



GILDERLAND XC



We invite you to join us at our beautiful and challenging Tawasentha Park for the ...

46th GILDERLAND INTERNATIONAL XC INVITATIONAL SATURDAY, SEPTEMBER 10, 2016

The prestigious Gilderland Invitational has hosted some of the best teams in Section 2 in NYS and the nation. It provides an exciting preview of the fall season! If you have plans for attending the NYS Federation Meet in November, then our course will prepare your runners, as the two courses are similar in terrain.



This course is designed with challenging terrain, gorgeous trails and open field running and is spectator friendly. We have eliminated our steep, long downhill, formerly known as "suicide hill". The varsity course is 2.86 miles. The freshman course is 1.7 miles.

Rules for 2016

- No athletes 19 years of age before September 1, 2016 or 13th graders are allowed to run
- We anticipate sanctioning for NY, NJ, PA, VT, MA and Ontario, Canada
- You must run a complete Varsity team in order to run a JV team.
 - At least 5 runners comprise a team. 6th runner will be tie breaker.
- Any school may choose to run in either Varsity Small or Large School race.
- Incomplete teams will not displace complete teams in combined races.
 - Individuals will be pulled out from team scoring.



Schedule of Races

Friday, September 9

4:00- 7:00 p.m. Course open to preview, walk, run

Saturday, September 10

7:00-9:00 a.m.	Course open to walk		
9:00	Freshman Girls*	Team and Individual	Unlimited
9:30	Freshman Boys*	Team and Individual	Unlimited
	<i>*Or "Athletic placement process(APP)"7th or 8th grade athlete</i>		
10:00	JV Girls	Team and Individual	Unlimited
10:30	JV Boys	Team and Individual	Unlimited
11:00	~NATIONAL ANTHEMS~		
11:15	Varsity Girls	Small Schools	Team – 7
11:45	Varsity Boys "Bob Oates"	Small Schools	Team – 7
12:15	Varsity Girls "Sandy Morley Championship"	Large Schools	Team - 7
12:45	Varsity Boys "Bill Drake Championship"	Large Schools	Team – 7
1:15	All-Comers/Coaches Race	Open to community and coaches	
	<ul style="list-style-type: none"> • \$5 per runner • Day of race registration at Small Pavilion 		
1:30	Awards Ceremony	Small Pavilion	

PLEASE NOTE!

Due to the overwhelming popularity of this invitational, entries must now be submitted in a formatted EXCEL sheet by **Monday, September 5th 2016**. Please email kosierd@guilderlandschools.net ASAP with your team name in the subject line.

We will send you the formatted EXCEL file for completion.

Last minute roster changes may be submitted anytime by e-mail or day of invitational at the large pavilion.

RESULTS

Results will be instantly available using HyTek's Meet Manager Software. Results can be found in the office behind the large pavilion *and* online at **Rundutch.teampages.com**, section2harrier.com and tullyrunners.com after the meet!



AWARDS

TEAM AWARDS:	Varsity Races:	Shirts and trophies to 1 st , 2 nd , & 3 rd place teams! (Shirts to coaches!)
	JV & Frosh Races:	Shirts and trophies to 1 st & 2 nd place teams! (Shirts to coaches!)
INDIVIDUAL AWARDS:	Varsity Races:	1 st through 10 th place – trophies! 11 th through 35 th places – medals!
	JV and Frosh:	1 st through 30 th place – medals!

ACCOMMODATIONS

PARKING:	Your van or bus will be directed to parking areas. Parking is limited.
SHOWERS:	Sorry, not available. Please come ready to run. Restrooms and port-a-pottys on site.
FIRST AID:	Our Athletic Trainer will be on site. Please bring your own ice and supplies.
CONCESSIONS:	Food, drinks, t-shirts and extras will be sold courtesy of the GXC Booster Club. Don't miss our World Famous Chili!



QUESTIONS

Feel free to contact us with any questions! **Dave Kosier, meet director** 518 810 8550 (cell)
Pete Cure, meet director 518 376 3134 (cell)

DIRECTIONS

From West, East, South: NYS Thruway, EXIT 24. RIGHT on route 20 (Western Avenue). 5 miles pass Crossgates Mall, Western Turnpike Golf Course (on left). LEFT on Route 146 (Stewart's on corner). $\frac{3}{4}$ mile Tawasentha Park is on LEFT.

From Northway: travel south to end of the Northway. RIGHT on route 20 (Western Avenue). Follow directions abo



**REGISTRATION FORM
46TH GUILDERLAND XC INVITATIONAL 2016**

Please complete and return with a check or voucher by Monday, September 5th, 2016

ENTRY FEES

TEAM ENTRY: \$ 175.00 (One or more teams inclusive.)

INDIVIDUAL: \$ 35.00 (Per runner.)

Check/PO/Claim Form made out to : Parents of Guilderland Cross Country

Mail to: David Kosier, Meet Director
4414 Skyline Drive
Schenectady, NY 12306

SCHOOL: _____

GIRLS COACH: _____ BOYS COACH: _____

PHONE: _____ FAX: _____

EMAIL ADDRESS: _____

SCHOOL ADDRESS: _____

RACES YOUR SCHOOL IS ENTERING:

BOYS

_____ Large School Team
_____ Small School Team
_____ JV Team
_____ Frosh Team

GIRLS

_____ Large School Team
_____ Small School Team
_____ JV Team
_____ Frosh Team

Entries due MONDAY, September 5th 2016

EMAIL: kosierd@guilderlandschools.net for you formatted EXCEL entry sheet.

Thank you for your continued support of the Guilderland XC Invitational!





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