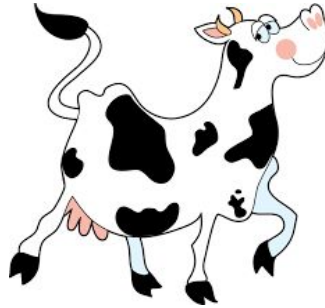


CATO-MERIDIAN CROSS COUNTRY INVITATIONAL 2019



Date: Saturday October 26, 2019

Time: 9:00 am

Location: Cato Meridian High School

Course: 5,000-meter trail race that includes: hills, woods, fields and a trail along a swamp.
Modified course 1.8 mile

Entries:

Leone Timing will handle all timing and scoring needs.

Entries via ny.milesplit.com by Monday, October 21st

Results will be posted on www.leonetiming.com and www.tullyrunners.com

Entry fee: One Team: \$80

Two or More: \$160

Individuals (up to 2 per school): \$12 per runner

Please **make checks/vouchers payable to:**

Cato-Meridian PTO

c/o Cross Country Club

2851 NYS Route

Cato, NY 13033

AWARDS:

Individual race winners for varsity races will receive a homemade pie and cow bells.

Top 10 Varsity finishers receive T-Shirts

Top 5 Modified finishers receive T-Shirts

Top 50 finishers (for each race) will receive ribbons

First place varsity teams will receive patches for first 7 runners

Open race and kids' fun run will receive ribbons

Open race individual male and female winners receive homemade pie and patch

RACE SCHEDULE:

8:00 am	Open run	3.1 mile
8:40 am	Kids Fun Run 6-11 year olds	1/2 mile
9:00 am	Girls' Modified race	1.8 miles
9:30am	Boys' Modified race	1.8 miles
10:00 am	Girls' Varsity Race	3.1 miles
10:40am	Boys' Varsity Race	3.1 miles

1. Coaches can pick up the race packets in the press box by the track.
2. Refreshments for coaches are also in that room.
3. All varsity athletes may run in the varsity races.
4. All bibs should be worn on front of jerseys. Spikes are allowed in all races.
5. All races start on time and position on the start line is first come, first serve.
6. Concession stand will be open.
7. Commemorative T-Shirts will be on sale next to the blue concession stand.

Email your intent to enter meet by October 14, 2019 to dcappellano@catomeridian.org and list all teams from your school that will be entered. (boy/girl/varsity/mod)

Parking: Please drop athletes off at the high school entrance on Route 370. Buses may exit the traffic circle and re-enter the HS and park in the back lot that is to the right of the HS. Additional parking is available further up the road in the middle school and elementary lots. Please do not park buses in front of the high school or in the fire lanes. The parking lot next to baseball fields on 370 will be reserved for spectator parking.

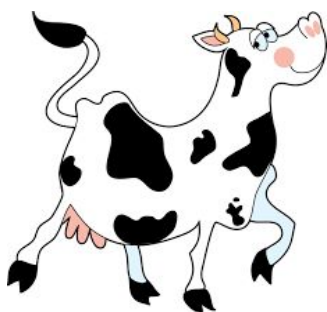
Driving directions

From the East: Driving from the Thruway, I-90, take Exit #39 for State Hwy 690 North toward Fulton merge onto Route 690W and go 5.5 miles. Take the Route 31E/Route 370W exit toward Baldwinsville for .3 miles. Turn RIGHT and travel West on Route 370 for 11 miles. The High School building is located on the right, continue on .5 mile for the Elementary and Middle School buildings also on the right.

From the West: Driving from the Thruway, I-90, take Exit #40 for Route 34 toward Weedsport. Turn left onto Route 34 North and proceed for 8 miles. After entering the village of Cato, turn RIGHT onto Route 370/East Main St. Continue to follow Route 370 for 1.2 miles, the Elementary and Middle School buildings will be on the left, continue on for .5 mile to the High School building also on the left.

From the South: Driving from Auburn, take Route 34 North for approximately 17 miles. After entering the village of Cato, turn RIGHT onto Route 370/East Main St. Continue to follow Route 370 for 1.2 miles, the Elementary and Middle School buildings will be on the left, continue on .5 mile to the High School building also on the left.

From the North: Driving from Oswego, take Route 104 West for approximately 12.5 miles. Turn LEFT onto Route 34 and drive approximately 9.6 miles. After entering the village of Cato, turn LEFT onto Route 370/East Main St. Continue to follow Route 370 for 1.2 miles, the Elementary and Middle School buildings will be on the left, continue on for .5 mile to the High School building also on the left.



4th Annual Alumni Cross Country Run/Open Race
Open Race: All Non-Scholastic Runners Welcome
Saturday, October 26, 2019

Sponsored by: Cato Cross Country Club

Location: Cato Meridian HS

Open Race Time: 8:00 am

Open Race Entry Fee: Donation to the Cross Country Team

Make Check payable to:

Cato-Meridian PTO

c/o Cross Country Club

2851 NYS Route

Cato, NY 13033

Entry Form (please print)

Name (Last, First): _____

Sex: _____ **Age as of 10/26/19:** _____

Address: _____

City/State/Zip: _____

E-mail: _____

Consent And Release (Must be signed and dated):

I know that running a trail run is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, and trail conditions, all such risks being known to me and appreciated by me. In consideration of acceptance of my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and I unconditionally waive and release and discharge Cato-Meridian Central School District and the CM running club, event officials, volunteers, and all sponsors, including their agents, employees, assigns, or anyone acting for or on their behalf, from any claim or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event, whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown.

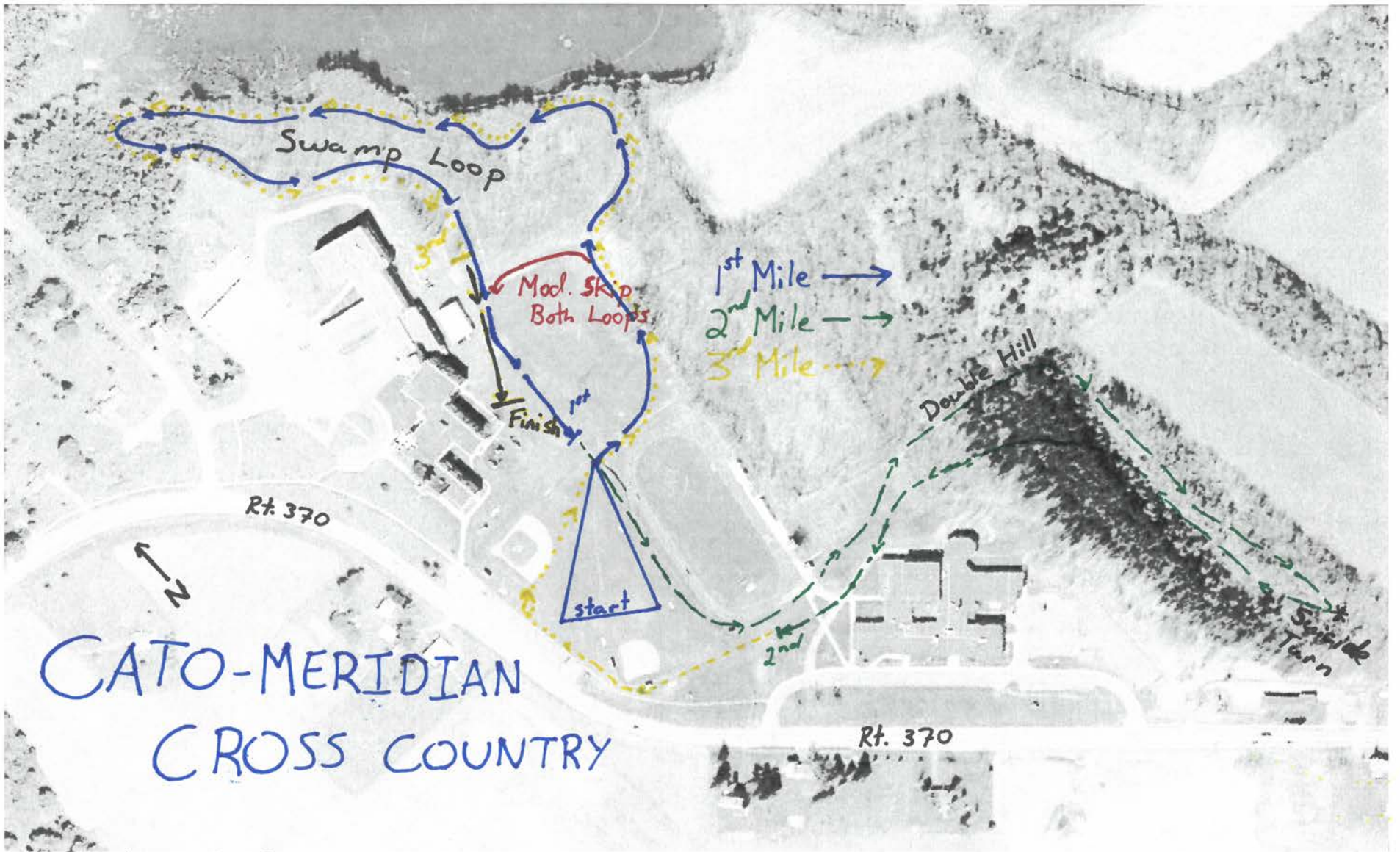
I am of legal age and understand the consent and release. If I am a minor, my parent's or legal guardian's signature is required.

Participant's Signature

Date

Guardian's Signature (if under 18)

Date



Varsity - 3.1 Miles
Modified - 1.8 Miles