

LAKE SHORE EAGLES & HILBERT HAWKS

LAKE SHORE INVITATIONAL



SATURDAY SEPTEMBER 16, 2017



Evangola State Park

Entry Fee: \$120 for all teams in school program, \$40 for single team, \$10 individual

Send Entry Fee & Registration to: Lake Shore XC
Attn: Mike Brinkerhoff
959 Beach Rd.
Angola, NY 14006
mbrinkerhoff@lakeshorecsd.org

Schedule:

10:00	College Women 6K
10:45	College Men 8K
11:45	Varsity Girls: up to 10 runners
12:15	Varsity Boys: up to 10 runners
12:45	JV Girls: unlimited runners
1:30	JV Boys: unlimited runners
2:00	Modified Girls
2:30	Modified Boys

One race for Varsity teams will be run with the team awards being broken into Large School and Small School based on school enrollment if enough teams are entered.

Join the Lake Shore Eagles and Hilbert College Hawks XC teams for a great run along the lake. Open fields, a cliffside stretch along Lake Erie, and wooded trails await you on this second year course. There is plenty of on-site parking with easy course access for spectators and numerous facilities available.

Course: The flat 3.1 mile varsity , 6K, and 8K courses are all grass with stretches along Lake Erie and wooded trails. The Modified course is 1.75 miles.

Awards: Trophies to Top 3 teams in Varsity races for Large School and Small School divisions. Individual awards will be handed out in the finish chute.

Concessions: We will have t-shirts, food, and drink available for purchase

Park Entry: There is a \$1 voluntary donation per car to benefit the local emergency services and organizations; school vehicles and buses are exempt.



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Meet Roster: Please send an Excel spreadsheet of your team rosters to mbrinkerhoff@lakeshorecsd.org by September 10th

List athletes running in **ALL** races by: **Name, Grade, race, and M/F**. We will be using chip timing by Score This!!! so you **must** identify the race each runner will participate in. Remember: up to 10 in the varsity races. Changes can be made on race day but we would like to keep them as minimal as possible.

SCHOOL: _____ **COACH:** _____

COACH EMAIL: _____ **PHONE:** _____

VARSITY BOYS: # _____

VARSITY GIRLS: # _____

JV BOYS: # _____

JV GIRLS: # _____

MODIFIED BOYS: # _____

MODIFIED GIRLS: # _____

Please email the entry form ASAP to mbrinkerhoff@lakeshorecsd.org with your intention to participate. Contact Mike Brinkerhoff at 604-8949 with any questions.

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Location: Evangola State Park is a 733-acre state park in southern Erie County, New York, USA. The park is located west of the Village of Farnham, at the border of the Town of Brant and the Town of Evans. Only 28 miles from downtown Buffalo. The address is 10191 Old Lake Shore Rd, Irving, NY 14081

From the North: Take NYS Thruway 90 to Exit 57A Eden/Angola. Turn Right onto Eden/Evans Center Rd. Go about 4 miles and take a left onto Route 5 (Erie Rd.) and continue for 4 miles to the park entrance. Drive straight through the park to the parking lot area.

From the South/West: Take NYS Thruway 90 to Exit 58 Silver Creek. Veer right and take Route 5 East, continuing through the traffic circle on Route 5. Continue for 2.5 miles to the park entrance on the left. Drive straight through the park to the parking lot area.

Parking: There will be a \$1 donation fee for all vehicles; all busses and district vehicles are exempt. There are hundreds of parking spots on site and plenty of handicapped parking for easy accessibility.

