

2018 North Country Invitational
Hosted by Norwood-Norfolk Central School

Saturday, October 13th, 2018

Site of 2007 NYS Cross Country Championships
2017 SUNYAC Conference Cross Country Championships

Race Schedule:	Community Run (5k)	10:00 (\$5.00 entry fee)
	Modified Boys	10:45
	Modified Girls	11:15
	Varsity Boys	11:45
	Varsity Girls	12:30

Course is mostly wooded, “a great runner’s course”, with trails averaging 10 feet wide. Some challenging hills and great spectator viewing of finish and start.

Awards: High School/Middle School races:

Plaques to the top two teams in all races.
Medals to top 7 in each race.

Community Run

T-Shirt to top Male and Female finisher

Entry Fee: High School/Middle School Races:

\$50.00 per team entry
Make checks payable to Norwood-Norfolk Cross Country
c/o Mr. Kent Fetter
Norwood Norfolk Central School
7852 State Highway 56
Norwood, NY 13668

Entries must be emailed to salmonccc@hotmail.com, no later than Friday, October 5 at noon.

Please include:

Coach’s name and contact number

School

Last name, First Name, Gender, Grade Level