

**22ND ANNUAL PENFIELD-
IRONDEQUOIT
CROSS COUNTRY INVITATIONAL
FRIDAY OCTOBER 9th, 2009
HARRIS WHALEN PARK
4:10 PM**

MEET DIRECTORS

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

MATT TYTLER – IRONDEQUOIT H.S.

ANN PORTER – 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 AWARDS 1 – 3.

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

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

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

5:44 P.M. BOYS VARSITY ‘B’ MEDALS 1-15// RIBBONS TO ALL/ TEAM AWARDS 1ST THRU 3RD PLACE

5:45 P.M. GIRLS VARSITY ‘B’ MEDALS 1-15// RIBBONS TO ALL/ TEAM AWARDS 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 ALL the races.. Name, grade, and sex is all that is needed. Please submit the roster by October 6. Athletes will be assigned a race number, please make sure that athlete is wearing the correct number. Coaches contact Coach Yen for a password. If you are competing in the McQuaid Invitational, you do not have to type a new roster – it will be transferred.**
- 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:

\$ 115.00 PER SCHOOL (MAXIMUM FOR ALL RACES)

\$ 35.00 PER TEAM

\$ 10.00 PER INDIVIDUALS

22nd ANNUAL PENFIELD – IRONDEQUOIT INVITATIONAL
OFFICIAL ENTRY FOR : _____ (SCHOOL)

PLEASE SEND THIS ENTRY BY TUESDAY OCTOBER 6, 2009

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

\$115.00 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 _____

Coaches, please submit your rosters to www.yentiming.com by October 6 Coaches need to contact Coach Yen for a password.