

Elmira Cross Country Relays 2016

UPDATED 6-9-2016

The Elmira Cross Country team will be hosting the second annual Elmira Cross Country Relay on Saturday, September 3, 2016 starting at 9:30am at the West Elmira Town Hall! We will be accepting a maximum of 12 teams. This is our 4th year, and each year has been a lot of fun. If you are interested in attending please respond as early as possible or by August 27th, 2016 so that you are not left out. You can run a maximum of 5 relays teams per gender. Also, all other runners not included in the relays can run in the Open race.

To be sure your team is entered (1) please email Ben Cardamone at Bcardamo@elmiracityschools.com or Calebrit@aol.com at your earliest convenience (2) complete the entry form below and return it to Ben Cardamone, 706 Cypress Street Elmira, NY 14904. Please include Check or voucher along with entry form. Check or voucher should be made out to ECCTFC (Elmira Cross Country & Track & Field Club). Checks will be due at race time if not received prior to Invitational.

Cost:

\$125.....All Races
\$45 / race.....Partial Team
\$15.....Per Relay
\$5.....Per Individual

Race distances will be: 3200 meters for All JV & Varsity runners, obviously there will be an exchange zone for relay competitors. Relay teams are made up of 3 members per Team. I will send you an excel file. Please enter athletes and send form back to me via email. Modified course is 2000 meters.

ENTRY FORM

SCHOOL _____ ADDRESS _____

COACH _____ HOME PHONE _____ WORK PHONE _____

EMAIL ADDRESS _____

FEE ENCLOSED FEE will be presented at the event

DIRECTIONS

Coming from west, follow Route 17 east (86) to exit 48, Take right hand turn onto route 352, follow for 9.1 miles to West Elmira Town Hall on your right, Take right hand turn and Park behind the Fire Station.

Coming from east, follow Route 17 west (86) to exit 56, merge onto frontage road, take left on Church Street, drive 3.3 miles on Church Street, take left at Hendy Elementary School, at the End of Hendy cross Water Street and go behind the Fire Station.

SCHEDULE

8:45 Coach's Meeting (only for changes, all other meet info in packet)

9:30 Modified Girls 2k

9:50 Modified boys 2k at completion of Modified Girls race

10:20 Girls Relay

10:55 Boys Relay

11:45 Mixed Boys/Girls 3200 (If numbers warrant races will be separate)

Please make sure any change is done at coach's meeting. We will try and start awards ceremony by 11:30 or as soon as results are completed. Score sheets need to be turned in for accuracy of competitors! These are important for backup if needed.

AWARDS (tentative on numbers)

1st place TEAM CHAMPION T-shirts (male/female, both divisions)

2nd – 5th place teams also win award T-Shirts

1st-5th place in Open Race also win T-shirts

If your athletes would be interested in purchasing a T shirt I will take orders by team, design to be sent out as soon as available.