

WAYNE - FINGER LAKES COACHES'
"EARLY SEASON SCRAMBLE"

Here's a Chance to Run your Team in an Early Season,
Non-traditional, Low-Key Format!

DATE: **FRIDAY SEPTEMBER 8, 2006**

PLACE: **FLCC CAMPUS IN CANANDAIGUA (This is a site change from
The original entry due to conflicts at Newark HS)**

COURSE: 2000m and 5000m, mostly grass and wooded trails. One
major hill on the 5000m course, spikes recommended.

COST: \$65 per School (This allows entry to both girls & boys
races)

AWARDS: T-Shirts to Top 10 in School Races
Ribbons to 1-50 in School Races
Ribbons to All Finishers in Open Race
Plaque to Fastest Male/Female Runner of the Day
NO TEAM SCORING!

ORDER: 4:00-4:30 Tour course
4:25 short coaches meeting
4:35 2,000 meter open run run (Girls & boys
Together)
4:50 girls frosh/soph race (5,000 m)
5:20 boys frosh/soph race (5,000 M)
5:50 girls junior/senior race (5,000 M)
6:20 boys junior/senior race (5,000 M)

AWARDS WILL BE HANDED OUT IN THE FINISH CHUTE.
Results posted as quickly as possible

Checks payable to: **FLHSAA (FINGER LAKES HS ATHLETIC ASSOC.)**

Send voucher/payment to: victor h.s. athletic office
Victor high school
Victor, ny 14564

Questions? Call bob goodell (585)289-3142
sectionvgoodellb@earthlink.net

SEND YOUR INTENT BY E-MAIL TO:

Bob Goodell/ Finger Lakes league chairman

sectionvgoodellb@earthlink.net

_____yes we will attend _____no we will not attend

SCHOOL: _____

COACH: _____

COACHE'S E-MAIL: _____

ESTIMATED NUMBER OF RUNNERS:

OPEN RACE (BOYS AND GIRLS) _____

9-10 GIRLS _____

9-10 BOYS _____

11-12 GIRLS _____

11-12 BOYS _____

**THE COLLEGE WILL BE IN SESSION AT THIS TIME, PLEASE HAVE YOUR BUS
DROP OFF ATHLETES IN UPPER PARKING LOT AND THEN PARK IN THE
CMAC PARKING LOTS.**