

18th ANNUAL IRONDEQUOIT -PENFIELD CROSS COUNTRY INVITATIONAL

FRIDAY OCTOBER 7th, 2005
HARRIS WHALEN PARK
4:10 PM

MEET DIRECTORS: RAY MANUSZAK-IRONDEQUOIT H.S.- (HOME 585-266-0713)
(Mobile – 585-259-1670)
DAVID HENNESSEY-PENFIELD H.S. -(HOME 585-334-6323)

ORDER OF EVENTS

<u>TIME</u>	<u>EVENT</u>	<u>INDIVIDUAL AWARDS</u>	<u>TEAM AWARDS</u>
4:10 P.M.	MODIFIED GIRLS	SEE BELOW	SEE BELOW
4:25 P.M.	MODIFIED BOYS	SEE BELOW	SEE BELOW
4:45 P.M.	VARSITY GIRLS	TROPHIES 1-5//MEDALS 6-30// RIBBONS TO ALL	1 ST THRU 5 TH PLACE
5:15 P.M.	VARSITY BOYS	TROPHIES 1-5//MEDALS 6-30// RIBBONS TO ALL	1 ST THRU 5 TH PLACE
5:44 P.M.	BOYS VARSITY 'B'	MEDALS 1-15// RIBBONS TO ALL	1 ST THRU 3 RD PLACE
5:45 P.M.	GIRLS VARSITY 'B'	MEDALS 1-15// RIBBONS TO ALL	1 ST THRU 3 RD PLACE
6:10 P.M.	TEAM AWARDS		

MODIFIED RACES

To meet the needs of those leagues which allow only 7th and 8th graders in the modified races, and to accommodate our friends that allow 7 – 9th graders in their modified races, we will have separate awards and scoring in the modified race. In the modified races, 7th and 8th grade only teams will be able to receive medals for individuals 1 – 10, and receive team awards for places 1st, 2nd, and 3rd. For teams made up of 7th – 9th graders, we will also give out medals to the top 10 individuals, and a team trophy to the 1st place team. We will give numbers for athletes in the 7th – 9 teams to wear so that we can give them a separate finish card in the chute. You may enter only one modified team per sex.

T - SHIRTS : BOTH LONG SLEEVE AND SHORT SLEEVE SHIRTS WILL BE AVAILABLE

THERE WILL BE A CONCESSION STAND

IMPORTANT INFORMATION

- 1. ONLY TOP 7 IN VARSITY RACE; UNLIMITED RUNNERS IN OTHER RACES!!**
- 2. MODIFIED RACE IS ONLY 1 MILE AND HALF.**
- 3. BUSES AND SCHOOL VANS MUST DROP ATHLETES OFF AND PARK AT PENFIELD HIGH SCHOOL**

ENTRY FEES: \$ 85.00 PER SCHOOL (MAXIMUM FOR ALL RACES)
\$ 30.00 PER TEAM
\$ 10.00 PER INDIVIDUALS

18th ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL

OFFICIAL ENTRY FOR : _____ **(SCHOOL)**

PLEASE SEND THIS ENTRY BY TUESDAY OCTOBER 5, 2004

**COACH DAVID HENNESSEY
PENFIELD HIGH SCHOOL
25 HIGH SCHOOL DRIVE
PENFIELD, NEW YORK 14526**

**OR
EMAIL- DHENNESS@ROCHESTER.RR.COM
HOME PHONE – 334-6323**

MAKE CHECKS OUT TO: “PENFIELD CROSS COUNTRY BOOSTER CLUB”

**ATTENTION DAVID HENNESSEY
PENFIELD HIGH SCHOOL
25 HIGH SCHOOL DRIVE
PENFIELD, NEW YORK 14526**

\$85.00 MAXIMUM _____

OR

\$30.00 PER RACE _____

\$10.00 PER INDIVIDUAL _____

TOTAL _____

PLEASE CHECK THE RACES THAT YOU ARE ENTERING:

MODIFIED GIRLS

7TH & 8TH GRADE TEAM _____ NUMBER IF POSSIBLE _____

7TH – 9TH GRADE TEAM _____ NUMBER IF POSSIBLE _____

MODIFIED BOYS

7TH & 8TH GRADE TEAM _____ NUMBER IF POSSIBLE _____

7TH – 9TH GRADE TEAM _____ NUMBER IF POSSIBLE _____

(MAX 7) VARSITY GIRLS _____ NUMBER IF POSSIBLE _____

(MAX 7) VARSITY BOYS _____ NUMBER IF POSSIBLE _____

VAR. ‘B’ BOYS _____ NUMBER IF POSSIBLE _____

VAR. ‘B’ GIRLS _____ NUMBER IF POSSIBLE _____