



3<sup>rd</sup> Annual  
“HOT DOG RACE & COOK OUT!”

Thursday, August 29<sup>th</sup>, 2019  
Sarah Coventry/Stuart Park  
(Rt. 88 South, Newark)

“A Cross Country Meet With A  
Cook-Out!”

Help Your Runners *EASE* into Cross Country Season with a **2-Mile** Race and a Party!

**COURSE:** The legendary “Sarah Coventry” course (without Death Mountain!).  
The **2 mile** course has grass, trails, and hills (*real Cross Country!*)

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

**ORDER of RACES:**

- 3:00 Course Opens
- 4:15 Open (Age groups: Middle School, Fr-So, Jr-Sr, 19-29, 30-39, 40-49, 50-59, 60+)
- 4:45 Fr-Soph Boys (Interscholastic eligible athletes)
- 5:10 Fr-Soph Girls (Interscholastic eligible athletes)
- 5:35 Jr-Sr Boys (Interscholastic eligible athletes)
- 6:00 Jr-Sr Girls (Interscholastic eligible athletes)
- 6:05 *Cook Out! Food Begins to be served!*

**PROCEDURE:** We'll be using a pull-tag system. Coaches - you may prepare the tags in advance or use ours when you arrive.

**AWARDS:** Top 12 in Scholastic Races; Top 3 in Age Groups in Open Race (**This is a minimum.** If the field is large, we'll add to the awards.)

**ENTRY FEES: \$70/School** (This includes coaches & school runners in the open race.) Entry fee for *others in the Open race* is \$7.

Please make checks payable to: **Newark Cross Country Booster Club**

Mail to: c/o Coach Joe Contario  
Newark High School  
625 Peirson Ave.  
Newark, NY 14513

**NOTE:** We'll have an official so that the scholastic races may count as an interscholastic meet. Athletes who have sufficient number of practices should run in those races. Late sign-ups, modifieds, & others may run in the Open race. But Coaches – please don't run athletes who are not ready to compete. Err on the side of caution!

*Coaches in the Open Race should expect embarrassing photos to be posted on social media.*

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

*Hosted By the Newark Cross Country Team*