

CATO-MERIDIAN CROSS COUNTRY INVITATIONAL 2016



Date: Friday October 7, 2016

Time: 3:30 pm

Location: Cato Meridian HS

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

Entry fee: One Team: \$75 Two or More: \$140

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

Please **make checks payable to** & send entry fee to:

CM Cross Country Club c/o Donna Cappellano

2851 NYS Route

Cato, NY 13033

Parking: Please drop athletes off at the high school entrance on Route 370. Buses may exit the traffic circle and reenter 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.

Commemorative T-Shirts will be on sale next to the blue concession stand.

AWARDS:

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

1st Place -10 (Varsity & Modified) place ribbons

T-Shirts to the top 10 runners in each race

Top 50 finishers (for each race) will receive ribbons

Winning teams 1st place will receive patches for first 7 runners

Open race and kids fun run will receive ribbons

Individual male homemade pie and patch

Individual female homemade pie and patch

Results and Timing by Leone timing

Please register your team(s) at <http://www.onlineentries.com>. Please observe the deadline for online entries location on the website.

RACE SCHEDULE:

3:30pm	Kids Fun run	1.0 mile
3:45pm	Girls' Modified race	1.8 miles
4:15pm	Boys' Modified race	1.8 miles
4:45 pm	Girls' Varsity Race	3.1 miles
5:15pm	Boys' Varsity Race	3.1 miles
5:45pm	Open race	3.1 miles

1. Coaches can pick up the race packets in room 107 in the HS. Go in the main entrance of the HS and take a left.
2. Refreshments for coaches and are also in that room.
3. All athletes may run in the Varsity race.
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.

CM RUN ENTRY FORM 2016

School name _____

Boys' Coach _____

Phone: _____

e-mail: _____

Girls' Coach: _____

Phone: _____

e-mail: _____

Please give an estimation of the number of runners per race.

3:30pm	Kids Fun run	_____
3:45pm	Girls' Modified race	_____
4:15pm	Boys' Modified race	_____
4:45 pm	Girls' Varsity Race	_____
5:15pm	Boys' Varsity Race	_____
5:45pm	Open race	_____

You may e-mail your entry form to dcappellano@cm.cnyric.org

Please have ENTRY FORM IN OUR HANDS BY FRIDAY September 16,2016 and register your team by October 4th deadline for online entries.

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.

