

YELLOW JACKET CROSS-COUNTRY
C/O DAN FORBES
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Dear Coach:

The 2016 Cross-Country season is rapidly approaching. As in past years, the Oneonta Cross-Country Team is anxiously waiting to fire up the season with its annual invitational meet. This year's course will be back at the high school as there's a Revolutionary War reenactment for this whole weekend at Fortin Park. The high school course will be approximately 2.8 miles with hills, flats, grass, water, and little blacktop. We recommend running in racing flats or short spikes. The races will begin behind the Physical Education wing of the high school and finish as the runners enter the track and field stadium. Course Map at:

http://theratsnake.com/?attachment_id=1223

PLEASE CONTACT ME VIA ONE OF THE EMAILS ABOVE FOR ENTRY SHEET FOR TIMER

Date: Saturday, September 10th, 2016

Times:

8:30-10 am - Tour the course

10:00– Modified Girls Race (unlimited entries)

10:30– Modified Boys Race (unlimited entries)

11:00– Combined JV/Varsity Girls Race (Varsity 7 entries JV unlimited entries)

11:30– Combined JV/Varsity Boys Race (Varsity 7 entries JV unlimited entries)

12:00 – Awards

Entry Fee: \$100.00 per school.

Make checks payable to: **VARSIITY O CLUB**

Awards Team: Boys and Girls Varsity Races - 1st and 2nd Place Trophies

JV Boys Race - 1st Place Trophy JV Girls Race – 1st Place Trophy

Individual: Boys and Girls Varsity Races - t-shirt to top 20

JV Boys Race - t-shirts to top 5 JV Girls Race – t-shirts to top 5

Special awards to all Modified Finishers and JV/Varisity Finishers

Feel free to email your intentions to this email. Thank you for your time. We all look forward to seeing you in September!

Dan Forbes