

# **KNOX Invitational**

**Saturday, September 14, 2019**

## **Knox Park (East Aurora, New York)**

We hope you can join us for an opportunity to run this year's Section 6 Championship Course and enjoy a great day of competition at Knox Park. To help junior varsity runners ease into their cross country racing season, the jv races will use the shorter 4k- 2.5 mile course while the varsity races will be 5k- 3.1 miles. The course has been designed with a mix of open field and trail which is coach and spectator friendly. We hope to see you on the 14th.

### **4K – Junior Varsity Course**

### **5K - Varsity Course**

*(The Polo Field at Historical Knox Park is located just west of the village of East Aurora on Knox Road between Gray Street and Gypsy Lane, \*not the Buffalo Road main entrance.)*

*This is one of the most scenic, spectator friendly courses in Western New York.*

#### **RACE SCHEDULE**

10:00 AM – Junior Varsity Girls 4K (Unlimited Entries)

10:30 AM – Junior Varsity Boys 4K (Unlimited Entries)

11:00 AM – Varsity Large School Boys 5K (Limit Top 10 Athletes)

11:30 AM – Varsity Small School Boys 5K (Limit Top 10 Athletes)

12:00 PM – Varsity Large School Girls 5K (Limit Top 10 Athletes)

12:30 PM – Varsity Small School Girls 5K (Limit Top 10 Athletes)

Coaches: Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Please send this form or email your intent to participate so we can account for all participating teams

**Walt McLaughlin**

[Wmclaughlin@eak12.org](mailto:Wmclaughlin@eak12.org)

(716) 829-9282

Participation and Entry Deadline is **Wednesday, September 11, 2019**

**Entries must be made through Athletic.net**

### **Knox Invitational Entry Fees:**

- **\$150 Entry Fee includes Boys and Girls JV and Varsity Teams.**
- **\$20 per JV/Varsity Individual (4 Runners or less).**

#### **Send Payment to:**

Walt McLaughlin

East Aurora Middle School

430 Main Street

East Aurora, NY 14052

#### **Make Checks payable to: East Aurora Cross Country Booster Club**

- Large and Small School Divisions will be divided at 600 grades 10-12 Boys + Girls.
- Awards: Will be given out asap after each race.
- Entries/Scoring: We will be using Chip Timing.
- All entries must be done through Athletic.net.
- Participant numbers and chips will be pre-assigned and must be worn accordingly.
- Results will be posted at: [www.section6runs.com](http://www.section6runs.com), [www.tullyrunners.com](http://www.tullyrunners.com), [athletic.net](http://athletic.net)
- **Concession Stand:** We will have t-shirts, food, drink, and snacks available.

**Directions:** (The meet location is on Knox Road, **not** the main barn side on Buffalo Road).

\*All buses will park on Knox Road facing East. Buses must enter the race area via Gypsy Lane from 20A/Quaker Road or Willardshire Road to Knox Road.

\*Spectator Parking will be at the East End (closer to the village) of the Knox Park Soccer Fields on Knox Road. Spectator Parking will only be accessible only from Buffalo Rd/Rt 16 via Gray Street to Knox Rd traveling West.

\*Handicap Parking will be at the West-Equestrian End near the Start/Finish Areas accessible only from Gypsy Lane or Willardshire Road to Knox Road.

Parking directions will be sent with last minute meet directions prior to the invitational.

**Thank you and the best of luck this season.**

**Coach McLaughlin**