

# The John Bernard (Adirondack) Cross-Country Invitational

Saturday, October 29, 2016

DIVISION ONE	DIVISION TWO
Adirondack	APW
Camden	Beaver River
Clinton	Canastota
CVA	Carthage
ESM	Central Square
Holland Patent	Chittenango
Indian River	DeRuyter
Liverpool	Galway
Marcellus	Little Falls
Notre Dame (Utica)	Lowville
Old Forge	Mercy
Oriskany	New Hartford
Phoenix	Oneida
Remsen	Poland
RFA	Pulaski
Sandy Creek	Skaneateles
South Lewis	South Jefferson
Westmoreland	VVS
Whitesboro	Watertown
	West Canada Valley

- ❖ Race Order:
- ❖ 8:15am- Open 5K Race (Donation--\$10 at registration).
- ❖ 9:00am- Coaches meeting in the Middle School cafeteria.
- ❖ 9:30am- Boys Modified I Race
- ❖ 9:50am- Girls Modified I Race
- ❖ 10:10am- Boys Modified II Race
- ❖ 10:30am- Girls Modified II Race
- ❖ 10:50am- Girls Varsity I Race
- ❖ 11:20am- Boys Varsity I Race
- ❖ 11:50am- Girls Varsity II Race
- ❖ 12:20pm- Boys Varsity II Race