



3rd Annual
“HOT DOG RACE & COOK OUT!”

Thursday, August 29th, 2019
Sarah Coventry/Stuart Park
(Rt. 88 South, Newark)

“A Cross Country Meet With A
Cook-Out!”

Help Your Runners *EASE* into Cross Country Season with a **2-Mile** Race and a Party!

COURSE: The legendary “Sarah Coventry” course (without Death Mountain!).
The **2 mile** course has grass, trails, and hills (*real Cross Country!*)

RACES: Fr-Soph Girls, Fr-Soph Boys, Jr-Sr Girls, Jr-Sr Boys, Open

ORDER of RACES:

- 3:00 Course Opens
- 4:15 Open (Age groups: Middle School, Fr-So, Jr-Sr, 19-29, 30-39, 40-49, 50-59, 60+)
- 4:45 Fr-Soph Boys (Interscholastic eligible athletes)
- 5:10 Fr-Soph Girls (Interscholastic eligible athletes)
- 5:35 Jr-Sr Boys (Interscholastic eligible athletes)
- 6:00 Jr-Sr Girls (Interscholastic eligible athletes)
- 6:05 *Cook Out! Food Begins to be served!*

PROCEDURE: We’ll be using a pull-tag system. Coaches - you may prepare the tags in advance or use ours when you arrive.

AWARDS: Top 12 in Scholastic Races; Top 3 in Age Groups in Open Race (**This is a minimum.** If the field is large, we’ll add to the awards.)

ENTRY FEES: \$70/School (This includes coaches & school runners in the open race.) Entry fee for *others in the Open race* is \$7.

Please make checks payable to: **Newark Cross Country Booster Club**

Mail to: c/o Coach Joe Contario
Newark High School
625 Peirson Ave.
Newark, NY 14513

NOTE: We’ll have an official so that the scholastic races may count as an interscholastic meet. Athletes who have sufficient number of practices should run in those races. Late sign-ups, modifieds, & others may run in the Open race. But Coaches – please don’t run athletes who are not ready to compete. Err on the side of caution!

Coaches in the Open Race should expect embarrassing photos to be posted on social media.

QUESTIONS? – Joe Contario at coachcontario@gmail.com OR 315 521-7405

Hosted By the Newark Cross Country Team