

# ESM Invitational

## Timing by Leone Timing

**When:** September 17, 2016

**Entry Fee:**

**\$130 to “ESM Harriers”**

**Mail to: Pamela Herrington, ESM CHS, 6400 Fremont Road, East Syracuse, NY 13057**

**Questions:** [pherrington@esmschools.org](mailto:pherrington@esmschools.org) or (315) 491-4143

**Where:** East Syracuse Minoa-Pine Grove Course. Parking at Woodland Elementary and Pine Grove. Staff will be available to direct parking and provide transport via golf cart for those needing assistance. **No parking along Kirkville Road.**

**Course:** Varsity and JV 5K on FLAT grass, fields, and wooded area. Excellent way to start your race season! Modified course 1.5 miles. Lots of open spaces for spectators.

**Race Schedule (subject to change based on enrollment):**

8 AM	<i>OPEN 5 K (Spartan Splash)</i>
9AM	Girls Modified
9:30AM	Boys Modified
10AM	Boys Varsity
10:30 AM	Girls Varsity
11:00 AM	Boys JV
11:30	Girls JV

**Team Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Place Trophies for Varsity Teams (B/G), 1<sup>st</sup> Place JV Team (B/G)

**Individual Awards:** Ribbons top 50 each race; T shirts top 10 Varsity and Modified Races, Top 5 JV races; Award for fastest 5K time of day (B/G)

**Please fill out the intent form by clicking on this link:**

<http://goo.gl/forms/qzvq9pQKiZylPIKv2>

**ATTENTION COACHES:**

**You must register your athletes with OnlineEntries.com by their registration deadline.**

**MUST RUN TOP 7 IN VARSITY RACE. UNLIMITED ENTRIES IN JV RACE and Modified Races**