

# 2016 Cuba-Rushford Cross Country Invitational



Cuba-Rushford Central School – 5476 Rt 305 North – Cuba, NY 14727

XC Coach – Dave Volz      AD – Josh Tompkins      Meet Director – Robert Sprague

Phone: (585) 968 – 2650      FAX (585) 968-2651

The 19<sup>th</sup> annual Cuba-Rushford Cross Country Invitational will be held **Saturday, October 15<sup>th</sup>**, at the Middle/High School

Entry Fee: \$100.00 per school, or \$60.00 per varsity team, or \$20.00 per individual runner.

Make checks or claim forms out to: **Cuba-Rushford Sports Boosters  
Cuba-Rushford Central School  
5476 Route 305 North  
Cuba, NY 14727**

#### Race Schedule:

10:00	Walk the course	11:40	Varsity Girls Small School
11:00	Junior High Girls (7 <sup>th</sup> & 8 <sup>th</sup> Grades)	12:15	Varsity Girls Large School
11:20	Junior High Boys (7 <sup>th</sup> & 8 <sup>th</sup> grades)	12:50	Varsity Boys Small School
		1:25	Varsity Boys Large School
		2:00	Awards Ceremony

We are using “MileSplit” for online entries again this year and Bruce Kemp will be scoring the meet. The information for MileSplit registration is attached. Every runner will receive a race number so make sure you register online.

Unlimited number of runners per race. Top 7 runners will be scored (6 and 7 for displacement) Course will be on grass. Varsity races are 3.1 miles and Junior High races are 1.5 miles. Concession stand in the cafeteria. T-shirts will be on sale in the cafeteria.

Awards:	Team Plaque –	1 <sup>st</sup> through 3 <sup>rd</sup> place in all races
	Individual Awards –	1 <sup>st</sup> – 3 <sup>rd</sup> place - 5 x 7 plaque
		4 <sup>th</sup> – 25 <sup>th</sup> place - Medal
		26 <sup>th</sup> – 75 <sup>th</sup> place - Ribbon

Winning Varsity Coaches- T-shirt

Forms have been submitted to have this meet sanctioned.

Directions: Cuba-Rushford Middle School is located 1 mile north of the village of Cuba. If traveling west on Interstate Route 86 (Route 17), get off at exit 28, take a right on Route 305. The school is on your right. If traveling east on Route 86, get off exit 28 and take a left on route 305. The school is on your right

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Phone: (585) 968 – 2650 or Cell: (585) 307-7427 (R. Sprague)      FAX: (585) 968-2651  
e-mail: [rsprague@crcs.wnyric.org](mailto:rsprague@crcs.wnyric.org)  
[dvolz@crcs.wnyric.org](mailto:dvolz@crcs.wnyric.org)

## Entry Form

School: \_\_\_\_\_ Coach: \_\_\_\_\_  
Address: \_\_\_\_\_ Coaches phone: \_\_\_\_\_  
City: \_\_\_\_\_ Zip code \_\_\_\_\_ School phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

List number of runners at each level

\_\_\_\_ Varsity Boys Race      Enrollment Grades 9-11 \_\_\_\_\_ (approx.)  
\_\_\_\_ Varsity Girls Race  
\_\_\_\_ Junior High Boys Race  
\_\_\_\_ Junior High Girls Race

This entry form is due by Friday, October 7th. Your entry fee or claim form is also due at this time.

Checks payable to: **Cuba-Rushford Sports Boosters**

E-mail or Mail Entry Form to :      Robert Sprague  
Cuba-Rushford Central School  
5476 Route 305 N  
Cuba, NY 14727