

23rd Annual

Seneca Invitational

5k / 3.1 Mile Cross Country Invitational

Date: Saturday, October 13th, 2012

Location: Seneca Park
2222 St. Paul Street
Rochester, NY



Schedule:

- 11:00am 5k Open Race (Unlimited Participants)
- 12:00pm 2-mile Girls Modified Race (unlimited #'s)
- 12:30pm 2-mile Boys Modified Race (unlimited #'s)
- 1:00pm 5k Girls Varsity B Race (unlimited #'s)
- 1:30pm 5k Boys Varsity B Race (unlimited #'s)
- 2:00pm 5k Girls Varsity A Race (7 runners per team)
- 2:30pm 5k Boys Varsity A Race (7 runners per team)
- **Awards Immediately Following**

Individual Awards:

Top Individual Finisher – “Varsity A” races
#1 – 30 in “Varsity A” races receive medals
#1 – 25 in “Varsity B” races receive medals
#1 – 25 in “Modified” races receive medals
Ribbons awarded to ALL finishers!

Team Awards:

#1 – 5 in “Varsity A” races
#1 – 3 in “Varsity B” races
#1 – 3 in “Modified” races

Facilities:

Check in at registration tent upon arrival.
Bathrooms available, no locker rooms - come dressed ready to run.
T-shirts and refreshments will be on sale throughout the event.
Awards ceremony will be located at the west side of Trout Pond.

Entry Fee:

\$10.00 per runner (up to 4 per race)

\$50.00 per team per race (“Varsity A” – 7 runners max, all others unlimited entry)

\$100.00 per school maximum entry (entry all races)

Make all checks payable to: *Greece Olympia Cross Country*

***Mail Checks/Vouchers to:

Greece Olympia High School, Athletic Department

ATTN: Seneca Invite

1139 Maiden Lane

Rochester, New York 14615

Athlete Entry, Timing & Results:

Entry is to be done online through your team account (male / female) at www.yentiming.com for Cross Country. **Entries are due by Thursday, October 11th by 8:00pm.** Simply login, update your roster, and make a meet entry for each potential runner.

Other:

If you have any questions or concerns, please contact:
Coach Hale at justin.hale@greece.k12.ny.us