

2026- 48th FORT PLAIN CROSS COUNTRY INVITATIONAL

Site: H.H. Hoag Elementary School & Sports Complex
25 High Street, Fort Plain- 13339-1365

Date: SATURDAY, OCTOBER 24, 2026
(Due a variety of invitational schedule changes)

Races, Distances, Times, etc. – Fast course with one (1) hill and spectator friendly!

- 8:45 am. Coaches Meeting at the starting area
- 9:00 am. Boys Modified (~ 1.7 miles) Separate chute**
- *9:01am. Girls Modified (~ 1.7 miles) Separate chute**
- 9:30 am. Varsity Girls - Division I- Small Schools (3 miles)- ½ of the schools entered
- 10:00 am. Varsity Girls - Division II- Large Schools (3 miles)- ½ of the schools entered
- 10:30 am. Varsity Boys - Division I- Small Schools (3 miles)- ½ of the schools entered
- 11:00 am. Varsity Boys - Division II - Large Schools (3 miles)- ½ of the schools entered
- 11:30 am. Junior Varsity- Boys- (3 miles) Separate chute
- *11:31 am. Junior Varsity- Girls- (3 miles) Separate chute

* **Girls Modified and JV girls will be started 1 minute after the boys start!** There is a potential conflict in Wiles Park in the afternoon.

ENTRIES: No team may enter in any other race unless you have a varsity team entry**. Varsity races are limited to 7 runners while other races may have unlimited entries. Your top 5 runners will score & your top 7 will displace other runners.
REMINDER: SCHOOL ISSUED UNIFORMS ONLY AND THEY MUST BE ALIKE! **{You may enter modified runners only without entering any other races!}

We will be using the MILE SPLIT NY website. Go to <http://ny.milesplit.com>. Many of you have used this for XC or track. If you do not have an account, then you must create one. {Roster changes/additions may be made the day of the race.} ROSTERS DUE BY 10/20/2026.

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AWARDS:** Individual: Modified Girls & Boys- Medals #1-30- each race
J.V. Girls & Boys- Medals #1-30- each race
Varsity Girls & Boys- Medals #1-30- each race

Team: Modified Girls & Boys, and J.V. Girls & Boys- Plaques/Trophies for 1st and 2nd place teams.
Varsity Girls and Varsity Boys- Plaques/Trophies for 1st, 2nd, and 3rd place teams.

****THESE DEPEND ON # OF ENTRIES!**

- Additional Information:**
- 1) Tech t-shirts will be for sale
 - 2) Concession stand will be open w/ a variety of food & drinks
 - 3) Port-a-johns will be available
 - 4) Winning Varsity teams will be awarded **Meet Champion T-shirts (Coach also!)**

******* Please plan your travel accordingly –Construction - Fog; etc. *******

ENTRY FEE: \$170.00 per school or \$90.00/ Girl entry or \$90.00/ Boy entry. Send checks or vouchers to:

FORT PLAIN CC & T-F ATHLETICS
FORT PLAIN CENTRAL SCHOOL
25 HIGH STREET
FORT PLAIN, N.Y. 13339-1365

Email: charlie.karker@fortplain.org