

# 34<sup>th</sup> Annual Newark Valley / Bob Greene Cross-Country Invitational

Newark Valley High School

68 Wilson Creek Road

Friday, October 14, 2016

The Newark Valley Cross-Country program invites you to join us for the 34<sup>th</sup> Annual Newark Valley / Bob Greene Cross-Country Invitational, sponsored by the Newark Valley Varsity Club, with additional sponsorship from Road ID. The meet will be held on Friday afternoon/evening. The 3.1 mile (5K) Varsity and the 1.5 mile (2,420 meters) Junior High (Modified) courses are well-groomed and have wide avenues for running. The course layout permits extensive spectator viewing while virtually eliminating the need for spectators to cross the course to watch the runners.

## Schedule:

	<b>3:45</b>	Coaches Meeting			
Race 1	<b>4:05</b>	Junior High Boys	Race 4	<b>5:04</b>	Junior High Girls
Race 2	<b>4:17</b>	Varsity A Girls	Race 5	<b>5:19</b>	Var B Boys
Race 3	<b>4:42</b>	Varsity A Boys	Race 6	<b>5:42</b>	Var B Girls
				<b>6:15</b>	Team Awards Ceremony

Limit of nine (9) runners per Varsity A team, but no limit to the number of Varsity B or Modified runners. When responding with your intention to enter (see below), please indicate an approximate number of runners in each race. Note that you don't have to decide whether you want to enter 7, 8, or 9 runners in the Varsity A races until the Sydex entries are submitted. Once submitted though, no changes or substitutions. No Varsity A team may enter the Varsity B race. Junior High entries must be 7th & 8th graders.

Please let us know if you are planning on participating in this year's event by Friday, September 23<sup>rd</sup>. In addition to sending the 2<sup>nd</sup> page of this form to our AD, a quick reply email to me or to Eric with your estimated numbers for each race really helps us with planning. Thanks!

All entries are to be submitted on Sydex on or before **Wednesday, October 12<sup>th</sup> by 3:00 pm (before practice ☺)**.

## Awards:

**Individuals: All individual Varsity and JV awards will be handed out following each race at the Awards Stand.**

Varsity A boys' and Varsity A girls' races: Medals to top 10; T-shirts for top 15; Ribbons for places 11-100 boys / 11-100 girls

Varsity B boys' and Varsity B girls' races: Medals to top 7; T-shirts for top 10, Ribbons for places 6-100 boys / 6-75 girls

Junior High boys' and Junior High girls' races: Ribbon and a participation award for each finisher.

**Teams: Plaques presented at the conclusion of the meet**

The top-scoring Large School (Classes A and B) and the top-scoring Small School (Classes C and D) will determine team champions for all races. The second highest-scoring Large school and Small school finishers will earn the Runners-Up championship plaques for all races:

Varsity A Boys and Girls races: Large School Division and Small School Division Champions and Runners-Up

Varsity B Boys and Girls races: Large School Division and Small School Division champions and Runners-Up

Jr. High Boys and Girls: Large School Division and Small School Division champions and Runners-Up

**Fee: \$40 per race  
\$10 per individual runner (Varsity, J.V., or Junior High).  
Maximum amount \$150 per school.**

\* Locker-room facilities are available in the High School. No Spikes may be worn in the building. Use only the designated areas.  
Any runner caught wandering the building will be disqualified with their entire team.

\* The Cardinal Booster Club will be operating the Concession Stand for your and the spectators' convenience.

\* The Running Club will be selling t-shirts.

\* Buses will park in the front of the school in the diagonal slots in the front of the school. That area will accommodate 22 buses. Additional bus parking will be provided if needed. Please do not arrive prior to 2:40 as the HS needs to dismiss at 2:38.

\* Tents – tents may be set up in the grassy areas anywhere between the back of the High School and the Tennis Courts. This area was chosen because of its proximity to the Start and Finish lines. But, please no teams on the bleachers as this area is for spectators.

If you have questions, please feel free to contact Coach Brian Trippany at [btrippany@nvcs.stier.org](mailto:btrippany@nvcs.stier.org) or at (607) 743-0782 or Coach Eric D'Arcy at [edarcy@nvcs.stier.org](mailto:edarcy@nvcs.stier.org) or at (607) 642-8665.

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**Newark Valley High School**

**Friday, October 14, 2016**

**Intention To Enter Form**

**(Please return only this page with payment or payment intentions to Ed Mertson – NV AD by Friday, September 23<sup>rd</sup>)**

**Name of School** \_\_\_\_\_

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

**Coach(es) Name(s)** \_\_\_\_\_

**\*Best phone number** \_\_\_\_\_

**\*Best phone number** \_\_\_\_\_

**Email** \_\_\_\_\_

**Email** \_\_\_\_\_

**\*In case there's an issue with your entries, a phone number at which you can be reached is critical.**

**Yes, we plan on bringing the following estimated number of runners in each of the following races:**

**Varsity A Boys (up to 9)** \_\_\_\_\_

**Varsity A Girls (up to 9)** \_\_\_\_\_

**Var B Boys (unlimited)** \_\_\_\_\_

**Var B Girls (unlimited)** \_\_\_\_\_

**Junior High Boys (unlimited)** \_\_\_\_\_

**Junior High Girls (unlimited)** \_\_\_\_\_

**Fee: \$40 per race**  
**\$10 per individual runner (Varsity, J.V., or Junior High).**  
**Maximum amount \$150 per school.**

**Please make your check payable to: Newark Valley Varsity Club, and mail it, along with this completed Intention to Enter Form, to:**

**Ed Mertson - AD**  
**Newark Valley High School**  
**P.O. Box 547**  
**68 Wilson Creek Rd.**  
**Newark Valley, N.Y. 13811**

**Note for IAC Schools:**

Any IAC school entering any of the Newark Valley XC Invites can opt to have their AD notify Mason Morenus to transfer the entry fee from their schools' IAC account to Newark Valley's. Mason will then write one check for all the participating IAC schools to the Newark Valley Varsity Club to cover their respective entry fees. Please have your Athletic Director notify Mason and when you return this entry form to Ed Mertson, just state that payment will be made via an IAC transfer.

**Thank you and we hope to see you all here in Newark Valley on Friday, October 14<sup>th</sup>!**

**Brian Trippany - NV Varsity/JV      Eric D'Arcy - NV Varsity/JV      Michelle Waltersdorf - NV Modified**