

2017- 40th FORT PLAIN CROSS COUNTRY INVITATIONAL

Site: H.H.Hoag Elementary School & Sports Complex
Races, Distances, Times, etc.

Date: Saturday, September 16, 2017
Modified Invy: Date-Sat.-10/21/17

- 8:45 am. Coaches Meeting at the starting area
- 9:00 am. Boy's freshmen (~ 1.7 miles)
- 9:20 am. Girl's freshmen (~ 1.7 miles)
- 9:45 am. Varsity Girls - Division I- Small Schools (~ 3.0 miles)
- 10:15 am. Varsity Girls - Division II- Large Schools (~ 3.0 miles)
- 10:45 am. Varsity Boys - Division I- Small Schools (~ 3.0 miles)
- 11:15 am. Varsity Boys - Division II - Large Schools (~ 3.0 miles)
- 11:45 am. Junior Varsity- Girls/ Boys- (~ 3.0 miles) Separate chutes

JV Girls may be started 1 minute after the boys start! There is a conflict with the park usage 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: NO JEWELRY OF ANY SHAPE OR FORM!! SCHOOL ISSUED UNIFORMS ONLY AND THEY MUST BE ALIKE!**

We will be using a formatted EXCEL entry sheet which you will receive from me or off the Section 2 harrier website. {Roster changes/additions may be made the day of the race.} ROSTERS DUE BY 9/12/17.

EMAIL: charlie.karker@fortplain.org (S) Fax: 518-993-2897; (S) phone: 518-993-4000 x #2134; (H) 518-993-3218; © 518 848-6462

AWARDS: Individual: Frosh Girls & Boys- Medals #1-20; Ribbons #21-30 (each)
J.V. Girls & Boys- Medals #1-20; Ribbons #21-30 (each)
Varsity Girls & Boys- Medals #1-30; Ribbons #31-50

Team: Frosh 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) Long sleeve meet 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 too!)

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

ENTRY FEE: \$125.00 per school or \$75.00/ Girl entry or \$75.00/ Boy entry. Send checks or vouchers to:

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

Please detach and return to the above address whether you are attending or not ASAP!!!! Thank you!
OR Email me at: charlie.karker@fortplain.org & I will send you a formatted Excel entry sheet!!!

_____ We will attend Coach: _____

_____ We will not attend School: _____
Address: _____

Email: _____ Phone :(W) _____ (H) _____