



## **FISHER - RODENBECK HIGH SCHOOL XC INVITE**

**Friday, AUGUST 29, 2025**

**(Co-Sponsored by Rush Henrietta XC)**

St. John Fisher University looks forward to hosting your cross country teams at the **Fisher - Rodenbeck XC Invite on Friday, August 29, 2025. This meet will be run in conjunction with a follow-on collegiate meet later in the day.** The Girl's 4,000 meter race will start at 10:00 a.m. with the Boy's 4,000 meter race starting at 10:45 a.m. This meet is designed to provide a small, convenient, early-season competitive opportunity for all teams involved.

**Entries:** Coaches will submit entries through Direct Athletics. Entries will open at 1:00 p.m. on Monday, August 11 and will close at 10:00 a.m. on Wednesday, August 27.

**Course/Race:** The race will be run on a 2K loop course. The course is run 98% on grass, 2% hard packed dirt surface with rolling terrain. Spikes are recommended. Course will be open for inspection at 8:00 a.m. on August 29, 2025.

**Entry Fee:** The entry fee is \$100.00 per team (total \$200.00 for both boy's and girl's teams) and there are no entry limits. Payment must be paid either directly to Direct Athletics or with check on race day.

**Awards:** Trophy to each individual winner. Dri-Fit T-shirts to top 10 (non-winning team). Trophy to each winning team. Winning team - Top 7 runners receive Dri-Fit T-shirts (No double dipping).

**Timing and Results:** Leone Timing will time the meet with results being made available immediately at the conclusion of the race.

**Location:** The course is located on the old Fisher golf course on South Campus. Number 23 on the Campus Map.

**Parking:** Team vans and buses will be allowed to park in Lots V and W (see Campus Map)

**Facilities:** There will be porta potties at the site of the course. Shower facilities will be available on Main Campus.

**St. John Fisher University Campus Tours:** Campus tours will be available. Please notify Coach Henchen, [mhenchen@sjfc.edu](mailto:mhenchen@sjfc.edu) if you are interested in your athletes attending a campus tour.

Should you have any questions, please do not hesitate to contact me at [mhenchen@sjfc.edu](mailto:mhenchen@sjfc.edu). We look forward to seeing you August 29, 2024.

**Please note: We will need at least 3 teams to participate in order to hold this meet. Please let me know via e-mail if you plan to attend. [mhenchen@sjfc.edu](mailto:mhenchen@sjfc.edu).**