

The John Bernard (Adirondack) Cross-Country Invitational Saturday, October 29, 2022

Location/Facility: Adirondack High School/Middle School, 8181 Route 294, Boonville, NY. Bathroom and locker room facilities will be available in the High School. Restrooms are also located in the Food Concession Building—near the start and finish area.

Course: Modified (1.7) and Varsity (3.1) are flat with well-marked, mowed grass paths and are excellent for spectators.

Entries: Entry form with a claim form/purchase order or check payable should be sent or faxed to: Adirondack Booster Club C/O Patrick Fiorenza, Adirondack High School, 8181 Route 294, Boonville NY 13309 by October 20, 2022. Schools will be randomly assigned to Division I or II races. Schools will be notified of their Division assignment the week prior to race day.

School Fax #: 315-943-2900

E-mail Address: pfiorenza@adirondackcsd.org

Entry Fee:

- \$175 per school (includes boys and girls modified and varsity teams)
- \$125 per team (boys or girls, modified or varsity only)
- \$10/athlete (incomplete teams only)

Meet Registration: Coaches must enter/register ALL of their participating athletes (modified and varsity) via ny.milesplit.com by Oct. 22nd. (This is the only way to register your athletes). Your cooperation is appreciated.

** An Open 5K Race will be held at 8:15am (on the varsity course).

Registration will be in the Team Awards Tent adjacent to the finish chute from 8am to race time. A \$10 donation will be collected at registration. **Awards:** t-shirts to the top five overall finishers.

Packet Pickup: - 9a.m. in the Middle School Cafeteria (coaches only). Enter by greenhouse door. This area will be open to coaches only from 7:30 to 9a.m. to pick up their packets and running tags. Coffee, donuts, cider, and orange juice will be available for coaches.

Schools arriving after 9:30a.m. are requested to pick up their packets and running tags in the Team Awards Tent (adjacent to the finish chute).

Each participating school will also receive one meal voucher (to be determined by the Varsity Club).

Awards:

- The top three teams in the modified and varsity races will receive plaques.
- Invitational t-shirts to the top 10 and ribbons to the top 50 in all races.
- Medals to the Outstanding Male Runner and Outstanding Female Runner of the Invitational (fastest male and female times of the day).

Will be handed out at the finish (individual) and/or the Team Awards Tent (team).

Refreshments/ T-Shirts: Two food concessions (Gym Lobby and Concession Building, near the finish area) will be open from 7:30am to the conclusion of the Invitational. A limited number of invite t-shirts will be available for sale.

Scoring & Results: Results will be posted on a results board near the finish chute. Results will also be available online.

Race Order:

8:15am - Open 5K Race (\$10 Registration)

9:30am - Boys Modified I

9:50am - Girls Modified I

10:10am - Boys Modified II

10:30am - Girls Modified II

10:50am - Girls Varsity I

11:20am - Boys Varsity I

11:50am - Girls Varsity II

12:20pm - Boys Varsity II

** All races are unlimited entries.

Please return the entry form below as soon as possible!

_____ (school name) will attend the John Bernard
(Adirondack) Cross-Country Invitational on October 29, 2022

Race **Check all that apply**

Boys Varsity _____

Girls Varsity _____

Boys modified _____

Girls modified _____

(\$175) Boys & Girls Modified and Varsity

(\$125) Boys **or** Girls, Modified Only

(\$10/athlete) Incomplete Teams Only

Coaches Information:

Girls Coach: _____ Boys Coach: _____

Phone: _____ Phone: _____

E-mail: _____ E-mail: _____

Please mail to:
Adirondack Booster Club
C/O Patrick Fiorenza
Adirondack High School
8181 State Route 294
Boonville, NY 13309
Fax: (315)-943-2900
E-mail: pfioorenza@adirondackcsd.org