

ESM Invitational

Timing by Leone Timing

When: September 16, 2017

Entry Fee:

\$130 to “ESM Harriers”

Mail payment to:

Pamela Herrington, ESM CHS, 6400 Fremont Road, East Syracuse, NY 13057

Questions: 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: 1st, 2nd, 3rd Place Trophies for Varsity Teams (B/G), 1st 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:

<https://goo.gl/forms/YYfAzsg5TogdmIyh2>

ATTENTION COACHES:

You must register your athletes with Pat Leone

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