



Finger Lakes Cross Country presents the

The Bruce Bridgeman Collegiate and High School XC Invitational

(Home of the 2014, 2016 and 2018 NJCAA Division III National Championships)

When: Saturday, September 9, 2017 starting at 10:00am (HS); 3:00pm (College)

Where: Finger Lakes Community College

Who: All local and Northeast Regional cross country teams

Contact: Please email any of the following Finger Lakes Athletic staff for more information:

Athletic Director Bob Lowden Robert.Lowden@flcc.edu (585) 785-1459

Athletic Secretary Becky Simmons Rebecca.Simmons@flcc.edu (585) 785-1292

Head XC Coach Jeannie Sauter jsauter@midlakes.org (585) 406-7668

HS Races: Frosh/Soph. girls 10:00; Jr/Sr. Girls 10:30 - Frosh/Soph. Boys 11:00; Jr/Sr. Boys 11:30

College Races: Women's 5K 12:30pm Men's 5mile 1:15pm

Course open: Available for review starting at 4pm on Friday September 8, 2017.

Awards: Commemorative T shirts to top 24 finishers, team plaques to top three teams and trophies to top 7 individuals in each collegiate race!

Scoring: As per NJCAA/NYSPHAA guidelines.

Entry: College Teams \$100.00 each team, total of \$200 maximum (Women and Men.) Unlimited entries and unattached runners are only \$10. Checks can be made to: FLCC Cross Country. Checks can be mailed or hand carried to us on the day of the meet! More info to follow! Put us on your calendar now for your 2017 XC season! Send an email to Rebecca.Simmons@flcc.edu to let us know you will attend or for more info, or call (585) 785-1292! See you in September!!

High School Additional Information!

Course: 5000m on rolling grass and wooded trail and we recommend spikes for all HS races.

Cost: **High School teams, \$100 per School District** (This allows entry to both girls & boys races. Please enter your top 10 runners in the varsity races. Unlimited entries in the JV races!!) Checks payable to: FLCC Cross Country – Please bring your check to the meet or mail to Rebecca Simmons, FLCC Athletics, Finger Lakes Community College, 3325 Marvin Sands Drive, Canandaigua, NY 14424

Awards: T-Shirts to Top 20 in each high school race.

Ribbons are handed out at the end of the chute to ALL finishers. Award will be given to the Fastest Male/Female Runner of the Day as well. TBD – surprise awards!

Top 20 Shirts can be picked up immediately after each race. Top 20 runners will need to report to the FLCC tent to turn in your **'T shirt place card'** to receive your shirt. Index cards will be given to the Top 20 finishers at the end of the chute.

Scoring: No team or divisional scoring.

Order of events:

8:00-9:45 Tour course –pick up race packet

10:00 JV boys 5K

10:30 JV girls 5K

11:00 Varsity girls 5K

11:30 Varsity boys 5K

Athlete Entry, Timing & Results:

Entries will be done online through your team account (male / female) at www.yentiming.com by **Wednesday September 6th @ 8:00pm**. Simply 'log in' and enter your roster for this meet. A bar coded label will be printed for each runner's pull tag.

Checks payable to: FLCC Cross Country – Please bring your check to the meet or mail to Rebecca Simmons, FLCC Athletics, Finger Lakes Community College, 3325 Marvin Sands Drive, Canandaigua, NY 14424

Lodging: Holiday Inn Express, Canandaigua is the host hotel. (585) 396-3669

Questions: Please send your intent to participate to FLCC AD secretary Rebecca Simmons, at Rebecca.Simmons@fccc.edu to let us know if you will attend and/or for more info, or call at (585) 785-1292! Please don't hesitate to contact us! See you in September!!