely on campus

Price: \$175 per school / \$30 per individual

-Up to “7” allowed in Varsity races

-Unlimited JV and Modified entries

-Computerized- team scoring/results/barcodes for every runner/every race

Large schools and small schools - run together      ALL races team scored.

We would like to create a championship style atmosphere before league champs and sectionals. See your top runners run in a championship style scored meet.

This is also a great chance to have a quality race without the stress of a title on the line.

## **Race Schedule:**

9:00 Course opens: Pick up race packets and tour the course

10:00 Modified Girls – 2 miles unlimited w/top 3 scored next 2 displace

10:30 Modified Boys – 2 miles unlimited w/top 3 scored next 2 displace

11:00 Varsity Girls– 5k 7 runners per team - unlimited if no JV race

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\*12:00 JV Girls – 5k unlimited **-only contested if enough entries**

\*12:30 JV Boys – 5k unlimited **-only contested if enough entries**

\*1:00 or sooner -- Awards presentation (Team Trophies)

## **Awards:**

\*Medals to top 25 in each Varsity race

\*Trophies to the top 3 teams in Varsity races \*JV 1<sup>st</sup> team trophy \*Mod 1<sup>st</sup> team trophy

\*Place Ribbons in all races (#26-50 Varsity, #1-50 all others) - handed out in chute

\*Prizes and Races may be increased further depending on # of entries

Concessions: Bagels, Fruit, Pizza, Coffee, Hot cocoa, Gatorade, Donuts, Candy, etc.  
Limited Meet T-shirts will be available for sale

Please email intentions to Coach Pfeiffer ASAP  
e-mail Paul Pfeiffer [ppfeiffer@marioncs.org](mailto:ppfeiffer@marioncs.org)

# Marion XC Invitational Entry Form:

School Name: \_\_\_\_\_

Coach Name: \_\_\_\_\_

Coach Phone: \_\_\_\_\_

Coach Email: \_\_\_\_\_

Expected Number of runners in each race:

Modified Boys \_\_\_\_\_ Modified Girls \_\_\_\_\_

JV Boys \_\_\_\_\_ JV Girls \_\_\_\_\_

Varsity Boys \_\_\_\_\_ Varsity Girls \_\_\_\_\_

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\*\*\*\*\*Please turn in entry form with your payment\*\*\*\*\*

\*Individual entries will be done online through [Yentiming.com](http://Yentiming.com).

\*Your full roster in each race must be submitted online to be entered.

\*Every athlete will have a specific race number/barcode.

Please email your intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer [ppfeiffer@marioncs.org](mailto:ppfeiffer@marioncs.org)

Price: \$175 per school / \$30 per individual

Entries submitted online by **Wed. October 18<sup>th</sup> 2023 @ 8PM**

**WWW.YENTIMING.COM**

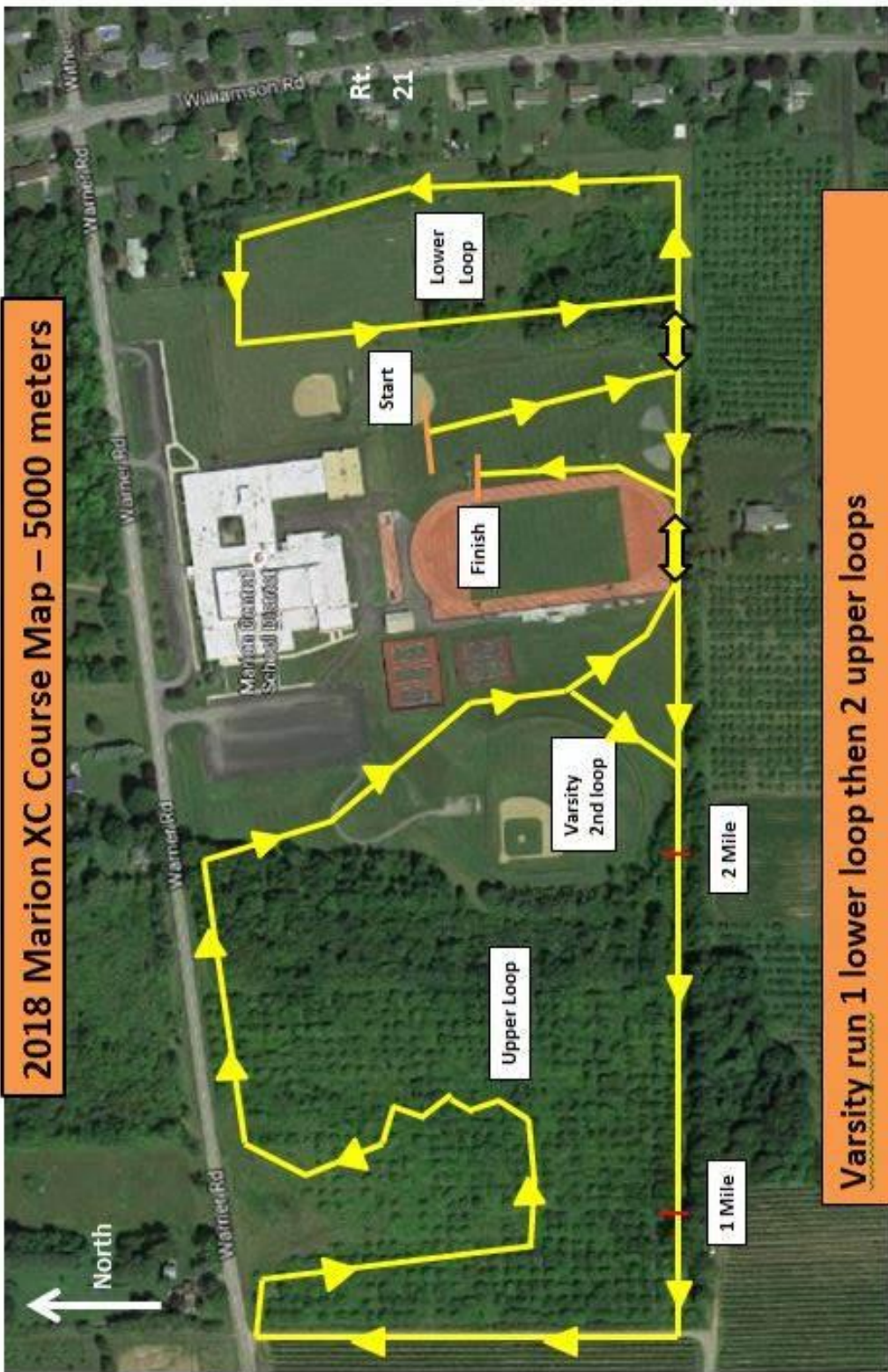
Please make checks/vouchers payable to: **Marion Track Club**

Please send your payment with completed entry form to:

Paul Pfeiffer "XC Invite"

Marion Jr.-Sr. High School

4034 Warner Road Marion, NY 14505



**2018 Marion XC Course Map – 5000 meters**

- Varsity run 1 lower loop then 2 upper loops**
- Modified short 1.4 miles - run 1 upper loop**
- Modified long 2.0 miles - run 1 lower loop then 1 upper loop**