



VOORHEESVILLE BLACKBIRD CROSS COUNTRY INVITATIONAL

SATURDAY, SEPTEMBER 10, 2016

Dear Athletic Director/Coach:

You and your Boys & Girls Cross Country teams are invited to participate in the Voorheesville Blackbird Cross Country Invitational. This invitational has shown to be an excellent early-season competition for those who participate.

Championship plaques will be awarded to the top three teams and top three individual place finishers in each race as well as many medals and ribbons to top finishers.

Good luck to you with the upcoming cross country season and we hope that you consider the Blackbird Invitational as a part of your schedule.

RACE SCHEDULE:

8:40 AM – Coaches meeting at the starting line

9:00 AM – Freshman Girls

9:20 AM – Freshman Boys

9:45 AM – Varsity Girls I

10:15 AM – Varsity Boys I

10:45 AM – Varsity Girls II

11:15 AM – Varsity Boys II

11:45 AM – Junior Varsity Girls

12:15 PM – Junior Varsity Boys

COURSE:

All races are run at Wallace Park, in the Town of New Scotland, 148 Swift Road in Voorheesville. JV & Varsity – 5,000 meters over wooded trails and open fields, rolling hills and one moderate uphill that is run twice. This is a very coach and spectator friendly course with many opportunities to see the runners during the race. Mile markers are within close proximity to the Start/ Finish area.

Freshman – 1.5 miles over wooded trails and open fields, rolling hills with one moderate uphill.

AWARDS:

Individual awards will be handed out in the chute at the conclusion of each race. Team Plaques will be awarded as soon as results are posted by concession stand area, along with T-shirts to the Boys and Girls Varsity I & II Championship Teams. Coaches make sure you check the results board to see if your team may have won a plaque – we will give out all plaques in each race.

ENTRIES:

Varsity teams are limited to 7 runners. Schools must enter a complete Varsity team in order to enter any JV runners. All JV and Freshman races have unlimited entries. To facilitate a well run meet, we will be limiting the number of teams to the first 30 teams that respond.

Please e-mail a list of entries to: **please use excel format only**

Phil Carducci, Head Coach
at pcarducc@nycap.rr.com prior to
Friday, September 2, 2016

Changes may be made at the venue prior to the coaches meeting.

ENTRY FEES:

\$160 – Both girls and boys teams

\$90 – per team

MAKE CHECKS PAYABLE TO: (not to Voorheesville High School)

VOORHEESVILLE CROSS COUNTRY

35 Whipple Way
Altamont, NY 12009

**VOORHEESVILLE BLACKBIRD INVITATIONAL
ENTRY FORM**

SCHOOL: _____

COACH: _____ CONTACT NUMBER: _____

ADDRESS: _____

Cost: _____ \$160 both girls and boys teams
_____ \$ 90 single team

Please estimate the number of runners you plan to bring in each race division:

Freshman Girls: _____

Freshman Boys: _____

JV Girls: _____

JV Boys: _____

Varsity Girls: _____

Varsity Boys: _____

Please send entry form and payment to
(not to Voorheesville High School)

Voorheesville Cross Country, by:

Friday, September 2, 2016