



The Legends Invitational

Hosted by Newark Cross Country at The Legendary Sarah Coventry Cross Country Course

October 8th, 2022

At Silver Hill Technology Park

- Description:** A well-marked course with open grass fields, wooded trails, and varied terrain for modified, JV and Varsity runners. At noon, we will recognize three or four “Cross Country Legends” – coaches and runners whose accomplishments and contributions have become of NY running lore.
- Event Director:** Rob Castor
- Contact Information:** Robert.Castor@newarkcsd.org
(315) 289-5880
- Address:** Silver Hill Technology Park, Technology Parkway, Newark, NY 14513
- Racing Schedule:**
- 8:30 – Course opens
 - 10:00 – Modified Boys (1.5 miles, unlimited entry)
 - 10:25 – Modified Girls (1.5 miles, unlimited entry)
 - 10:55 – JV Boys (5k, unlimited entry)
 - 11:25 – JV Girls (5k, unlimited entry)
 - 12:00 – Legends Recognition Ceremony
 - 12:30 – Varsity Boys (5k, top 7)
 - 1:00 – Varsity Girls (5k, top 7)
- *Subject to change based on entries*
- Individual Awards:** Medals to the top 15 in each race handed out in the chute. Shirt to winner of each race.
- Team Awards:** Winning team in the modified races. Top two teams in JV race. Top three teams in varsity race.
- Results:** Results will be posted the day of the race on the following websites:
www.wfltrack.org and www.sectionvtrack.org
- Entry Process:** Please email me your school’s name, your name and email. Submit your updated competition roster on yentiming.com by October 5th.
- Registration Fee:** All entry fees should be paid before the day of competition. \$150 for both boys AND girls teams. \$75 for boys OR girls teams. \$15 for an individual.
- Payment Information:** Please make checks payable to: **Newark Cross Country Booster Club**
C/O Robert Castor
625 Pierson Ave. Newark, NY 14513

Rules: This competition is governed by the National Federation of High Schools, the New York State Public High Schools Athletic Association, Section V Athletics, and the Wayne-Finger Lakes High School Association. Jewelry, uniform, and electronics rules are in effect and will be enforced. The Games Committee will be comprised of the head official and the Event Director. Any protests must be clearly written and explained before given to anyone on the Games Committee.

COVID: The operational protocols for this year's Legend's Invitational will be dictated by the NYS Department of Health's Guidance for Sports and Recreation, Section 5 Athletics, and Newark Central School district guidelines, pertinent to the state of the COVID Pandemic at the time of our Meet.

Shirts: A limited number of shirts will be for sale for a cost of \$20 each.

Concessions: There will be a concessions booth that will feature a variety of snacks and refreshments.

Course Information: A well-marked course with open grass fields, wooded trails and varied terrain.

Team Drop-Off: Teams can be dropped off in the FLCC parking lot located near the start and finish line.

Bus Parking: After team drop off, please direct drivers to the parking lot east of drop off.

Packet Pick-Up: Coaches can pick up racing bibs order of event list, list of participating schools, starting line box assignments and course maps at a table located near team drop off.

Team Tents: Please set up tents behind the starting area. Please remind athletes to stay out of the ponds and away from the higher grass as there may be poison ivy.

Spike Recommendation: Spikes are recommended. The course crosses pavement twice at the beginning and end of the race and once in the second mile.



Pictures of the course:



The starting line and finish chute in the large open field at the park



Athletes will run on the far side of the pond twice.



Another shot of the start line



One of many hills on our true XC course



Wide trails and lead cart



The finishing chute