

10th Annual Marion Cross Country Invitational “Final Tune-up”



*****Saturday October 19th 2019 10:00 AM*****

Marion Jr.-Sr. High School Campus - 4034 Warner Road Marion, NY
5000 meter course – grass, woods, with some hills - entirely on campus

Price: \$150 per school / \$20 per individual

-Up to “7” allowed in Varsity races

-Unlimited JV and Modified entries

-Computerized- team scoring/results/barcodes for every runner/every race

Large schools and small schools - run together ALL races team scored.

We would like to create a championship style atmosphere before league champs and sectionals. See your top runners run in a championship style scored meet.

This is also a great chance to have a quality race without the stress of a title on the line.

Race Schedule:

9:00 Course opens: Pick up race packets and tour the course

10:00 Modified Girls – 2 miles unlimited w/top 3 scored next 2 displace

10:30 Modified Boys – 2 miles unlimited w/top 3 scored next 2 displace

11:00 JV Girls – 5k unlimited

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12:00 Varsity Girls– 5k 7 runners per team

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*1:00 or sooner -- Awards presentation (Team Trophies)

Awards:

*Medals to top 25 in each Varsity race

*Trophies to the top 3 teams in Varsity races *JV 1st team trophy *Mod 1st team trophy

*Place Ribbons in all races (#26-50 Varsity, #1-50 all others) - handed out in chute

*Prizes and Races may be increased further depending on # of entries

Concessions: Bagels, Fruit, Pizza, Coffee, Hot cocoa, Gatorade, Donuts, Candy, etc.

Limited Meet T-shirts will be available for sale

Please email intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer ppfeiffer@marioncs.org

Marion XC Invitational Entry Form:

School Name: _____

Coach Name: _____

Coach Phone: _____

Coach Email: _____

Expected Number of runners in each race:

Modified Boys _____ Modified Girls _____

JV Boys _____ JV Girls _____

Varsity Boys _____ Varsity Girls _____

*****Please turn in entry form with your payment*****

*Individual entries will be done online through Yentiming.com.

*Your full roster in each race must be submitted online to be entered.

*Every athlete will have a specific race number/barcode.

Please email your intentions to Coach Pfeiffer ASAP

e-mail Paul Pfeiffer ppfeiffer@marioncs.org

Price: \$150 per school / \$20 per individual

Entries submitted online by **Wed. October 16th 2019 @ 8PM**

WWW.YENTIMING.COM

Please make checks/vouchers payable to: **Marion Track Club**

Please send your payment with completed entry form to:

Paul Pfeiffer "XC Invite"

Marion Jr.-Sr. High School

4034 Warner Road Marion, NY 14505



2018 Marion XC Course Map – 5000 meters

- Varsity run 1 lower loop then 2 upper loops**
- Modified short 1.4 miles - run 1 upper loop**
- Modified long 2.0 miles - run 1 lower loop then 1 upper loop**