

## **YELLOW JACKET CROSS-COUNTRY**

**DAN FORBES, Head Coach**

**(607)-386-0608 (cell)**

**Dforbes2@oneontacsd.org**

Dear Coach:

The 2017 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. Boys varsity and JV races will be combined as will the girls varsity and JV races. Varsity scores will be based on your top 5 finishers with 6 and 7 being tiebreakers. JV scores will be runners 8-12. It will be a 4500 meter track. Almost all of it will be on grass, with plenty of flats, and one quick hill, all in a wide open field. This is an extremely spectator friendly venue. We recommend running in racing flats or spikes. The races will begin in the middle of the old grass runway and finish just past the hangars. The **4.5K** course map can be viewed here: <http://www.oneontaathletics.com/documents/2010/5/28/wxccoursemaps.pdf>

Modified maps will be handed out at the meet. It will be the first loop of 4.5k course.

**\*\*\*PLEASE NOTE: MODIFIED TEAMS WILL HAVE ENOUGH PRACTICES TO JOIN US THIS YEAR!!!\*\*\***

Please enter your team here: <http://sydexsports.com>

**Directions:** From Binghamton area: I-88 East. Exit 16. Make right at the top of the ramp. Go over bridge past the driving range and over the river, make your first right onto Youngs Road into Fortin Park.

From Albany area: I-88 West. Exit 16. Make a left at the top of the ramp. Go over bridge past the driving range and over the river, make your first right onto Youngs Road into Fortin Park.

**Date:** Saturday, September 9th, 2017

**Times:** 8:30-10 am - Tour the course

10:00 - Varsity/JV Boys Race (unlimited entries)

10:30 - Varsity/JV Girls Race (unlimited entries)

11:00 - Modified Boys Race (unlimited entries)

11:30 - Modified Girls Race (unlimited entries)

12:00 - Awards

**Entry Fee: \$100.00 per school. Make checks payable to:**

VARSITY O CLUB

Oneonta High School

Attn. Joe Huges

130 Upper East St.

Oneonta, NY 13820

### **Awards**

#### **Team:**

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

JV Boys Race - 1st Place Trophy

JV Girls Race - 1<sup>st</sup> Place Trophy

Modified teams - Special Team championship award

#### **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 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