



2018

**NEWARK CROSS COUNTRY  
MODIFIED INVITATIONAL**

Friday, October 5, 2018

Sarah Coventry/Stuart Park, Newark

**EVENT:** Cross Country invitational for Modified teams. 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> graders who have not competed in varsity or JV races.

**DATE:** Friday, October 5<sup>th</sup>. First race at 4:50

**AWARDS:** Team: Plaques to top 3 teams in each gender  
Individuals: T-Shirts to top 3, medals to top 20

**COURSE:** 2-Miles with grass, trails, and hills.

**FORMAT:** 2 races, boys & girls. *No limit* on the # of runners. **Regular XC scoring:** Team score based on *5 runners*, 2 additional “displacers”.  
We will be using a “card and tag method.” each runner will get a place card in the chute.  
Coaches do a “raw score” and an official score will be done ASAP.

**RACES:** 4:50 Boys Race  
5:15 Girls Race

**FEES:** \$4 per runner up to a maximum of \$45.

Please make vouchers/checks payable to: **Alex Eligh Community Center**

Mail to: Alex Eligh Community Center

303 East Ave

Newark, NY 14513

**QUESTIONS:** Joe Contario, Newark Cross Country coach  
(315)521-7405; coachcontario@gmail.com

A concession stand will be available.