

# JFK XC INVITE

FRIDAY, SEPTEMBER 1, 2017

We hope you come join us for the 8<sup>th</sup> Annual JFK XC Invite. Our season opening meet gives athletes the opportunity to ease into their year of Cross Country racing on a well-groomed 4k, or 2.5 mile course. The course has been designed as a mix of groomed trail and open field which is very coach and spectator friendly. Our central location in the middle of Erie County keeps most Section 6 teams travel times under 1 hour and our proximity to the I-90 makes out of town travel a breeze. If you need any additional information, please feel free to contact me with any questions. We hope to see you on the 1<sup>st</sup> ! Please note, the races begin at 5 PM.

Michael Johnson  
JFK Boys and Girls XC Coach  
(716) 364-0646  
mmbacon611@gmail.com

Location: John F. Kennedy High School  
305 Cayuga Creek Rd.  
Cheektowaga, NY 14227

Directions: **From North/East:**  
90 West to William St., right on William (0.3 mile), left on Henry, leads into school parking lot.

**From South/West:**  
90 East to William St., left on William (0.3 mile), left on Henry, leads into school parking lot.

Schedule: **5:00** – JV Girls  
**5:30** – JV Boys  
**6:00** – Varsity Girls  
**6:30** – Varsity Boys

Course: 4km (2.5 miles), flat grass/groomed trails (map attached)

Awards: Individual & Team awards based on the number of teams

Entry Info: This year we will be using Right Time Results to time the meet and Yen Timing for the entries. You will log on at [www.yentiming.com](http://www.yentiming.com) and enter your roster. You will enter your varsity and junior varsity separately. Changes can be made the day of the race. Deadline for entries will be Tuesday August, 29<sup>th</sup> at 8:00PM.

\*\*\*We will also be using shoe tags that must be returned after each race. If there are any missing or lost tags your school will be charged an additional \$10.00 per tag that is lost.\*\*\*

ALL entry fees should be paid before the day of competition, please be sure your athletic office understands this and is timely with payment.

\$125 for both Boys and Girls Teams (JV and Varsity included)

\$90 for either Boys or Girls Teams (JV and Varsity included)

\$25 per JV/Varsity Individual (2 runners or less)

Please send check/voucher to:

JFK Cross Country

c/o Michael Johnson

305 Cayuga Creek Rd.

Cheektowaga, NY 14227

\*\*\*Make checks payable to: **JFK CROSS COUNTRY**

Please email your intentions on participating to [mmmbacon611@gmail.com](mailto:mmmbacon611@gmail.com) on or before Monday, August 28th.

Race Info: Varsity races will be limited to 7 individuals on each team, while JV races will have unlimited entries. Team scores will be completed ASAP and team and individual results will be posted on the Internet following the meet.

Concessions: There will be a concession stand with food, drinks, snacks, and t-shirts.

**JOHN F. KENNEDY**  
**CROSS COUNTRY**

# JFK Cross Country 4000m Map

## 4000m XC Course

- Mile 1
- Mile 2
- Mile 2-2.5

