



## ***PAST ' PRESENT ' FOREVER***

### **44<sup>th</sup> McDANIEL- BAXTER CROSS- COUNTY RELAYS CHENANGO VALLEY HS/MS SEPTEMBER 2, 2011**

#### **RACE DAY ITINERARY**

<b>9:00 am</b>	<b>Coaches Meeting</b>	
<b>9:30 am</b>	<b>Boys' A Relay Race</b>	<b>3.1 miles/5000 meters</b>
<b>9:55 am</b>	<b>Girls' A Relay Race</b>	<b>3.1 miles/5000 meters</b>
<b>10:20 am</b>	<b>Boys' B Relay Race</b>	<b>3.1 miles/5000 meters</b>
<b>10:45 am</b>	<b>Girls' B Relay Race</b>	<b>3.1 miles/5000 meters</b>
<b>11:10 am</b>	<b>Boys' C Relay Race</b>	<b>3.1 miles/5000 meters</b>
<b>11:35 pm</b>	<b>Girls' C Relay Race</b>	<b>3.1 miles/5000 meters</b>
<b>12:00 pm</b>	<b>Awards Ceremony</b>	

#### **HOW THE RELAY WORKS**

- 1. All races consist of 3 legs run by 3 different runners as a relay team.**
- 2. In all races the first leg is a flat 1350 meters.**
- 3. In all races the second leg is a moderately hilly 1450 meters.**
- 4. In all races the third leg is a very hilly 2200 meters.**
- 5. The exchange zone (for all exchanges) is located in between the start line and the finish line in the soccer field area.**
- 6. This event is BYOB: Bring your own batons. (We will obviously NOT be able to furnish each team with a baton)**

#### **POINTS OF EMPHASIS**

- 1. Each school will enter 2 or 3 teams (3 runners each) in the 'A' races. (2- 3 boys teams & 2- 3 girls teams)**
- 2. Each school will be allowed to enter as many as 6 teams (3 runners each) in the 'B' races. (6 boys teams & 6 girls teams)**
- 3. The 'C' races will serve as a 'spillover.' Entry will be unlimited. 'Extra' runners will be allowed to run the first leg of the 'C' races as individuals (this will not be allowed in the other races).**

## **TEAM AND INDIVIDUAL AWARDS**

- 1. In both the 'A' and the 'B' Races, the top three large school teams and the top three small school teams will receive a team plaque.**
- 2. In the 'C' Races the winning team will receive a team plaque.**
- 3. In all races, the three individual members of each award- winning team will receive T- Shirts.**

## **NOTES OF INTEREST**

- 1. A concession stand will be available for athletes and spectators.**
- 2. T- shirts will be available for purchase.**
- 3. Buses will park in the new parking lot behind the stadium.**
- 4. Restrooms will be available at the Field House.**
- 5. Teams will be able to set- up team tents.**

## **INVITATIONAL ENTRY FORM- NEXT PAGE**



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**McDANIEL- BAXTER PARTICIPATION INTENT FORM**

**School Name:**\_\_\_\_\_

**School Address:**\_\_\_\_\_

**Head Coaches Name:**\_\_\_\_\_

**Head Coaches E- mail:**\_\_\_\_\_

**Head Coaches Phone Number:**\_\_\_\_\_

**Yes; we plan on attending and our check is enclosed**\_\_\_\_\_

**Yes; we plan on attending and our check will be mailed separately**\_\_\_\_

**No; we are unable to attend this year**\_\_\_\_\_

**TEAMS ENTERED:**

**Please indicate the approximate number of runners in each race.**

1. **Boys' A**\_\_\_\_\_ (2 or 3 teams / 6 or 9 runners)
2. **Girls' A**\_\_\_\_\_ (2 or 3 teams / 6 or 9 runners)
3. **Boys' B**\_\_\_\_\_ (Maximum of 6 teams / 18 runners)
4. **Girls' B**\_\_\_\_\_ (Maximum of 6 teams / 18 runners)
5. **Boys' C**\_\_\_\_\_ (Unlimited)
6. **Girls' C**\_\_\_\_\_ (Unlimited)

**INVITATIONAL ENTRY FEE**

**The cost of this invitational is \$100.00 per school for all races or \$25.00 per race up to one hundred dollars. Make checks payable to CV Running Club and mail all documentation to:**

**Kermit Moyer - Director of Health, PE, and Athletics  
Chenango Valley Central Schools  
221 Chenango Bridge Road  
Binghamton, NY 13901**