

20th Annual Seneca Invitational

3.1 Mile Cross-Country Invitational

Saturday, October 17th, 2009

At Seneca Park Zoo, 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 #'s)

12:30 pm 2 mile Boys Modified Race (unlimited #'s)

1:00 pm 5k Girls Varsity B race (unlimited #'s)

1:30 pm 5k Boys Varsity B race (unlimited #'s)

2:00 pm 5k Girls Varsity A Race (7 runners per team)

2:30 pm 5k Boys Varsity A Race (7 runners per team)

Awards Immediately Following

Awards

#1 – 30 in Varsity Races Receive Medals

#1 – 25 in “B” Races Receive Medals

#1 – 25 in “Modified” Races Receive Medals

Ribbons awarded to ALL finishers

Team Awards:

#1 – 5 Varsity Races

#1 – 3 “B” Races

#1 – 3 “Modified” Races

Top Individual Finisher – Varsity “A” Races

Facilities

Start / Finish Check in at Tent on arrival.

Bathrooms available, No Locker rooms come dressed ready to run.

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

Awards are all located at “West” side of Trout Pond

Course Mostly flat, wood chip trails, gravel park service road, grass field

Entry Fees:

\$100.00 per School (maximum) for entry in all races.

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

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

“Running With The Best”

2009 Seneca Invitational

You are cordially invited to the 2009 Seneca Invitational Cross Country Meet on Saturday, October 17th at the Seneca Park Zoo beginning at 12:00 (noon) (11:00 am/Open Race)

Please respond **“ASAP”** by email (lynn.collister@greece.k12.ny.us) if you will be attending. Kindly complete entry/registration form, insurance information and payment to the address below. Entries are due by Friday, October 9th, 2009.

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

2009 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)

\$100.00 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.**