



# Midlakes “Move to Improve” Cross Country Invitational/Open Race

Saturday October 7<sup>th</sup> 2017

Midlakes High School

1490 State Route 488 Clifton Springs NY, 14432

Price: \$100 per School \$15 per individual

Unlimited Entries

Team Scoring will be computerized for every runner in each race

All schools run together

## **Schedule**

7:15 Open run registration

8:00 Open run

9:00 Course opens: Team race packet pick up, and course tour

10:00 Modified Girls

10:30 Modified Boys

11:00 JV/Varsity Girls

11:30 JV/Varsity Boys

## **Awards**

Ribbons to top 20 in each JV/Varsity Race

Trophy to the winning team of each race

\*Prizes may increase depending on number of entries

## **Concessions**

Food, Drinks, Candy, Limited t-shirts will be available for purchase.

## **Registration and Payment**

Please email Coach Julie Backus ASAP if you plan on attending. [jbackus@midlakes.org](mailto:jbackus@midlakes.org)

Make checks to payable to Midlakes Running Boosters

All Entries must be made on yentiming by Wednesday, October 4th 8:00 pm

Thanks!