

**Saturday, September 7, 2024**

Red Jacket Central High School

# Bob Goodell Memorial Cross Country Invitational

You're invited to compete at the 6<sup>th</sup> Annual Bob Goodell Memorial XC Invitational on the grounds of his alma mater, Red Jacket HS, 1506 Route 21, Shortsville, NY. This is a 4k (2.5mi) course on campus trails and grass. Spikes are recommended. Meet proceeds go to the Bob Goodell Memorial Scholarship Fund

## Order of Events:

**Please Note – D1 is enrollment of 450+ while D2 is 449 or less**

9:00am D2 Girls Sub Varsity (unlimited)

9:40am D2 Boys Sub Varsity (unlimited)

10:20am D2 Girls Varsity (Top 7 only)

10:55am D2 Boys Varsity (Top 7 only)

11:25pm D1 Girls Sub Varsity (unlimited)

12:05pm D1 Boys Sub Varsity (unlimited)

12:45pm D1 Girls Varsity (Top 7 only)

1:20pm D1 Boys Varsity (Top 7 only)



**Awards:** **Team** – Top 3 Varsity and First place Sub Varsity  
**Individual** – Top 15 Varsity and Top 10 Sub Varsity  
Champion T-Shirt to **EACH** race winner!!



## Course Map:

<https://www.wfltrack.org/cross/CourseMaps/rj-xc-and-bob-goodell-invitational-course-map-2023.png>

**Entries:** Due Wednesday, September 4, 2024 by 8pm – Submit online at [www.yentiming.com](http://www.yentiming.com)

Email intent to participate by August 23rd to: Mike De May at [coachdemay@yahoo.com](mailto:coachdemay@yahoo.com)

Cost: \$165 per school

Make checks payable to Red Jacket Cross Country Boosters

## Amenities:

- A perfect distance to open your season with and it's flat & fast!
- FAT Timing and Fast Results
- Lots of awards for Varsity and Sub Varsity
- Concession stand will be open
- Bake goods on sale      **MUSIC!**
- Souvenir T-shirts and apparel by CP Sportswear

