

17th Annual Seneca Invitational

3.1 Mile Cross-Country Invitational

Saturday, October 20th, 2007

At Seneca Park, Rochester, New York

Hosted by Greece Olympia Cross-Country Program



Schedule:

- 11:00 am - 5K "Open" Race (unlimited participants)
- 12:00 pm - 2 mile Girls Modified Race (unlimited participants)
- 12:30 pm - 2 mile Boys Modified Race (unlimited participants)
- 1:00 pm - 5K Girls Varsity "B" Race (unlimited participants)
- 1:30 pm - 5K Boys Varsity "B" Race (unlimited participants)
- 2:00 pm - 5K Girls Varsity "A" Race (7 - runners per team maximum)
- 2:30 pm - 5K Boys Varsity "A" Race (7 - runners per team maximum)

Awards:

- Top 7 Finishers (Male or Female), ribbons to all, Open Cross-Country 5K Race
- Finishers 1-30 in Varsity "A" races, ribbons to all.
- Finishers 1-25 in Varsity "B" races, ribbons to all.
- Finishers 1-25 in "Modified" races, ribbons to all.
- Team Awards:
 1. Varsity "A" 1-5
 2. Varsity "B" 1-3
 3. Modified 1-3
 4. Top Individual Finisher - Varsity "A" races

Facilities: Start / Finish, Check-In, Refreshments, Awards are all located at "west" side of Trout Pond.

Bathrooms available, NO locker rooms, come dressed ready to run.

T-shirts and refreshments will be on sale throughout the event.

Course: Mostly flat, park service road, wood chip trails, grass fields.

Entry Fees: \$90.00 per School (maximum) for entry in all races.

\$10.00 per runner for incomplete teams (up to 4 individuals per race)

\$50.00 per team per race (Varsity "A", 7 runners max, all other races unlimited)

Make all checks payable to: **Greece Olympia Cross-Country**

“Running With The Best”

2007 Seneca Invitational

You are cordially invited to the 2007 Seneca Invitational Cross-Country Meet , on Saturday, October 20th, 2007 at the Seneca Park Zoo, beginning at 12:00 (noon) (11:00 am / Open Race)

Please respond “ASAP” with completed entry / registration form.

Entries are due by Friday, October 12th, 2007.

Mail Entries to: Athletic Department / Meet Director, Greece Olympia High School
1139 Maiden Lane, Rochester, New York 14615

2007 Seneca Invitational Entry Form

Name Of School: _____ Phone: _____

Coach: _____ Phone: _____

Enter my school in the following races:

<u>Race:</u>	<u># of Runners (approximately)</u>
• _____ Boy’s Varsity “A”	_____
• _____ Girl’s Varsity “A”	_____
• _____ Boy’s Varsity “B”	_____
• _____ Girl’s Varsity “B”	_____
• _____ Boy’s Modified	_____
• _____ Girl’s Modified	_____



\$10.00 per runner (up to 4 per race)

\$50.00 per team per race (varsity “A” – 7 runners max, all others unlimited entry)

\$90.00 per school maximum entry (entry all races)

- Check or voucher should accompany all entry applications
- Each school must provide a Certificate of Insurance Form along with their entry form.
- Ask your Athletic Director if uncertain regarding insurance form.
- Make all checks payable to: Greece Olympia Cross-Country