

Elmira College High School Cross Country Invitational

Saturday, August 31, 2019

Murray Athletic Center

170 Huck Finn Rd.

Horseheads, NY 14845

Elmira College would like to invite you to its first ever Cross Country Invitational! Our new course is located at the Murray Athletic Center. The course is an “old school” cross country layout using the MAC fields and rolling trails behind the complex. The course is a two loop course measuring approximately 2.5 miles. This will also be the site for the STAC West Meet in September and host to the 2021 Empire8 Conference Championship. We hope you will join us to open the start of the 2019 Cross Country season! Entry Information is listed below.

8:30 Course Opens

9:30 JV Girls Race

10:00 JV Boys Race

10:30 Varsity Girls Race (maximum of 7 runners)

11:00 Varsity Boys Race (maximum of 7 runners)

11:45 Awards

Cost is 200.00 per school. Checks must be received by August 1st.

Checks should be made out to “ELMIRA COLLEGE WOMENS CROSS COUNTRY” and mailed to

Lou Fiorillo

Elmira College Cross Country Coach

1 Park Place

Elmira, NY 14901

Once we receive your entry fee we will send you entry information.

Entries, timing, and scoring will be done by Ben Cardamone from Elmira HS through Sydex.

And must be received by Ben before midnight on August 27th .

Entry questions should directed to Ben Cardamone at

bcardamo@elmiracityschools.com

Participation and course questions should be directed to Lou Fiorillo at lfiorillo@elmira.edu

You may also contact me via cell phone at 607-368-2314

***Please email your intention to participate ASAP to**

Lou Fiorillo lfiorillo@elmira.edu

School Name_____ School Class_____ School

Phone_____

Coach Name_____ Coach Phone_____

Coach Email_____