



1<sup>st</sup> Annual  
“HOT DOG RACE!”  
Wednesday, August 30<sup>th</sup>  
Newark High School  
“A Cross Country Race With A  
Cook-Out!”

**COURSE:** 2 mile grass race course with 1 short, but challenging hill

**RACES:** Fr-Soph Girls, Fr-Soph Boys, Jr-Sr Girls, Jr-Sr Boys, Open

**ORDER of RACES:**

3:30 Course Opens

4:45 Open (These age groups: Middle School, Fr-So, Jr-Sr, 19-29, 30-39, 40-49, 50-59, 60+)

5:15 Fr-Soph Boys

5:40 Fr-Soph Girls

6:10 Jr-Sr Boys

6:20 Food Begins to be served!

6:35 Jr-Sr Girls

*Cook Out!*

**PROCEDURE:** We'll be using a pull-tag system: each runner will wear a *tag* the will be *pulled* at the finish. Coaches - you may prepare the tags in advance or use ours when you arrive.

**AWARDS:** Medals to Top 10 in Scholastic Races; Top 5 in Age Groups in Open Race (This is a minimum. If the field is large, we'll add to the awards.)

**ENTRY FEES:** \$40/School (This includes coaches & runners in the open race.)

Entry fees for *others in the Open race* are \$7.

Please make checks payable to: **Newark School District** ←

**NOTE CHANGE!**

Mail to: Newark Cross Country Booster Club  
C/O Joe Contario  
Newark High School  
Peirson Ave  
Newark, NY 14513

**NOTE:** *We'll have an official so that the scholastic races may count as a “meet.” Athletes who have sufficient number of practices should run in those races, others may run in the Open race.*

*Coaches who run in the Open Race will be entitled to an additional cookie!*

QUESTIONS? – Joe Contario at [coachcontario@gmail.com](mailto:coachcontario@gmail.com) OR 315 521-7405