



**12th Annual South Glens Falls
John Killian “K-DAWG”
Memorial XC Invitational
Saturday, September 27, 2025
Moreau Recreational Park, South
Glens Falls, NY**



Location: Moreau Recreational Park, South Glens Falls, NY

Directions From Interstate 87 Exit 17N: (map included – Last Page)

Course: Flat, open fields, wooded trails, and a fast 3 Mile course- very spectator friendly

Timing: Chip Timing done by Underdog Race Timing -

Entry Fee:

- **\$250.00 for both boys and girls teams; \$175.00 per one team; \$175 for modified only. Check or School Voucher must be received by race day!**

Concession Stand: Refreshments, food, and t-shirts (\$20) will be sold.

Team/Scoring: ENTRIES: Varsity races are limited to 7 runners while other races may have unlimited entries. Your top 5 will score and your top 7 will displace other runners.

Awards: Individual medals will be handed out in the chute at the conclusion of each race. Medals will be given to the top 25 in each race. Team Award 1st and 2nd place will be able to be picked up upon completion of team scoring at the shirt sale tent. Varsity Champions t-shirt for first place team (7 shirts).

Tentative Race Schedule: Racing will start at 9:00 am. Race schedule will be determined based on the number of teams registered. We will email the final race schedule on September 26th- after the entry deadline.

Tentative Race Schedule:

9:00- Modified Girls (<i>Unlimited entry</i>)	(1.3 miles)
9:30- Modified Boys (<i>Unlimited entry</i>)	(1.3 miles)
9:50- JV Girls (<i>Unlimited entry</i>)	(3.00 miles)
10:30-JV Boys (<i>Unlimited entry</i>)	(3.00 miles)
11:00-Varsity Girls (<i>7 team member limit</i>)	(3.00 miles)
11:30-Varsity Boys (<i>7 team member limit</i>)	(3.00 miles)

Contact Information:

Maria Whitney, South Glens Falls Girls XC Head Coach

CELL # 518-307-8263 (call or text)

Email: whitneym@sgfcsd.org

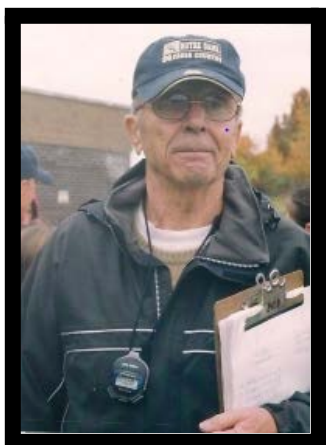
Make checks or school vouchers payable to: **SH Bulldog Booster Club**

Checks or vouchers must be in by race day!

Send to:

Athletic Department
South Glens Falls High School
42 Merritt Rd
South Glens Falls, NY 12803

Entry/Roster Deadline: Rosters Entered at www.milesplit.com by Wed. Sept. 24, 2025



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Entry Form

Checks or School vouchers made payable to:

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Entry Fee:

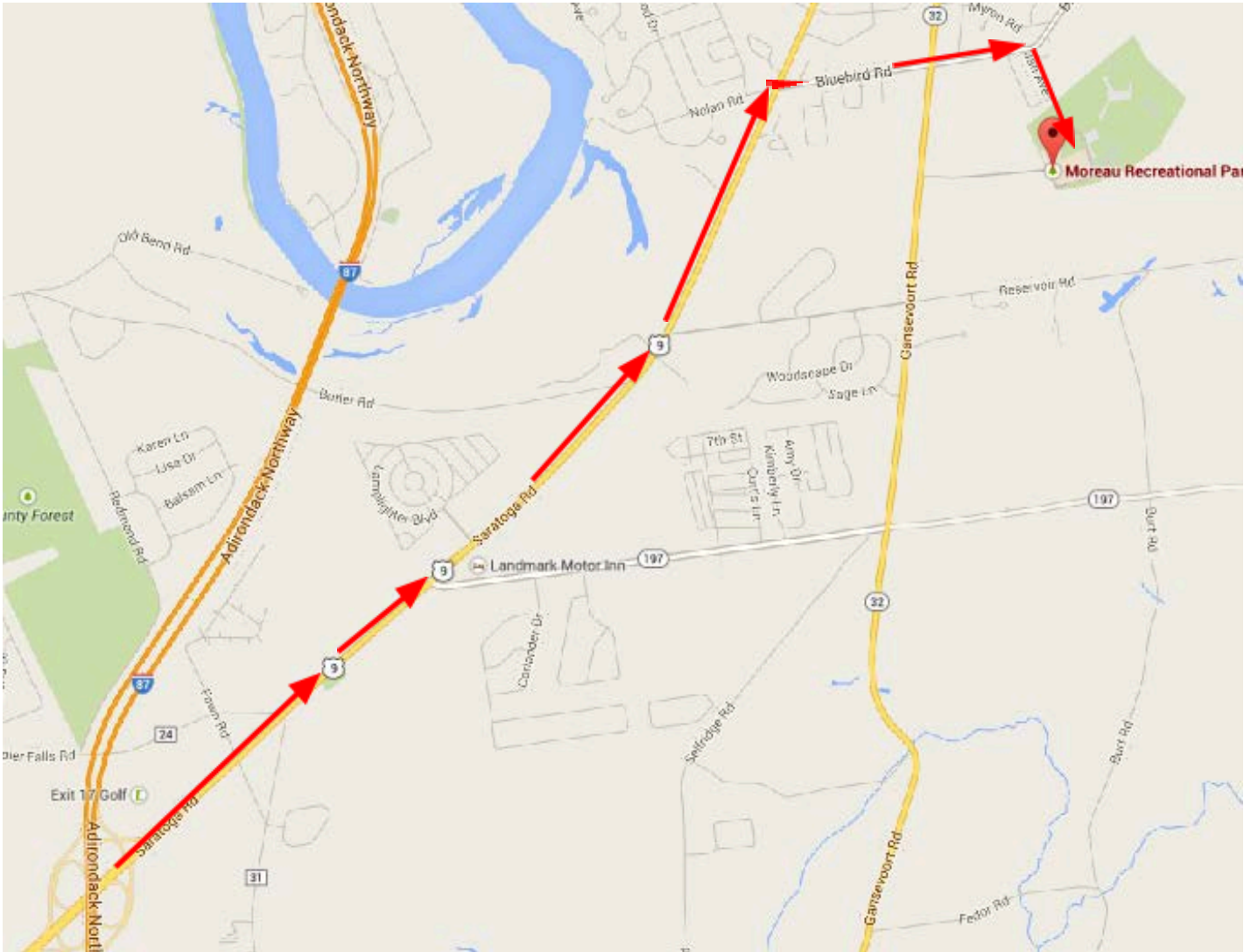
- \$250.00 for both boys and girls teams; \$175.00 per one team; \$175 for modified only

School _____
Coach (girls) _____
Coach (boys) _____
School phone _____
Home or cell phone _____
Fax # _____
Email address _____

Send to:

Athletic Department
South Glens Falls High School
42 Merritt Rd
South Glens Falls, NY 12803

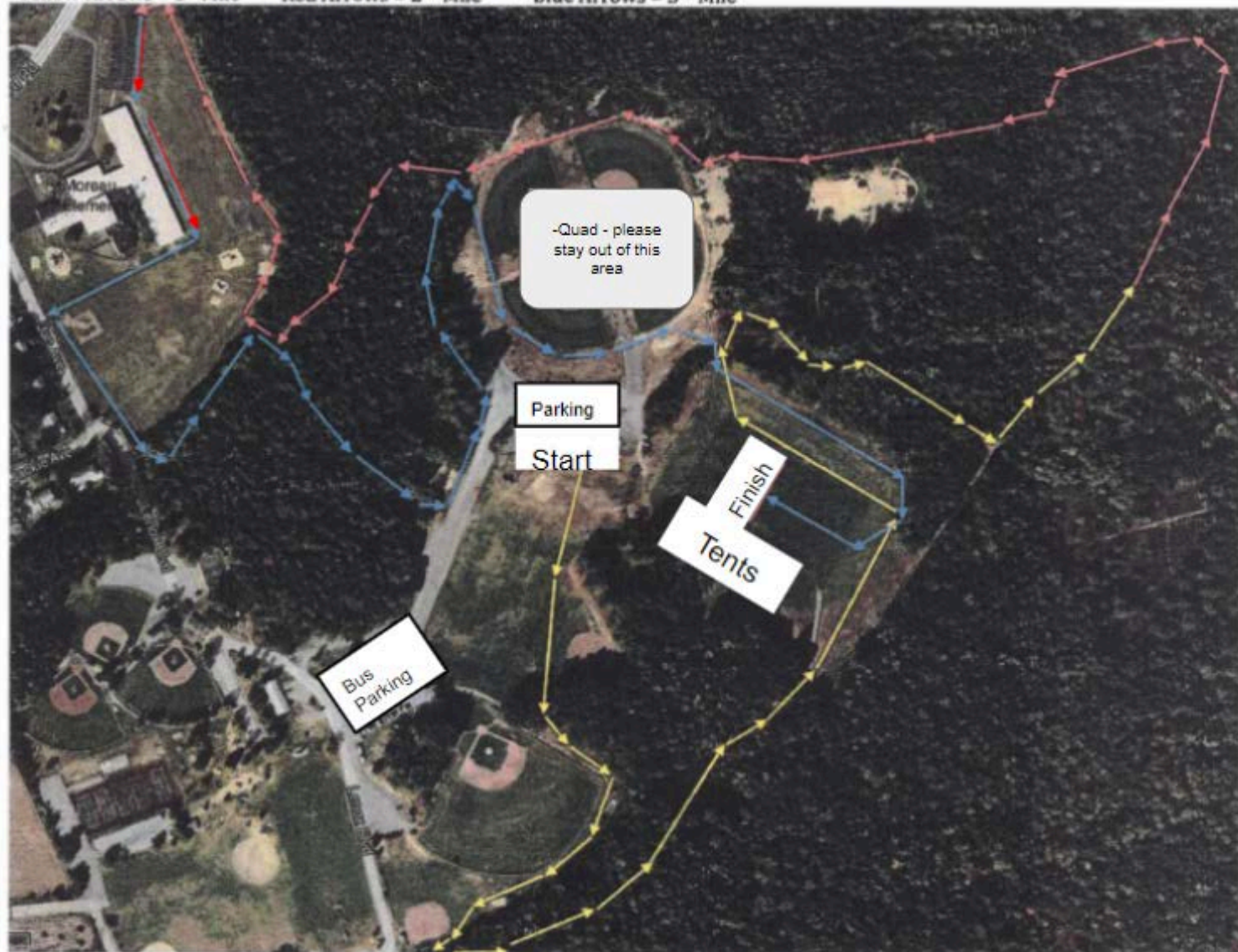
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Directions From Interstate 87 Exit 17N: Take exit 17N from Interstate 87 (Adirondack Northway) to merge onto U.S. 9 N/Saratoga Road toward South Glens Falls. Continue to follow U.S. 9 N for approximately 3.8 miles. Turn right onto Bluebird Road and follow for approximately 0.8 miles. Before Moreau Elementary School, turn right onto Jan Ave.

SOUTH GLENS FALLS Cross Country Trail @ Moreau Recreational Park = 3.0 Miles

***Yellow Arrows = 1st Mile **Red Arrows = 2nd Mile ***Blue Arrows = 3rd Mile**



Modified Course: 1.3 Miles Start and finish is the same as varsity.

