

ALEXANDER INVITATIONAL

Friday, October 23, 2026

Alexander Central School – Field of Dreams

(Access via Elementary School parking lot → follow access road)

COURSES

- **Varsity – NEW 1-loop course this season, designed as a mildly technical full 5K**
- **Modified** – 1-loop course measuring 1.9 miles
- *Maps will be provided*

TEAM REGISTRATION & ENTRIES

- Team registrations are unlimited.
- Entries are unlimited in each race.
- Top 7 runners will be used for scoring, *Varsity only*.
- Please notify YenTiming coachyen@gmail.com and Head Coach Greg Benstead gbenstead@alexandercsd.org with your intent to compete.

AWARDS

Varsity Boys and Girls:

- **Winning Team** - Medals (top 7 runners)
- **First Place Finisher** - Trophy
- **Finishers 1-10** - T-Shirt
- **Finishers 11-30** - Ribbons

Modified Boys and Girls:

- **First Place Finisher** - T-Shirt
- **Finishers 1 - 10** - Ribbons

TENTATIVE RACE SCHEDULE

- **Boys Modified** – 4:20 PM
- **Girls Modified** – 4:30 PM
- **Boys Varsity** – 4:45 PM
- **Girls Varsity** – 5:15 PM

ENTRY FEE

\$200 / per team

\$150 / single gender

Payment to:

Alexander Varsity Cross Country Club
Alexander Central School
Attn: Sandy Dolph – Business Office
3314 Buffalo St.
Alexander, NY 14005