

“The Bristol Mountain Challenge”

Saturday September 14, 2013

Rain or Shine

Hosted by Section V cross Country and Bristol Mountain

Location: Bristol Mountain is located south of Rochester on route 64 just 6 miles south of routes 5&20.

Course: 5,000 M (Redesigned from last year). Two loops of mostly grass with rolling hills. A great course for both runners and spectators.

Facility: The main lodge at Bristol offers a snack bar, a large seating area and plenty of bathrooms.

Meet Shirts: Meet shirts designed by Innovative Edge sports will be on sale during the meet.

Teams/Scoring: There will be 2 Boys and 2 Girls races if we have more than 12 schools entered. We will divide the field based on current ADA's. No team scoring in H.S. races. Top 3 in College races. **Unlimited entries in all races.**

Race Schedule:

8:00 AM	Tour of course
9:00 AM	Mens and Womens open race (all age groups)
9:30 AM	Small School Girls Race (unlimited entries)
10:00 AM	Large School Girls Race (unlimited entries)
10:30 AM	Small School Boys Race (unlimited entries)
11:00 AM	Large School Boys Race (unlimited entries)
11:30 AM	College Womens Race 5K (unlimited entries)
12:00 PM	College Mens Race 8K (unlimited entries)
12:45 PM	Awards

Awards: T-Shirts to top 10 in H.S.races, Top 15 in college races. Ribbons to all Finishers.

Entry Fees:

Open race: \$10.00 per runner. Payable on race day

High School Teams: \$125.00/School or \$75.00 per team.

College Teams: \$100.00/team. Make checks or vouchers payable to: Section V Cross Country. Send payment to: Jackie Meyer, Section V Treasurer, PO Box 55, Wolcott NY 14590. Entry fees due by September 12, 2013.

Registration:

Open race: Registration on race day

High School and College Teams: All entries will be done through Yen Timing, www.yentiming.com **Entries due by Thurs. Sept. 12, 2013 8PM**

Questions: EMail your schools intent to participate to Dale Ladd.

daleladd@yahoo.com Direct all questions to Meet Director Dale Ladd.