

# Owego Cross Country Invitational 2021

Dear Coach,

We invite you and your runners to be a part of the annual Owego Invitational which will be held at **Owego Free Academy** on Saturday **September 25th**, 2021. Please email me your intentions so I can make every attempt to accommodate each team.

**Courses:** *Varsity and Junior Varsity:* 3.1 miles (wheeled). *Modified Course:* 1.55 mile loop. Spikes are recommended for this varsity course. This is a fast, flat course with a stadium finish and great spectator viewing.

**Races:** and the time schedule for the meet:

Modified Races starting at 9:00 am with JV and Varsity to follow.

## **Awards:**

Team Awards      T-shirts to the top 7 runners from each of the winning teams

Individual Awards

T-Shirts      Top 10 in varsity races receive t-shirts  
*(after individuals from winning team are removed)*  
Top 10 in JV races receive t-shirts  
*(after individuals from winning team are removed)*  
Top 10 in modified races receive t-shirts  
*(after individuals from winning team are removed)*

**Entry Fees:** \$150 School Maximum, \$75 for a single team, \$15 for individuals.

**DEADLINES:** Entries will be made using <https://ny.milesplit.com/> (call me with any questions). Entries will be due by Noon **Tuesday September 21<sup>st</sup>, 2021** on Milesplit. Do your best to get entries in before Tuesday. Teams that don't have entries in by the deadline may not have athletes officially entered in the meet.

If you are interested in attending, please email me and then send your entry fee or voucher. You will then still use Milesplit to enter you official roster by the 21<sup>st</sup>. Please email me with any questions.

Claim forms/checks are made out to

**Owego Booster Club**

Please email me at [heathj@oacsd.org](mailto:heathj@oacsd.org) to confirm your entry as soon as possible. Please contact me with any questions, I can be reached at home by phone at (607) 624-7048

John Heath, Varsity Cross Country Coach  
Owego Free Academy

Owego Apalachin Middle School  
3 Sheldon Guile Boulevard  
Owego, NY 13827

## 2021 Owego Invitational Entry Form

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

Coach \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Please check the races your team will be participating in with approximate entry #'s:

Modified: \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors          \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

JV:          \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors

Varsity:    \_\_\_\_\_ Boys \_\_\_\_\_ # of competitors          \_\_\_\_\_ Girls \_\_\_\_\_ # of Competitors

\_\_\_\_\_ FEE ENCLOSED    \_\_\_\_\_ **(FEE will be mailed)**    \_\_\_\_\_ FEE will be presented at the event

**Please email me at [heathj@oacsd.org](mailto:heathj@oacsd.org) to confirm your entry as soon as possible.** Please contact me with any questions, I can be reached at home by phone at (607) 624-7048

John Heath, Varsity Cross Country Coach  
Owego Free Academy