

**19th ANNUAL PENFIELD-IRONDEQUOIT
CROSS COUNTRY INVITATIONAL
FRIDAY OCTOBER 6th, 2006
HARRIS WHALEN PARK
4:10 PM**

MEET DIRECTORS

DAVID HENNESSEY-PENFIELD H.S. -(HOME 585-334-6323)

MATT TYTLER – IRONDEQUOIT H.S.

RAY MANUSZAK – HONARARY MEET DIRECTOR

ORDER OF EVENTS

TIME EVENT INDIVIDUAL AWARDS TEAM AWARDS

4:10 P.M. MODIFIED GIRLS MEDALS 1 – 15, RIBBONS TO ALL/ TEAM TROPHIES 1 – 3.

4:25 P.M. MODIFIED BOYS MEDALS 1 – 15, RIBBONS TO ALL/ TEAM TROPHIES 1 – 3.

**4:45 P.M. VARSITY GIRLS TROPHIES 1-5//MEDALS 6-30// RIBBONS TO ALL/ TEAM
TROPHIES 1ST THRU 5TH PLACE**

**5:15 P.M VARSITY BOYS TROPHIES 1-5//MEDALS 6-30// RIBBONS TO ALL/ TEAM
TROPHIES 1ST THRU 5TH PLACE**

**5:44 P.M. BOYS VARSITY 'B' MEDALS 1-15// RIBBONS TO ALL/ TEAM TROPHIES 1ST
THRU 3RD PLACE**

**5:45 P.M. GIRLS VARSITY 'B' MEDALS 1-15// RIBBONS TO ALL/ TEAM TROPHIES 1ST
THRU 3RD PLACE – GIRLS WILL START 1 MINUTE AFTER THE BOYS**

6:20 P.M. TEAM AWARDS

**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. MODIFIES RACE IS 1 MILE AND HALF. MODIFIED ATHLETES MAY
NOT WEAR SPIKES.**

**3 BUSES AND SCHOOL VANS MUST DROP ATHLETES OFF AND PARK AT
PENFIELD HIGH SCHOOL OR IN THE TOP PARKING LOT.**

ENTRY FEES:

\$ 95.00 PER SCHOOL (MAXIMUM FOR ALL RACES)

\$ 35.00 PER TEAM

\$ 10.00 PER INDIVIDUALS

19th ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL

OFFICIAL ENTRY FOR : _____ (SCHOOL)

PLEASE SEND THIS ENTRY BY TUESDAY OCTOBER 2, 2006

COACH DAVID HENNESSEY

PENFIELD HIGH SCHOOL

25 HIGH SCHOOL DRIVE

PENFIELD, NEW YORK 14526

OR

EMAIL- dhennesy@rochester.rr.com

HOME PHONE – 585- 334-6323

PLEASE SEND CHECKS OR VOUCHERS TO:

“PENFIELD CROSS COUNTRY BOOSTER CLUB”

ATTENTION DAVID HENNESSEY

PENFIELD HIGH SCHOOL

25 HIGH SCHOOL DRIVE

PENFIELD, NEW YORK 14526

\$95.00 MAXIMUM _____

OR

\$35.00 PER RACE _____

\$10.00 PER INDIVIDUAL _____

TOTAL _____

PLEASE CHECK THE RACES THAT YOU ARE ENTERING:

MODIFIED GIRLS _____ NUMBER IF POSSIBLE _____

MODIFIED BOYS _____ 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 _____