



Finger Lakes Cross Country presents the

The Bruce Bridgeman Pre-National Collegiate and High School XC Invitational

(Formerly the Wayne Finger Lakes Coaches Association Early Season Scramble)

(Home of the 2014, 2016 and 2018 NJCAA Division III National Championships)

- When:** Saturday, September 10, 2016 starting at 10:00am (HS); 12:30pm (College)
- Where:** Finger Lakes Community College (Host of the **2016 NJCAA National Championships**)
- Who:** All local and Northeast Regional cross country teams
- Contact:** Please email any of the following Finger Lakes Athletic staff for more information:
- | | | | |
|--------------------|----------------|--|----------------|
| Athletic Director | Bob Lowden | Robert.Lowden@flcc.edu | (585) 785-1459 |
| Athletic Secretary | Karen Welsh | Karen.Welsh@flcc.edu | (585) 785-1292 |
| Head XC Coach | Scott Williams | Scott.Williams@flcc.edu | (607) 346-1446 |
- HS Races:** JV girls 10:00 JV Boys 10:30 Varsity Girls 11:00 Varsity Boys 11:30
- College Races:** Women's 5K 12:30pm Men's 5mile 1:15pm
- Course open:** Available for review starting at 4pm on Friday September 9, 2016. All grass and trails.
- Awards:** Commemorative T shirts to top 30 finishers, team plaques to top three teams and trophies to top 7 individuals in each collegiate race will be handed out at the awards ceremony following both college races.
- Commemorative T shirts to top 20 finishers in each HS race, plus ribbons for all high school finishers.
- Scoring:** As per NJCAA/NYSPPHAA guidelines.
- Entry:** **HS:** \$85.00 total each school district; **College:** \$200 maximum (Women and Men.) Unlimited entries and unattached runners are only \$10. Checks can be made to: FLCC Cross Country. Checks can be mailed or hand carried to us on the day of the meet!

Additional Information!

Course: 5000m on rolling grass and wooded trail and we recommend spikes!

Cost: **\$85 per School District** (This allows entry to both girls & boys races. Please enter your top 10 runners in the varsity races. Unlimited entries in the JV races!!) Checks payable to: FLCC Cross Country – Please bring your check to the meet or mail to Karen Welsh, FLCC Athletics, Finger Lakes Community College, 3325 Marvin Sands Drive, Canandaigua, NY 14424

Awards: T-Shirts to Top 20 in each high school race.

Ribbons are handed out at the end of the chute to ALL finishers. Award will be given to the Fastest Male/Female Runner of the Day as well. TBD – surprise awards!

Top 20 Shirts can be picked up immediately after each race. Top 20 runners will need to report to the FLCC tent to turn in your **'T shirt place card'** to receive your shirt. Index cards will be given to the Top 20 finishers at the end of the chute.

Scoring: No team or divisional scoring.

Order of events:

8:00-9:45 Tour course –pick up race packet

10:00 JV boys 5K

10:30 JV girls 5K

11:00 Varsity girls 5K

11:30 Varsity boys 5K

Athlete Entry, Timing & Results:

Entries will be done online through your team account (male / female) at www.yentiming.com by **Wednesday September 7th @ 8:00pm**. Simply 'log in' and enter your roster for this meet. A bar coded label will be printed for each runner's pull tag.

Checks payable to: FLCC Cross Country – Please bring your check to the meet or mail to Karen Welsh, FLCC Athletics, Finger Lakes Community College, 3325 Marvin Sands Drive, Canandaigua, NY 14424

Lodging: Holiday Inn Express, Canandaigua is the host hotel. (585) 396-3669

Questions: Please send your intent to participate to FLCC Head Coach, Scott.williams@flcc.edu to let us know if you will attend and/or for more info, or call/text my cell phone at (607) 346-1446! Please don't hesitate to contact us! See you in September!!