

**20th ANNUAL PENFIELD-IRONDEQUOIT
CROSS COUNTRY INVITATIONAL
FRIDAY OCTOBER 5th, 2007
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. www.yentiming.com is providing the online entry of rosters for the Varsity and “Varsity B races”. Name, grade, and sex is all that is needed. Please submit the roster by October 1. Athletes will be assigned a race number, please make sure that athlete is wearing the correct number. No numbers will be used for the modified races. Coaches contact Coach Yen for a password.

2. ONLY TOP 7 IN VARSITY RACE; UNLIMITED RUNNERS IN OTHER RACES!!

3. THE MODIFIED RACE IS 1 MILE AND HALF. MODIFIED ATHLETES MAY NOT WEAR SPIKES.

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

ENTRY FEES:

\$ 105.00 PER SCHOOL (MAXIMUM FOR ALL RACES)

\$ 35.00 PER TEAM

\$ 10.00 PER INDIVIDUALS

20th ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL
OFFICIAL ENTRY FOR : _____ (SCHOOL)

PLEASE SEND THIS ENTRY BY TUESDAY OCTOBER 1, 2007

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

OR

**EMAIL- dhenness@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**

\$105.00 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 _____

Varsity Coaches, please submit your rosters to www.yentiming.com by October 1 Coaches need to contact Coach Yen for a password.

Modified coaches do NOT need to submit their rosters.